



 **LIFECYCLE
ADVENTURES**

Istrian Peninsula

CROATIA

Planning

About the Area

Overnight Towns

On Tour FAQ



Use this Guidebook
with the On-Tour App
(see inside cover)

Inside this book

Planning Your Tour

- ➔ Where to stay before tour
- ➔ Getting there
- ➔ Things to book
- ➔ What to pack

About the Area

- ➔ Routes & highlights
- ➔ Geography & history
- ➔ Food & drink
- ➔ Essentials

Overnight Towns

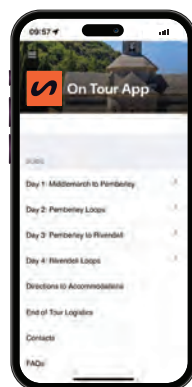
- ➔ Overviews
- ➔ Restaurants & bars
- ➔ Sights & activities
- ➔ Town plans

On Tour

- ➔ Using the On-Tour App
- ➔ Navigating the routes
- ➔ Our services
- ➔ Safety & enjoyment

On-Tour App for smartphones

You will be sent a link to download your On-Tour App a few weeks before the start of your tour.



The app includes everything you need to explore each day during your tour including:

- ➔ Ride options
- ➔ Places for lunch
- ➔ Points of interest
- ➔ Directions to accommodations
- ➔ End of tour logistics
- ➔ Contacts
- ➔ FAQs

See the *Using the On-Tour App* section of this guidebook for more details about this app.



 **LIFECYCLE
ADVENTURES**

Istrian Peninsula

CROATIA

Written & Researched by

Victoria Craig & Gregory Craig



A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things do change, and errors can creep in. If you have corrections for this guidebook or discover new things along the way, please drop us an email and we will incorporate your suggestions in our next edition.

You can reach us at info@lifecycleadventures.com

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The Grand Canal in Trieste

GETTING THERE

Tours typically start in Pula or Trieste. We are also able to collect you from Venice as an optional extra. As destinations, Trieste and Venice have more to offer than Pula.

Pula has a small airport with flights to several European cities including Amsterdam, Frankfurt, London, Paris, and Naples. There are no direct flights to Pula from the U.S. or Canada.

Trieste has a regional airport with regular flights to many European cities including Brussels, Barcelona, Frankfurt, London, Milan, and Rome.

Venice has a larger airport with direct flights from the US and Canada including New York, Miami, San Francisco, Toronto, and Vancouver.

The following sites are helpful when booking travel within Croatia and Italy:

- Rome to Rio: <https://www.rome2rio.com/>
- The Train Line: <https://www.thetrainline.com/en-us>
- Local train company: <https://www.hzpp.hr/en>

WHERE TO STAY BEFORE YOUR TOUR

Guests typically stay in Pula, Croatia, or Trieste, Italy before and/or after their tour. We have had good feedback for the following hotels and B&Bs.

In Pula

Grand Hotel Brioni Pula, Croatia

 Verudela 16, 52100, Pula, Croatia

 +385 52 378 700

 <https://www.radissonhotels.com/en-us/hotels/radisson-collection-grand-hotel-brioni-pula>

Hotel Amfiteatar, Croatia

 Amfiteatarska ul., 52100, Pula, Croatia

 +385 52 375 600

 <https://hotelamfiteatar.com/>

Pula City Center Accommodation, Croatia

 Vrtlarska ul. 1, 52100, Pula, Croatia

 +385 52 356 992

 <https://www.citypula.com/>

In Trieste

Grand Hotel Duchi D'Aosta, Trieste

 Piazza Unità d'Italia, 2/1, 34121 Trieste, Italy

 +39 040 760 0011

 <https://duchidaosta.com/it/>

Savoia Excelsior Palace, Trieste

 Riva del Mandracchio, 4, 34124 Trieste, Italy

 +39 040 77941

 <https://collezione.starhotels.com/en/our-hotels/savoia-excelsior-palace-trieste/>

L'Albero Nascosto, Trieste

 Via Felice Venezian, 18, 34124 Trieste TS, Italy

 +39 040 300188

 <https://www.alberonascosto.it/>

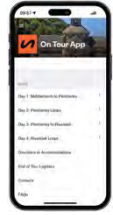
DOWNLOADS FOR YOUR PHONE

We recommend you download the following to your phone before you travel:

- On-Tour App (**essential**)
- eBook of this guidebook
- Google Maps for the area
- Whats App
- eSIM data plan

Downloading the On-Tour App

A few weeks before the start of your tour, we will send you an email with a link to download your On-Tour App. We recommend you download the app and familiarize yourself with its contents before you leave home. See the On Tour section of this guidebook for more details about this app.



Download an eBook of this Guidebook

We recommend downloading the eBook version of this guidebook. This will allow you to reference the guidebook from your phone or tablet as well as giving you the ability to zoom in on maps and click on website links and telephone numbers.



Scan this code with your phone/tablet's camera. Then follow the instructions below, depending on your device.

On an iPhone or an iPad

- Open the PDF using the QR code above (this takes a few seconds with fast WiFi)
- Tap Share (there can be a few seconds delay after tapping share)
- Tap *Books*

The PDF then opens automatically and saves into the Books app. Access it via the Library section of the Books app.

On Google Smartphones or Tablets

Set Settings

- On your device, open Google Play Books
- At the top right, tap your profile picture
- Tap Play Books settings
- Check the box next to Enable PDF uploading

Download the Book

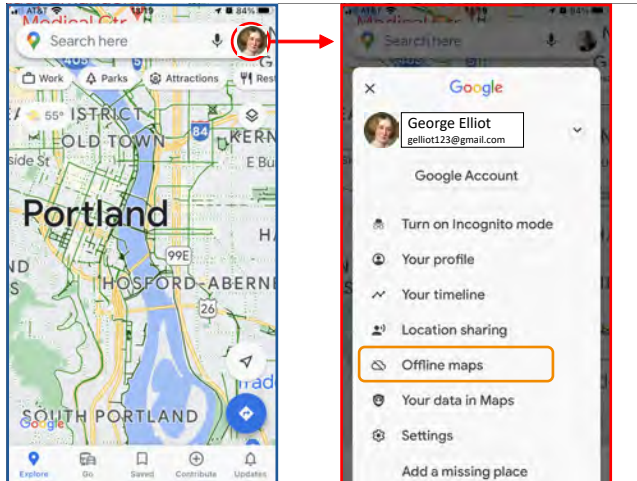
- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file
- Tap More and then Open With and then Play Books or Upload to Play Books.
- To find uploaded files in the Play Books app, tap Library and then Uploads.

Downloading Google Maps

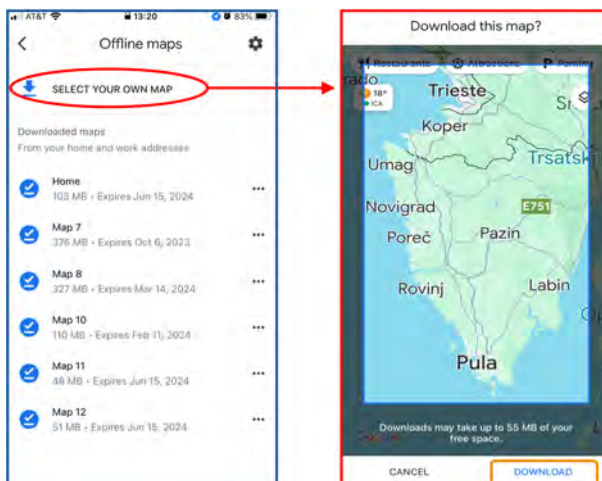
The On-Tour App includes many links to Google Maps. We recommend downloading the maps for this area in Google Maps before leaving home. You will need to be signed into your Google account to use this feature. Instructions are as follows.

In the Google Maps app:

- Tap on your profile picture (or letter) in the top right-hand corner
- Select Offline maps



In Offline maps, zoom the maps to Croatia to include Trieste and Pula. Then click "Download".



WhatsApp

Most of our guides like to use WhatsApp for staying in contact with you during your tour. If you have downloaded the app and set up an account, that would be helpful. If not, don't worry, we can also use texts and phone calls.

Phone Plans

Having access to cellular data while on tour will make it easier to navigate your routes and access information via our On-Tour App (though with a little forethought you can manage without).

If travelling abroad, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology, so it is best to check before leaving home.

THINGS TO BOOK BEFORE YOU TRAVEL

Transfers from Venice Airport

Typically, we collect and drop off guests at their hotel in downtown Pula, Croatia or Trieste, Italy. We can also collect or drop off guests at Venice Airport for which there is an extra charge. These transfers are only available on the first and last days of the tour and are subject to availability.

Transfers on Tour

Leisure Route from Poreč to Rovinj

If you plan to ride the Leisure route from Poreč to Rovinj, let your guide know at the start of the tour. This will allow them to organize your van transfer to Sveti Lovreč for that day.

Leisure Route from Rovinj to Fažana

If you plan to ride the Leisure route from Rovinj to Fažana, let your guide know at the start of the tour. This will allow them to organize your van transfer to Svetvinčenat for that day.

Activities

If you want to add any of the following activities to your tour, we recommend booking them in advance. This is especially true during high season: July to August.

Spàcio Matika: Boat Trip, Concert and Dinner

In collaboration with the Batana Museum, this restaurant offers a trip on a batana boat around the Rovinj peninsular followed by dinner and a concert. Tuesdays and Thursdays, duration with concert is two to three hours. €50 per person. Reservations essential via e-mail info@batana.org or via telephone (see below). Departure from Mali Mol is at 7:30 PM.

 Ul. Vladimira Švalbe, 52210, Rovinj

 +385 91 379 56 21

 <https://www.batana.org/en/the-batana-eco-museum/spacio-matika-spacio0/spec/>

Cooking Classes

The best option for a cooking class in town is in Rovinj at the Grand Park Hotel. Another option is to transfer to Pula to the Istria Cooking Company.

Grand Park Hotel

"You will be taught how to make local dishes, taste great wines, and enjoy every aspect of Istria, Croatia's most beautiful wine region. A visit of a local honey or olive oil producer is also included where you will be able to taste all the local organic products. Upon arrival at the farm, you will be given a short tour of the farm and visit the wine cellar. After that, you will make your way to the kitchen where you will start your cooking class. You will prepare some traditional Istrian dishes with the secret ingredients provided by our hosts. The lunch will be served on the lovely terrace overlooking the wonderful Istrian countryside."

The cost is €295 per person (2 person minimum), duration is 4–5 hours, and transfers are included in the cost.

 Grand Park Hotel, Smareglijeva ulica 1A, 52210, Rovinj

 +385 52 80 8000

 <https://www.maistra.com/properties/grand-park-hotel-rovinj/>

Istria Cooking

Choose between mastering fresh pasta, meat, fish, vegan, or vegetarian dishes as professional chefs guide you through traditional Croatian recipes. The class begins with a visit to Pula's green market to select fresh ingredients, followed by expert instruction in preparing a full-course meal. This immersive experience not only enhances your cooking skills but also deepens your appreciation for the region's rich gastronomic heritage.

Classes usually begin at 10.00 AM, lasting around 4 hours (excluding transfer times). Prices range from €75 to €100 per person, depending on the course selected. These cooking classes are held at the culinary center in Pula so the cooking school

can organize transfers from your overnight town which are not included in the price. We recommend booking on their website or by email at istriacooking@gmail.com

This company also offers a Pula Food Tour and an Istria Food Tour.

 Kulinarski Razvojni Centar Amfiteatar, Amfiteatarska ul. 6, 52100, Pula

 +385 91 615 6086

 <https://istriacooking.com/>

Restaurants

In summer, you may want to book your dinners in advance – especially if you plan to eat at the higher-end establishments. You can find details of the restaurants in the *Overnight Towns* section of this guidebook.

Restaurants that typically require reservations include the following:

In Buje

- Restaurant La Parenzana
- San Canzian Hotel & Residences

In Poreč

- Restaurant Spinnaker

In Rovinj

- Cap Aureo
- Monte
- Puntulina
- Brasserie Adriatic
- Spàcio Matika

In Fažana

- Meneghetti Restaurant
- Hotel Villa Letan Restaurant
- Konoba Feral
- Trattoria Fasana
- Ristorante "Da Nonna"
- Konoba Vasianum

Wineries

Reservations for tasting can often be made while on tour and walk-ins are sometimes (though not always) welcome. However, if you would like to eat at a winery or take a winery tour, we would recommend that you book in advance. You can find a list of wineries on this tour, with details of what route they are on, in the *About the Area* section of this guidebook.

WHAT TO PACK

What We Provide ... so you don't need to

We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount to attach your phone to your handlebars
- ☐ Energy bars for each day

For guests renting one of our bikes, we also provide:

- ☐ Helmets (though we recommend you bring your own due to fit and knowledge of previous use)
- ☐ A hand pump, a spare tube, and equipment to change a flat tire
- ☐ A lightweight combination bike lock
- ☐ Rack bags or panniers are available on request¹. NOTE: some bikes, including those with carbon seat posts, cannot be fitted with rack bags or panniers. If they are not available, we recommend bringing a small backpack
- ☐ Rear lights are available on request¹
- ☐ Battery bank to recharge your phone en route is available on request¹ (subject to availability)

What You Should Bring

To help you prepare for the trip, below is a list of gear to consider bringing in addition to the usual clothes you would pack for any trip.

Gear For on the Bike

- ☐ Breathable brightly colored cycle jerseys or tops
- ☐ Hi-vis rain jacket and waterproof pants/trousers
- ☐ Cycling gloves. Consider long-fingered gloves for colder temperatures.
- ☐ Cycling shoes or stiff-soled, closed-toed shoes
- ☐ Helmet (see *What We Provide*, above)
- ☐ Fleece or warm sweater
- ☐ Padded cycling shorts (and possibly some chamois cream)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Bandana (optional but good for protecting head or back of neck from the sun)
- ☐ Leg warmers and arm warmers (handy for changing temperatures)

¹ Items available "on request" should be requested via email or the Booking Form at least two weeks before the start of your tour.

Other Essentials

- ☐ Emergency contact details and first aid kit
- ☐ Cell phone and charger
- ☐ Battery bank to recharge your phone en route (if you have one)
- ☐ Favorite or needed medication
- ☐ Insect repellent
- ☐ Medical & travel insurance

Good Things to Have

- ☐ Sandals or flip flops to pack in your day bag if wearing cycling shoes
- ☐ Rear light for daytime use
- ☐ Small backpack (see *What We Provide*, above)

If You are Renting One of Our Bikes

If you are renting one of our bikes, we would strongly suggest you consider bringing the following.

- ☐ Your own pedals if you typically ride with clipless pedals
- ☐ Your own saddle. The rental bikes have generic saddles and many riders prefer to use a saddle with which they are familiar. This is particularly true if you normally ride with a female specific saddle

If You are Bringing Your Own Bike

- ☐ Bar bag or seat-post bag
- ☐ Bike lock
- ☐ Spare inner tube and puncture repair kit
- ☐ Hand pump
- ☐ Tools & spares for your make of bike
- ☐ Lubricant & solvent for maintaining chain

If you are bringing your own bike we would also recommend that you have your bike tuned by a bike store before you travel. If something about your bike's set-up has been bothering you, your trip is a great excuse for sorting it out.

If shipping your bike to us before your tour, please be sure the bike is cleaned before being packed.



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Hilltop Town of Motovun

INTRODUCTION

The Istrian Peninsula is two worlds. The interior is dotted with hilltop villages set among ancient farms, forests, and rolling hills. On the coast, there are craggy coves, ancient fishing ports, and the sparkling waters of the Adriatic. The coast is also where you find walled cities that date back to the Venetian Republic. Istria is the gastronomic heart of Croatia and attracts foodies from across the world for its fusion of Italian and Slavic cuisines. Highlights in the area include the beautiful coastal towns of Rovinj and Poreč and the hilltop villages of Motovun and Grožnjan.

Historically, Istria's roots trace back to ancient times, with evidence of settlements dating to prehistoric eras. Throughout its history, Istria has been shaped by the Romans, Venetians, Austro-Hungarians, and other civilizations, leaving an indelible mark on its architecture, traditions, and way of life. The picturesque town of Pula showcases an incredibly well-preserved Roman amphitheater, Rovinj shows off its medieval streets, and Poreč its Venetian-influenced architecture.

Istria's cultural tapestry is woven with a fusion of Slavic, Italian, and Mediterranean elements. The region is renowned for its indigenous grape varieties, such as Malvazija Istarska and Teran, producing exceptional wines. Istrian cuisine is a gastronomic delight, featuring truffles, olive oils, and seafood. The local culinary scene is highlighted by dishes like fuži pasta, maneštra (a traditional soup), and the Istrian prosciutto.

ROUTES & HIGHLIGHTS

The map on the following page shows the *intermediate* routes. Overnight towns are marked . Easier and harder routes are also available. The map also shows some of the highlights in the area.

Each tour is customized to you and your tour may not include all these routes and overnight towns. Typically, Fažana is only included on longer tours. Your customized routes are provided in the *On-Tour App* that accompanies this guidebook. The app includes:

- Detailed maps
- Leisure, intermediate, Challenge and Epic route options¹
- Places to have lunch along the routes
- Points of interest along the routes
- Wineries along the routes²

¹ Not all days have all levels of riding.

² Where applicable



1 Buje

Buje is a beautiful, fortified hilltop town overlooking vineyards and olive groves. The town's narrow alleys lead to quaint squares, art galleries, and charming restaurants.

2 Poreč

Poreč has a beautifully preserved old town, located on a peninsula. The town's cobbled streets, Roman architecture, and imposing basilica are a UNESCO World Heritage Site.

3 Rovinj

Rovinj was originally a small island protected by stone walls, but the channel was filled in in 1763, joining it to the mainland. Its Venetian history, winding cobblestone streets, and pastel-hued houses have led to it being known as *Mini Venice*.

4 Fishing Towns of the Adriatic Coast

There are several small ports along the Adriatic coast – including Umag and Novigrad – that are little havens of beauty along this craggy coastline. The villages are little changed over the centuries and the smell of freshly cooked seafood hangs in the air.

5 Hilltop Villages of the Hinterland

There are numerous walled villages, perched on hilltops along your tour. These medieval gems, with their ancient churches and belltowers, provide both route markers and rest stops as you explore the interior of the peninsula. Examples include Motovun, Sveti Lovreč, Svetvinčenat, and Bale.

6 Brijuni National Park

In the past, Josip Tito (the former Yugoslav leader) used these islands as his private summer retreat. It was frequented by world leaders and celebrities. Now visitors can explore this fascinating blend of historical sites and natural beauty.

7 Trieste and Pula

The start and end towns for this tour are destinations in and of themselves. Historic Trieste is a fascinating blend of Italian and Austro-Hungarian. Pula, while a little more prosaic, has one of the best-preserved Roman amphitheaters in the world.

- Olive Oil and Wine

Istria has a rich history of olive oil and wine production with evidence of both olive tree and vine cultivation found in archaeological remains.

- Istrian Cuisine

Istria is the gastronomic heart of Croatia and has a growing reputation among the foodie community. Italian cuisine has been the predominant influence, but the

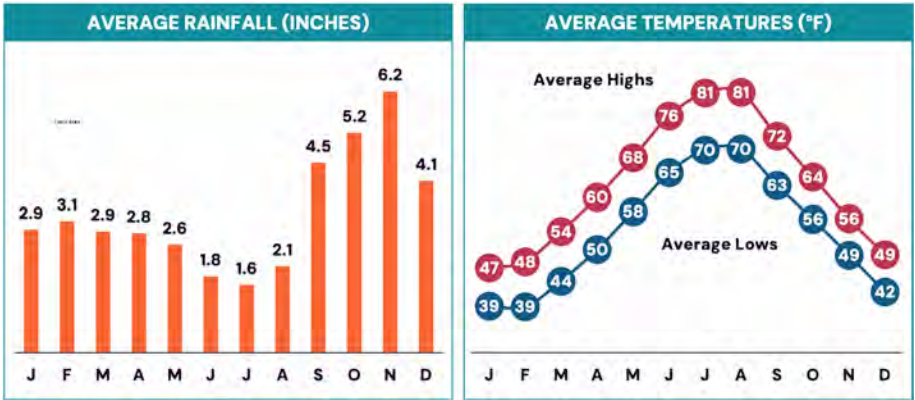
Greeks, Austro-Hungarians, and Serbs have all left their marks. As you might expect, the seafood is exceptional but also look out for local truffles, cheeses, honey, and wild asparagus.

CLIMATE & GEOGRAPHY

The best months to visit the Istrian Peninsula are April through October, though July and August will be too hot for some, with temperatures often exceeding 90°F or even 100°F. Spring, early summer and early fall are particularly good times to visit as you avoid both the summer heat and the summer crowds.

In winter and late fall, there is more rain and occasional Bura winds (Bora in Italian). These strong, cold northeasterly winds can make cycling conditions unpredictable during the winter months.

The charts below show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Pula.



Data Source: www.intellicast.com

HISTORY

In Two Sentences

Croatia's history is marked by various influences, including Roman, Byzantine, Venetian, Ottoman, Austro-Hungarian, and Yugoslavian. Croatia became independent of Yugoslavia in 1991, joined the European Union in 2013, and adopted the euro in 2023.



Roman Arena in Pula

Key Dates

Neolithic Period
(6000 – 2000
BCE)

Early settlements and cultures emerge in the region of present-day Croatia.

Illyrian Period
(2nd Millennium
BCE – 1st Century
CE)

The Illyrians, an ancient Indo-European people, inhabit the area.

229 BCE

At the urging of the Greeks, who were facing harassment from Illyrian pirates, Rome initiates a military campaign against Queen Teuta of Illyria. After her defeat, the Illyrians agree to pay yearly tributes to Rome.

11 BCE

After overcoming the Pannonian tribes, the Roman province of Illyricum, encompassing present-day Dalmatia, is expanded to the Danube. This newly enlarged province comprises all contemporary Croatia, excluding Istria.

Roman Rule (1 st Century BCE – 5 th Century CE)	Croatia becomes part of the Roman Empire.
Early Christian Period (4 th – 7 th Century)	The spread of Christianity brings new cultural influences, visible in early Christian basilicas and religious artifacts.
7 th Century	The Croats settle in the region, establishing the foundations of what would become Croatia.
800	Under the leadership of King Charlemagne, the Franks conquer Dalmatia and enforce the Christian baptism of the Croats. While the Byzantines acknowledge Frankish dominance, they maintain authority over strategic coastal cities.
845 – 64	Trpimir establishes the inaugural royal lineage in Croatia, securing significant victories against the formidable Bulgarian state and dealing substantial defeats to the Byzantines. As a result, Croatian territory extends considerably into what is now Bosnia.
869	Macedonian monks invent the Glagolitic alphabet, with the explicit intention of facilitating the rapid dissemination of Christianity among the Slavic people.
925	Tomislav becomes the first recognized king of Croatia, marking the establishment of the medieval Kingdom of Croatia.
1058 – 74	Following the 1054 schism between the Orthodox and Catholic branches of the church, the pope acknowledges Krešimir IV as the king of Dalmatia and Croatia, aligning Croatia to the Catholic realm.
1102	The Pacta Conventa unites the Kingdom of Croatia with the Kingdom of Hungary, a relationship that lasts for centuries.
1145	Several Istrian cities rise up against the Republic of Venice, but they are defeated and they come under the close control of Venice.
1242	The Mongols ravage the royal houses of Hungary and Croatia, enabling the Šubić and Frankopan families to seize a significant level of political and economic influence that endures for centuries.
1300s	The Hungarian Anjou dynasty reasserts royal authority in Croatia and attempt to expel the Venetians.
1358	Ragusa, now known as Dubrovnik, liberates itself from Venetian control, evolving into an independent city republic. Flourishing as an advanced and liberal society, it adeptly resists both Venetian and Ottoman pressures.
1409	Ladislas of Naples takes the Croatian throne but deterred by dynastic conflicts, sells Dalmatia to Venice for 100,000 ducats. Subsequently, Venetian influence expands from Zadar to Ragusa.

1493	A Turkish invasion causes upheaval, leading to mass migrations of populations and the onset of famine.
1527	The Habsburgs assume control over Croatia, beginning a period of Austrian influence.
1537 – 40	The Turkish advance to Sisak but they fail to reach Zagreb.
1593	The Habsburgs inflict the first major defeat on the Ottomans, starting the long, slow retreat of the Turks from central Europe.
1699	The Ottomans relinquish their claims to Croatia, paving the way for Venice and Hungary to gradually reclaim territories over the following two decades.
1780s	The Habsburgs initiate a Germanization process, mandating that all administrative tasks be conducted in German. This sparked growing nationalist sentiments among the non-German subjects of the Habsburgs.
1797 – 1815	Napoleon concludes the Venetian Republic, initially assigning its dominions to the Habsburgs. However, in 1806, Napoleon acquires control of the Adriatic coast, designating it as the 'Illyrian provinces.'
1830 – 50	The awakening of South Slavic consciousness emerges with the goal of undoing the processes of Hungarianization and Germanization implemented by the Habsburgs. This movement gives rise to the Croatian National Revival as one of its offshoots.
1867	The Habsburg throne transforms into the Austro-Hungarian Dual Monarchy, leading to the division of Croatian territory between them. Austria gains control of Dalmatia, while Slavonia falls under Hungarian authority.
1908	The Austro-Hungarian Empire annexes Bosnia and Herzegovina, encompassing the Slavic Muslims of the Balkans and laying the foundation for the future Yugoslav federation.
1914 – 1918	Croatia was part of the Austro-Hungarian Empire during World War I. The war's aftermath led to the creation of the Kingdom of Serbs, Croats, and Slovenes in 1918.
1918	After World War I, Istria is occupied by the Italians. Forced Italianization leads to the mass migration of many Croats.
1941 – 1945	During World War II, Croatia becomes a fascist puppet state under German and Italian influence.
1945	Croatia becomes one of the six socialist republics within the Socialist Federal Republic of Yugoslavia under Marshal Josip Tito.
1947	Istria becomes part of Croatia with many Italian returning to Italy.
1991	Croatia declares independence from Yugoslavia, leading to the Croatian War of Independence.

- | | |
|------|---|
| 1995 | The war concludes with the signing of the Dayton Agreement, and Croatia becomes internationally recognized. |
| 2000 | Croatia transitions to a more stable political and economic environment, paving the way for European Union accession in 2013. |
| 2023 | Croatia adopts the Euro €. |

FOOD & DRINK

Istrian Food

Overview

Istrian cuisine is a delectable fusion of Mediterranean and Central European flavors, reflecting the region's rich cultural history. Known for its olive oil, truffles, and fresh seafood, Istrian dishes boast simplicity and authenticity.

The Istrian prosciutto, air-dried and seasoned to perfection, is a culinary gem. Truffle-infused specialties, from pasta to oils, showcase the region's prized fungi. Coastal towns offer an abundance of freshly caught seafood, while inland areas feature hearty dishes like Istrian minestrone and mouth-watering pastries.

Lunch, considered the primary meal for many Croatians, typically commences with a soup, often the traditional *maneštra*. Following this, a serving of meat or fish may be accompanied by homemade pasta, either interspersed between the soup and the main course or substituting for it.

Olive Oil

Istria embraces a vibrant olive oil culture with distinct varieties such as *istarska bjelica*, *leccino*, and *frantoio*. Steeped in history (there is an olive tree on Veli Brijun in the Brijuni Islands proven to be 1600 years old), Istrian olive oil is a testament to the region's enduring Mediterranean influence. Meticulously tended olive groves yield excellent extra virgin oils, prized for their robust and nuanced flavors.

Istrian olive growers harvest the olives earlier than most to preserve the natural antioxidants and nutrients. This can often give a more bitter taste but a healthier experience.



Istrian Ham

Istrian ham, a culinary gem of Croatia's Istria region, embodies centuries of tradition and a deep connection to the local culture. Istrian ham/prosciutto is a traditional Istrian specialty that has been produced in Istria since the 16th century, and today is protected by the European label of origin. Produced from carefully selected pork legs, the ham undergoes a meticulous salting and air-drying process. This technique, influenced by historical Venetian curing methods, imparts a distinct flavor. The annual "Pršut Days" festival celebrates Istrian ham, highlighting the craftsmanship and culinary pride embedded in the local culture, making it a beloved symbol of Istrian gastronomy.



Truffles

No journey through Istria is truly complete without savoring its famed truffles, or *tartufi*, particularly abundant in the deciduous woodlands between Buzet, Motovun, and Oprtalj. *Tartufi* grace menus across Istria, enhancing pasta sauces, local cheeses, steak toppings, and even surprisingly good truffle-infused ice cream. Istrian truffles are notably more affordable than their Italian and French counterparts, and Italians are known to cross the border to purchase Istrian truffles instead. The prized white truffles (*Tuber magnatum*), fetch approximately €800 per kilo for smaller ones and over €2000 per kilo for larger ones over 120 grams. Black or 'summer' truffles (*Tuber aestivum*) are available at around €600 per kilo. The white truffle season spans September to January, while black truffles can be harvested throughout the year.



In November 1999, Giancarlo Zigante and his dog Diana unearthed a record-breaking white truffle near Buje, weighing 1.31kg and it gained a place in the Guinness Book of Records. Rather than sell it, Zigante opted to use his 'millennium' truffle to host an elaborate banquet for 100 carefully chosen guests. Now a truffle connoisseur, Zigante oversees a truffle empire with shops across Istria and beyond, along with a highly esteemed restaurant in Livade.

Maneštra

Often eaten for lunch, this is a hearty and flavorful soup, with various renditions available. One of the most renowned versions includes a thick blend of potatoes, fresh or ground corn, beans, chickpeas, fennel, cabbage, and occasionally *špek* (bacon) – a satisfying and uncomplicated meal.



Seafood

Istria boasts a rich maritime culture reflected in its diverse seafood. Adriatic catches including branzino, scampi, and cuttlefish are typically grilled, or incorporated into pasta dishes. Coastal towns brim with waterfront restaurants serving freshly caught fish; the gastronomy is deeply rooted in Istria's seafaring traditions. The local love for seafood is not merely a culinary affair; it is a celebration of the region's coastal heritage.



Meat

Meat is very popular in Istria and there are diverse meat offerings. Istrian prosciutto called *pršut*, air-dried to perfection, shares the stage with flavorful sausages like *kobasice* and *cervelat*. Grilled meats (*roštilj*), particularly lamb and veal, are common and often accompanied by truffle-infused delicacies. *Boškarin* (native Istrian Ox) is considered a great delicacy. Game (*divljač*), either venison (*srnetina*) or wild boar (*vepar*) is often found on the menu and is delicious with traditional Istrian pasta, *fuži*. The region's culinary heritage is steeped in the art of slow cooking and wood-fired grilling, delivering succulent meats.



Sweet Treats

Fritule (small, doughnut-like pastry balls), *kroštule* (fried sweet pastry ribbons, dusted with icing sugar) and *pinca* (a traditional sweet Easter roll) are all traditional Istrian cakes and desserts. Ice cream is also very popular and often delicious and very high quality.



Wines of Croatia

Overview

While Croatian wine might be a recent discovery for global consumers, it has been enjoyed locally for over 25 centuries; Istrian wine dates back to Roman times. Indigenous grape varieties, notably the white grape, *malvazija istarska* and the red grape, *teran*, thrive in a combination of diverse terroir of fertile soils and a mild Mediterranean climate. Istrian winemakers typically balance tradition and innovation.

Vineyards are abundant across Istria, with the most exceptional terroir found in the north and northwest, where most of the vineyards listed below are situated. The combination of *terra rossa* soil, humus, undulating hills, and coastal breezes creates diverse microclimates, yielding some remarkable wines. Istrian vineyards are predominantly small and family operated.

Every last Sunday in May, celebrated vintners and grape cultivators from Istria graciously unlock the doors to their wine cellars, inviting enthusiasts to indulge in complimentary tastings and partake in festivities fueled by the wines of the region.

Malvazija Istarska Wine

Malvazija Istarska, the flagship white wine of Istria (although not unique to Istria), is celebrated for its crisp acidity and floral notes. Cultivated in the region's diverse terroir, this indigenous Malvasia variety thrives in Istria's climate, delivering a wine with a distinct character and a harmonious blend of flavors, often featuring hints of citrus and Mediterranean herbs.



Teran Wine

Istria's best-known red wine, Teran is emblematic of the region and is renowned for its deep color and robust character. Teran grapes flourish in iron-rich *terra rossa* soil, creating a distinctive and full-bodied wine with intense fruit flavors, firm tannins, and a touch of minerality, reflecting Istria's vinicultural excellence.

Other Wines

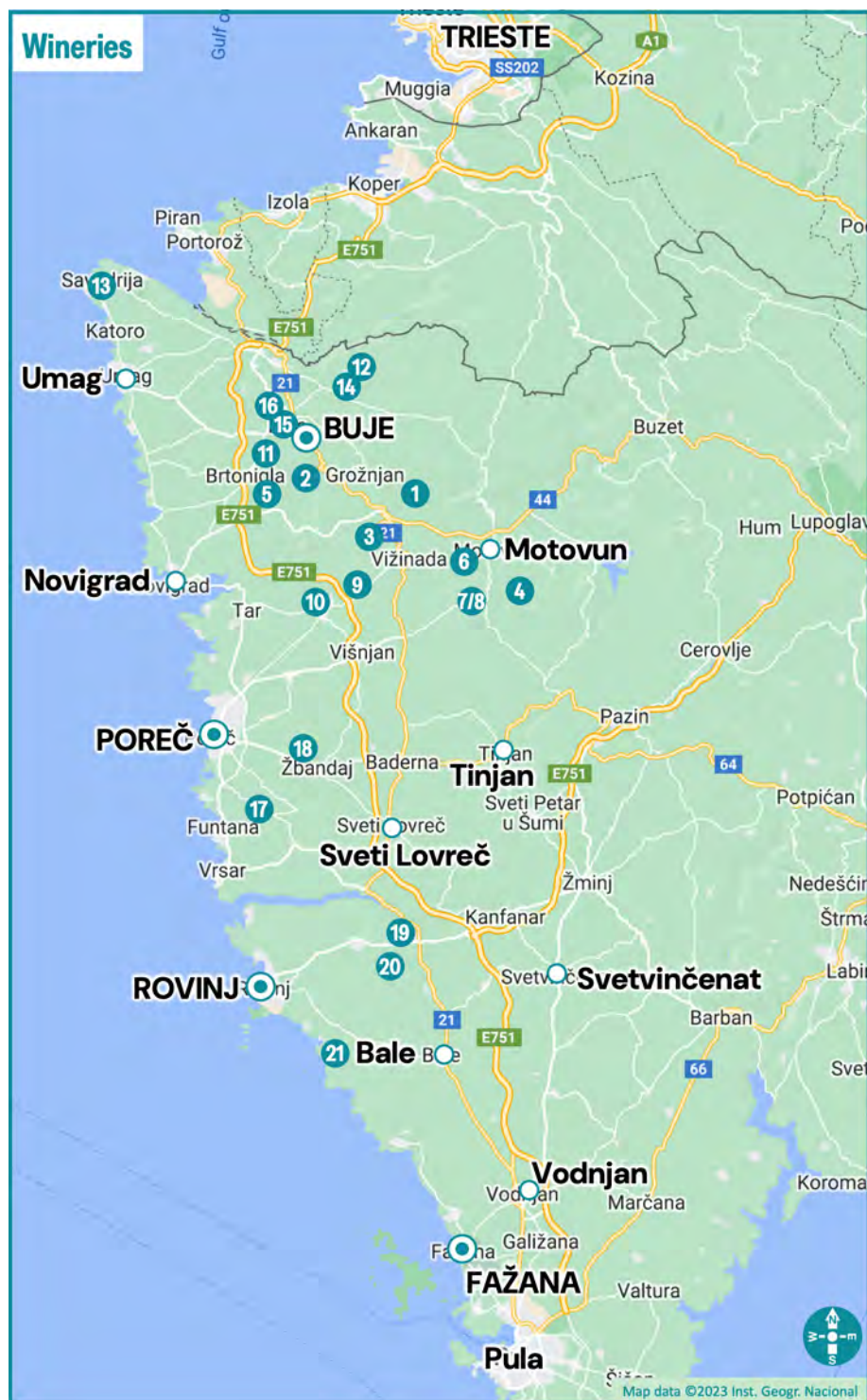
Istria also produces other notable varieties including Muscat, Chardonnay, Pinot Gris, and Sauvignon Blanc for whites, while red wines feature Merlot, Cabernet Sauvignon, and Refošk (Italian Refosco).

WINERIES ON YOUR ROUTES

Our recommended wineries are mostly in the north of the peninsula, clustered around Buje and the Motovun area. The map and listings on the following pages show the main wineries in the area that are close to our cycling routes.

The table that follows the map shows which wineries are accessible to which rides. Use this table and your itinerary to see which wineries you will pass on your customized tour. This will allow you to decide where it is practical to visit and where you might want to make reservations.

Detailed maps and directions to the wineries are provided in the On-Tour App that accompanies this guidebook.



The following table shows which wineries are on which routes and which level of ride – Leisure (L), Intermediate (I), Challenge (C) or Epic (E).

Route	Winery		Level			
			L	I	C	E
Tinjan to Buje	1	Vina Dešković	✓	✓		
	2	Clai d.o.o.	✓	✓		
Buje Loop A	3	Franc Arman Wines		✓	✓	
	2	Clai d.o.o.		✓	✓	
	4	Benvenuti			✓	
	5	Cattunar Winery	✓	✓	✓	
	1	Vina Dešković		✓	✓	
	6	Fakin			✓	
	7	Roxanich			✓	
	8	Tomaz Winery			✓	
	9	Gerzinic Winery		✓	✓	
	10	Cossetto Vina		✓	✓	
	11	Veralda Winery	✓			
Buje Loop B	12	Kozlović Winery			✓	
	13	Degrassi d.o.o.	✓	✓		✓
In or near Buje	12	Kozlović Winery	-	-	-	-
	14	Kabola Winery	-	-	-	-
	15	Franković Winery	-	-	-	-
	2	Clai d.o.o.	-	-	-	-
	11	Veralda Winery	-	-	-	-
	16	Bastian d.o.o.	-	-	-	-
Buje to Poreč	4	Benvenuti		✓	✓	✓
	1	Vina Dešković	✓			
	6	Fakin		✓	✓	✓
	7	Roxanich		✓	✓	✓
	8	Tomaz Winery		✓	✓	✓

Route	Winery		Level			
			L	I	C	E
Poreč Loop	17	Damjanić Vina	✓	✓	✓	✓
	18	Vina Kadum	✓	✓		
Poreč to Rovinj	19	Vina Lunika	✓	✓	✓	
	17	Damjanić Vina		✓	✓	
	20	Vina Trošt Winery	✓	✓	✓	
Rovinj Loop	19	Vina Lunika	✓	✓	✓	
	21	OPG Šuran Petar Rino	✓	✓	✓	
	20	Vina Trošt Winery	✓	✓	✓	
Rovinj to Fazana	21	OPG Šuran Petar Rino		✓	✓	
Rovinj to Fazana – Final Day	21	OPG Šuran Petar Rino	✓	✓	✓	

The *Winery Listings* in the Appendices provide the following information about each winery:

- History and background
- Wines produced
- Food availability
- Tours and tastings available
- Reservations requirements
- Opening hours
- Contact details

FUN FACTS (AND OTHER THINGS OF INTEREST)

The Parenzana

The Parenzana, also known as the Parenzaner Bahn or the TPC (short for Trieste–Paranzo–Canfanaro), was a 123.1 km long narrow-gauge railway line that once connected the cities of Trieste in Italy and Poreč in Croatia. A relic of the Austro-Hungarian Empire, the line operated from 1902 to 1935 transporting goods and passengers across this picturesque landscape.



Abandoned in the mid-20th century, the railway tracks have been repurposed into a scenic cycling and hiking trail that traverses through the heart of Istria. Due to a rough surface in some places, the trail is better-suited to mountain bikes rather than road bikes.

Because of delays and cancellations many believed the Parenzana's inauguration was an April Fool's prank and therefore only a sparse crowd gathered at Trieste Railway Station for the ceremonial arrival of the first train on April 1, 1902.

On the journey from the Mirna River valley to Motovun, the train faced a steep incline of over 100m. Playful children would mischievously smear ripe figs on the rails, causing the train to slide down. Railway workers frequently had to halt and clean the rails before the journey could proceed.

St Euphemia of Rovinj

According to the myth, Euphemia (patron saint of Rovinj) lived in Istanbul and was tortured and thrown to the lions. The lions were said to only lick her wounds rather than eat her alive. However, she was still martyred in 304 for refusing to give up Christianity and offer sacrifices to Ares.

The sarcophagus containing St. Euphemia's body was later returned to Constantinople and placed in a grand church by Tsar Constantine. In 800, during the Iconoclastic period in the Byzantine church, Christians were compelled to remove her relics. Legend has it that after a storm, a marble sarcophagus mysteriously drifted to Rovinj's coast. Attempts by the townspeople to transport it to the Church of Saint George failed until a small boy with two cows answered St. Euphemia's call, successfully bringing it up the hill. The miraculous event led Rovinj to declare St. Euphemia its patron saint and



there is a festival held in her honor on September 16th every year. Traditionally, St. Euphemia's Day is marked by indulging in mutton with sauerkraut (*ovca z kapuzom*) and eating *fritule*, (pastry balls).

Frescoes of Istria

There are around 140 sites adorned with frescoes across the Istrian peninsula. These intricate artworks, ranging from elaborate compositions to simple scenes, were designed to bring the Enlightenment to illiterate medieval peasants. Originating during the Carolingian rule, the golden age of frescoes in Istria blossomed in the 15th century



Gothic era. However, by the 16th century, the trend waned, and led to plastered-over frescoes. Restoration efforts continue to unveil these treasures in abandoned churches, with many more still to be discovered.

Batanas and Bitinadas

Rovinj's deep connection to the sea is embodied in its centuries-old fishing tradition, epitomized by the *batana*—a wooden flatboat, 4–6 meters in length. During summer, visitors witness *batana* construction in the town center, performed by a Rovinj *kalafat*.



The tradition of building *batana* boats is inseparable from the musical tradition of Rovinj, namely *bitinada* songs. According to tradition, *bitinada* songs were created by Rovinj fishermen, whose hands were occupied for hours while fishing on boats or repairing nets, as a way to achieve top-quality orchestral performances using their voices instead of instruments.

Brijuni Islands

Renowned for their natural beauty and historical significance, the islands are accessible to foot passengers via a 15-minute boat ride from Fažana. Steeped in history, the islands boast archaeological sites, including Roman villas and Byzantine fortifications. Visitors can explore the Brijuni National Park, home to diverse flora and fauna, and encounter exotic animals in the Safari Park. Another highlight is the Tito Museum – the summer residence of Marshal Josip Tito, featuring artifacts and insights into the island's intriguing past.

Brijuni National Park has been bestowed with the prestigious Gold Level Blue Park Award by the International Marine Conservation Institute, recognizing its commitment to the highest science-based standards in the protection and management of marine life.



ESSENTIALS

Hotel Services

Will hotels do laundry?

Yes, most hotels will do your laundry. Generally, it is better if you can put your clothes in on a day when you are spending two nights at an accommodation.

Please ask us if there is a question you have about a particular place you are staying.

Can I use my charger and hair dryer in Croatia?

Standard sockets in Croatia, as in the rest of Europe, supply electricity at 220 volts alternating at a 50 cycles per second (vs. the US where 110 volts, alternating at 60 cycles per second is standard).

The sockets are also different from the US sockets: Type F (also known as *Schuko*). This socket also works with Plugs C and E.

To use your North American appliances in Croatia you will need to check they are rated for use with 220 volts and you will need a plug adapter.

Many phone charges and PC chargers are rated for use at 220 volts however most North American hairdryers are not.



Internet Access

Wi-Fi is common in hotels and restaurants (you might need to ask for the code) and is often free in tourist offices and other public places.

Money

As of the beginning of 2023, the currency of Croatia is the Euro (€).

Are credit cards widely accepted?

Yes, Visa and MasterCard are widely accepted in restaurants and hotels in Croatia. However, credit cards tend not to be used for small payments (unlike the United States). American Express is not as widely accepted outside of the big hotels and car rental agencies.

Stores generally accept credit cards though some of the smaller food stores may not.

Ask your credit card company about foreign transaction fees before you travel. These can vary from zero to over 3%. NOTE: Credit card companies may decline your card if you have not notified them that you are travelling abroad.

Are there ATMs in all the overnight towns?

Yes, there is a good network of ATMs in the region, usually called “cash machines”. The coverage is similar to the United States and Canada with several ATM machine in each of the overnight towns we use as well as in many of the towns en route.

Typically, your bank will charge a fixed fee per transaction (around \$2) plus a variable fee of around 3%.

How many Euros should I bring/carry?

Cash is commonly used for everyday purchases throughout Croatia. You will want to keep €100 to €200 on hand in case your lunch or dinner restaurant does not accept credit cards and people tend to use cash for small transactions (cups of coffee, etc.) and at smaller food stores. Taxis also prefer cash.

Communications

Is English widely spoken?

English is spoken, to some degree, in most hotels and restaurants and (much less so) in general stores. The further you get from the tourist centers; the less English is spoken. However, even in the remoter parts of Croatia, people are used to dealing with people who do not speak Croatian and are generally friendly and keen to help.

Will my cell phone work in Croatia?

If travelling from the United States or Canada, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Should I buy a Croatian SIM card?

For longer trips – or if you need to make a lot of calls while abroad – this can be worthwhile. For shorter trips, where you will not be using the phone very much, it makes less sense – just go with an international package offered by your US or Canadian operator. If you are planning to buy a Croatian SIM card, make sure your phone is unlocked before you travel, or you will also need to purchase a local phone (around \$30 for a basic model).

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology, so it is best to check before leaving home.

How will you communicate with me during my trip?

At the start of your trip, your guide will ask you how you want us to keep in touch. For most people this is by phone. Due to inconsistent coverage in the countryside and smaller towns, SMS texts are often the most secure way for guide and guest to stay in touch. For this reason, we strongly recommend you are able to text from your phone.

The app “WhatsApp” is hugely popular in Europe and most Europeans choose to use it rather than text message. You may want to download this (free) app for your travels in case it turns out to be more reliable than a phone signal.

Exploring

How is the traffic on the roads in Croatia?

On all our routes, we do our best to keep you on low-traffic roads but at times it is necessary to ride on busier roads. The good news is that there are plenty of other riders on the roads, so drivers are typically used to navigating around cyclists.

Croatians are, generally, very respectful of cyclists. That said, this is a destination best suited to those that are comfortable riding in some traffic; very few roads have a shoulder and vehicles are often quite close as they pass you.

Which routes can I ride with an eBike?

Typically, you can ride the Leisure and Intermediate routes on an eBike but your eBike range may be insufficient for some harder routes. A lot depends on your riding style, the model of bike, and the topography of the route. Your guide will help you calibrate which routes are practical for you to ride on your eBike.

Is the guidebook in miles or kilometers?

Our guidebooks use kilometers. Kilometers are what the locals use and what are on the road signs. If you are bringing your own bike, we strongly recommend that you set your computer to measure in kilometers.

The good news is that there are 1.6 kilometers to the mile so what would be a 30-mile ride in the United States is a much more impressive 50-kilometer ride in Croatia!

What general guidebook would you recommend?

This guidebook (with accompanying On-Tour App) is designed to help you navigate and enjoy your tour. Our objective is to tell you what you will see en route and help you understand your route options. As such, our guide does not have a detailed description of every potential sight you might visit en route – though we do try to list the major ones.

For a more general guidebook to the area, we would suggest either the *Rough Guide to Croatia* or the *Lonely Planet Guide to Croatia*. For more on architecture, history, and the arts, we would suggest the *Bradt Guide to Croatia: Istria*.

What map would you recommend?

If you would like to have a large, fold-out map of the area, we would suggest Map 757 in the Michelin Regional series: Croatia Michelin Road Map. The scale is 1:750,000 and it is available from Amazon.

Local Customs

What are local dress codes?

Croatian people tend to be relaxed and dress relatively casually. They are also used to having tourists from all parts of the world visit their towns and cities. It is quite acceptable and common to ride in Lycra or sportswear in Croatia. Obviously, if you stop for lunch, this is what you will be wearing and restaurants will have no issue with it.

In the more upscale restaurants, people tend to dress a little more formally for dinner. This does not need to mean a jacket and tie but you will probably feel more comfortable if you avoid shorts and T-shirts at the dinner table.

During the day, you will see plenty of people in shorts, T-shirts, and summery tops. However, it is considered respectful to be a little more modest if visiting a church, for example, by covering shoulders and men removing hats.

What are typical opening hours?

As a very general rule, you can expect to see the following opening times:

- Museums, & monuments: 10:00 AM to 12:00 PM and 3:00 PM to 6:00 PM
- Churches: 9:00 AM to 7:00 PM
- Shops: 8:00 AM to 8:00 PM and 8:00 AM – 3:00 PM on Sunday. Smaller shops will close for an hour for lunch.
- Restaurants for lunch: 12:00 PM to 2:30 PM
- Restaurants for dinner: 7:30 PM to 10:00 PM
- Other businesses: 9:00 AM to 6:00 PM

Many restaurants have at least one day a week when they are closed. This is noted, where relevant, in this guidebook.

Some tourist attractions are only open from Easter through to September or October.

When should I leave a tip?

Tippling in Croatia is far less pervasive than in the United States; the Croatians do tip, but modestly. Typically, a service charge is included in the price of the meal so a significant tip is not required – though a few Euros would be appreciated.

In the larger hotels, if someone has helped you with your bags it is common to tip a couple of Euros. In restaurants round up, or 5% to 10%. Taxi drivers are usually tipped 5% or 10%.

Safety and Annoyances

What number do I call in an emergency?

If you need emergency assistance, call 112. The operator will speak English.

The operator can often detect the location of the caller, but you should also be prepared to use your Ride with GPS app to help identify where you are.

Do we need to worry about theft or other crimes?

Petty theft from luggage, pockets, and launderettes is common in Pula and the larger cities. However, the countryside in Istria is relatively safe. That said, it is good practice to be discreet with your valuables – leave them in the hotel safe where possible – and **always lock up your bike if you cannot see it**.

Medical Services and Pharmacies

Your hotel's front desk is the best source of information about medical services and pharmacies. However, please call us if we can be of any help. There are pharmacies in all the overnight towns.

How do I contact my embassy?

Embassy of the United States of America

 Ul. Thomasa Jeffersona 2, 10000, Zagreb

 +385 16 612 200

 <https://hr.usembassy.gov/>

Embassy of Canada

 prilaz Gjüre Deželića 4, 10000, Zagreb

 +385 14 881 200

 <https://www.international.gc.ca/country-pays/croatia-croatie/index.aspx?lang=eng>



OVERNIGHT TOWNS

Buje	44
Poreč	50
Rovinj	59
Fažana	70



Church of St. Servulus, Buje

BUJE

Overview

Buje is a fortified hilltop town overlooking vineyards, olive groves, and the Adriatic Sea. The town's narrow alleys lead to quaint squares, art galleries, and charming restaurants. Its location makes it an ideal base for exploring local vineyards. It is also home to some of Croatia's best olive oil.

The town's strategic position has made it a historically significant hub, witnessing influences from various civilizations, including the Romans, Byzantines, Venetians, and Austro-Hungarians.

The heart of Buje is its well-preserved medieval old town, characterized by narrow cobblestone streets, stone houses, and historic landmarks. One notable landmark is the Church of St. Servulus, a Romanesque structure dating back to the 12th century, featuring intricate frescoes and architectural details. The City Museum showcases Buje's history through artifacts and exhibits.

Restaurants and Bars

Buje is renowned for its culinary offerings, with numerous local restaurants and taverns serving traditional Istrian cuisine.

As our hotels are mostly situated outside the town, we have listed the hotel restaurants as well as others in the town.

Luciano Restaurant at San Canzian Hotel

This Michelin-recommended restaurant serves food inspired by traditional Istrian cuisine but served in a modern way. Premium and fresh ingredients are sourced on a daily basis, and the resident sommelier will help you with wine pairing from their extensive wine cellar. Open daily for dinner from 6:00 PM – 11:00 PM and lunch on weekends from 1:00 PM – 4:00 PM. Reservations strongly advised. Dress code is smart/casual.

 San Canzian Hotel & Residences Mužolini Donji 7 HR – 52460 Buje

 +385 52 853 897

 <https://san-canzian.hr/restaurant-luciano/>

San Servolo Resort Restaurants

San Servolo Resort offers both a steakhouse and pizzeria. The steakhouse has Mediterranean and Istrian specialties as well as meat sourced from around the world. Open from 5:00 PM – 10:00 PM Wednesday and Thursday and 1:00 PM – 10:00 PM Friday to Sunday. Closed Monday and Tuesday. Reservations recommended. Dress code is casual.

The relaxed pizzeria offers pizzas and burgers as well as salads and gourmet platters, all served in a lovely setting with a view over Buje. Open from 4:00 PM – 10:00 PM Monday, Tuesday and Thursday and 1:00 PM – 10:00 PM Friday, Saturday and Sunday. Closed Wednesday. Reservations recommended. Dress code is casual.

 Momjanska ulica 7, 52460 Buje

 +385 52 772 505

 <https://websiteaddress/https://www.sanservoloresort.com/steakhouse/>

<https://www.sanservoloresort.com/pizzeria/>

La Parenzana Restaurant and Hotel

If you are staying at this hotel, we highly recommend eating here. If you are not staying here, we still recommend it but it will probably require a taxi transfer. The name pays homage to the former Austro-Hungarian railway line “Parenzana”, now a walking and bike trail. Inspired by Mediterranean flavors and infused by local, mostly homegrown ingredients, the passion of the chef really comes through to the plate in this exceptional restaurant. The beautiful setting and attention to detail, along with welcoming staff, provide an unforgettable dining experience. Open from 12:00 PM – 10:00 PM Tuesday to Sunday. Closed on Monday. Reservations strongly advised. Dress code is smart/casual.

 Volpia 3, 52460 Buje

 +385 52 777 460

 <https://laparenzana-restaurant.hr/>

Rondo

A lovely traditional restaurant serving both meat and seafood dishes using local ingredients cooked in the Istrian way but served with a modern twist and infused with creativity. The meat is certified to come from Boškarin Istrian cattle. Good pizzas also available, and all can be accompanied by their own wine and olive oil. Open Wednesday to Monday from 12:00 PM – 11:00 PM. Closed on Tuesday. Reservations recommended. Dress code is casual.

 Trg Josipa Broza Tita 6, Buje 52460

 +385 52 772898

 <https://frankovic.hr/hr/ostarija-rondo/>

San Leonardo

If a casual pizza on a terrace is what you're after, then this is your place. Pizzas and pastas at a good price in a friendly relaxed environment. Open Sunday to Thursday from 10:00 AM – 3:00 PM and then from 6:00 PM to 10:00 PM, and Friday and Saturday from 10:00 AM – 10:00 PM. Reservations not required. Dress code is casual.

 Trg Slobodne 6A, Buje 52466

 +385 52 417 599

 No website

Konoba Pizzeria Aquarius

A cozy family-run konoba and pizzeria (another one) tucked into the hillside town of Buje, Aquarius blends Istrian charm with wood-fired pizzas and classic Croatian grilled dishes. A friendly local spot for a laid-back evening meal. Open Tuesday to Friday from 11:00 AM – 10:00 PM, Saturday from 12:00 PM – 11:00 PM. Closed Sunday and Monday.

 Digitronska 14, 52460, Buje

 +385 52 773 417

 <https://www.aquariusbujе.com/>

Sights and Activities

Buje is more a base for picturesque hotels and exceptional riding rather than a town full of tourist sights. That said, the town has a quiet charm with a pleasant and well-preserved center that can trace its roots back to prehistoric times. It also has a Baroque style Church of Our Lady of Mercy from the 16th century, built on the foundations of an ancient Roman temple.

Church of St. Servulus

This church (*Crkva sv. Servul*), dedicated to St. Servulus, dates back to the 16th century. This structure was likely erected on the foundations of a Roman temple, incorporating fragments of Roman and early medieval columns, stelae, and inscriptions. Initially designed as a three-aisled church, it underwent extensive

reconstruction in the 18th century, ultimately being transformed into a single-aisle architectural marvel.

 Piazza S. Servolo, 52460, Buje

 +385 52 773 230

 <https://zupa-sv-servula.hr/zupa-buje/zupna-crkva-svetog-servula/>

Church of the Mother of Mercy

This Church (*Crkva Majka Milosrda*) originated from a miraculous event that led to its construction outside the city walls. Paolo Razizza, a wealthy resident, dreamt of the Lady in 1497 and, inspired by the vision, acquired her statue from Venice. Unable to enter Buje due to closed city gates, he rested outside overnight. In the morning, he discovered he couldn't move the statue, interpreting it as a sign to build a shrine outside the walls. Now situated at Trg Slobode, Bujac's traditional meeting point, it houses a viewpoint and an ethnographic museum. The initial chapel, credited to stonemason Matej from Pula, was built in 1498. The site gained popularity as a pilgrimage destination, leading to the Municipal Council's decision to construct a church, completed in 1587. The exterior features a "frescal" from 1590 and a 22m bellfry. Despite its simple architecture, the church holds invaluable interior artworks.

 Trg slobode, 52460, Buje

 <https://zupa-sv-servula.hr/zupa-buje/crkva-sv-marije-milosrdnice/>

Buje Old Town (Stari Grad) and City Walls

The historic old town of Buje features narrow streets, charming squares, and well-preserved medieval architecture. The town is surrounded by city walls that offer a glimpse into the town's medieval past and an interesting perspective on the town's history and layout.

Buje Ethnographic Museum

Learn about the local history and culture at the Buje Ethnographic Museum (*Etnografski muzej Buje*). It showcases exhibits related to the region's traditional way of life, crafts, and cultural heritage. There is an old house equipped with antique furniture, giving an impression of how people in Buje used to live. Opening hours vary.

 Trg Josipa Broza Tita 16, 52460, Buje

 No website

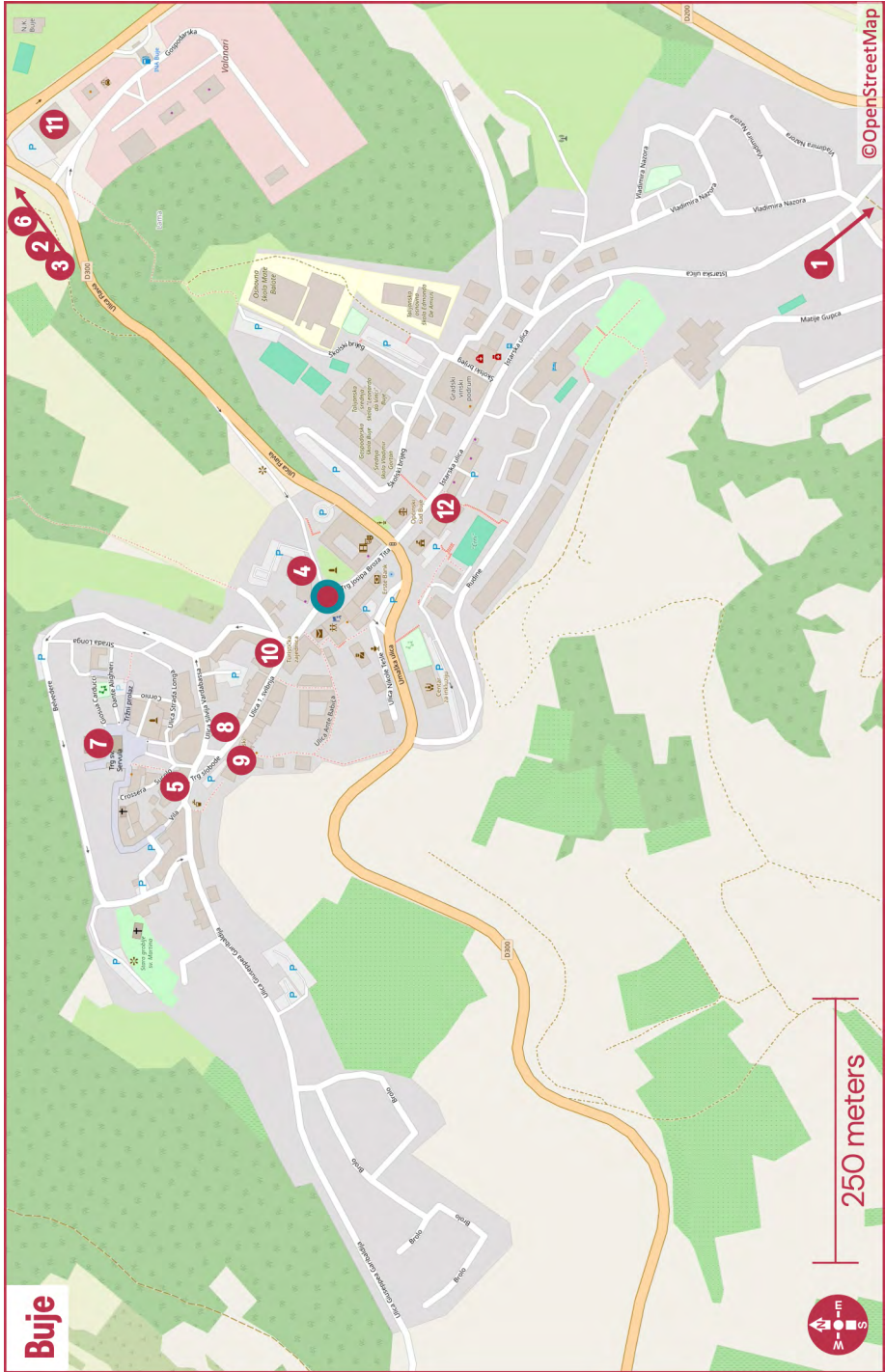
Festivals

There are fewer festivals in Buje than in surrounding towns.

Grape Holiday

Held in late-September, this great allegorical procession includes both residents and their guests reminiscing about the harvesting and processing of the grapes.

Town Plan



Key

Hotels

1. San Canzian Hotel
2. San Servolo Resort
3. Hotel La Parenzana

Restaurants & Bars

1. San Canzian Hotel
2. San Servolo Resort
3. Hotel La Parenzana
4. Rondo
5. San Leonardo
6. Konoba Pizzeria Aquarius

Points of Interest

7. Church of St. Servulus
8. Church of the Mother of Mercy
9. Buje Ethnographic Museum

Other Locations

10. Tourist Information
11. Spar
12. Konzum



Route Start / End

Other Useful Information

Tourist Information

A small but helpful office. Opening hours can be sporadic but they are usually open Tuesday to Saturday from 10:00 AM – 12:00 PM and 3:00 – 6:00 PM.

 Ul. 1. svibnja, 52460, Buje

 +385 52 773 353

 No website

Taxi

Buje does not have a designated taxi service, but your hotel should be able to help you book a taxi should you require one.

Grocery Stores

There are several supermarkets including the following:

Spar

Open 7:00 AM to 9:00 PM Monday to Saturday (closed on Sunday).

 Gospodarska ulica 1A, 52460, Buje

 +385 52 554 711

 <https://www.spar.hr/lokacije/spar-supermarket-buje-52460-gospodarska-1a>

Konzum

Open 7:00 AM to 8:00 PM Monday to Saturday (closed on Sunday).

 Digitronska 23, 52460, Buje

 +385 800 400 000

 No website



Poreč Skyline

POREČ

Overview

Poreč has a beautifully preserved old town, located on a 1,200 ft by 600 ft peninsula. The town has cobbled streets, ancient Roman architecture, and an imposing basilica – now a UNESCO World Heritage Site. There are numerous music, dance, and art events throughout the year.

The town's roots trace back to ancient times when it was a Roman colony known as Parentium. The UNESCO-listed Euphrasian Basilica, a masterpiece of early Byzantine art, stands as a testament to Poreč's historical significance. Dating back to the 6th century, the basilica features stunning mosaics and intricate architecture, making it a must-visit site for history enthusiasts.

Beyond its historical landmarks, Poreč offers a vibrant cultural scene. The town hosts numerous festivals, concerts, and events throughout the year, providing visitors with a taste of Istrian traditions and contemporary arts. Wander through the narrow streets of the old town, where medieval architecture meets lively cafes and boutiques, creating a delightful blend of the past and the present.

Poreč's coastal location adds to its allure, offering beautiful beaches and clear Adriatic waters. Visitors can enjoy water activities or simply relax on the picturesque beaches.

While Poreč has just 17,000 permanent inhabitants, in summer the population swells to 70,000 as tourists occupy hotels, campgrounds, and resorts. This can make the town feel very busy in the high season especially in the evenings when those from the surrounding campgrounds come into the main town for dinner and entertainment.

Restaurants and Bars

Most of the restaurants in Poreč are situated near the harbor and offer outdoor seating with lovely views. There are many choices, but seafood is popular here as well as traditional pastas, and of course, the ever-popular truffles. Pair whatever you're having with a good Istrian wine, and enjoy the culture of a pretty, bustling seaside town.

Restaurant Sveti Nikola

Recommended by the Michelin Guide, this restaurant is located on the seafront and has a terrace for al fresco dining. It also has an inside dining area which has views out to San Nicola Island. The menu offers both Italian and Istrian dishes as well as local specialties. Open daily from 11:00 AM – 1:00 AM. Reservations advised. Dress code is smart/casual.

 Obala M. Tita 23, Porec, 52440

 +385 52 423 018

 <https://www.svnikola.com/>

Pizzeria Nono

If it is more casual dining you're looking for, Pizzeria Nono offers great pizzas and pastas. There are also great risotto and gnocchi to be had in this bustling little eatery. Outdoor seating and vegan dishes available. Open Tuesday to Sunday from 12:00 PM – 10:00 PM. Closed on a Monday. Reservations not necessary. Dress code is casual.

 Zagrebačka ul. 4, 52440, Poreč

 +38552453088

 No website

Restaurant Spinnaker

This innovative restaurant uses only local ingredients and produces art on a plate with a fusion of flavors. The preparation and attention to detail to everything served makes this restaurant well worth a visit. Vegetarian, vegan and gluten-free options available. Open Tuesday to Sunday from 6:00 PM – 12:00 AM. Closed on Monday. Reservations strongly advised. Dress code is smart/casual.

 On Poreč waterfront, within Valamar Riviera Hotel 4*, Obala Maršala Tita 15, Poreč

 +385 52 400 804

 <https://www.restaurantspinnaker.com/>

Ancora

An authentic, bustling restaurant offering a good mix of Mediterranean and European food, including seafood, pastas, and local specialties. Good sized portions and fabulous truffle pasta and stuffed calamari are on offer. Vegetarian meals available. Open daily from 9:00 AM – 11:45 PM. Reservations are typically not necessary. Dress code is casual.

 Ulica Bože Milanovica 11, Poreč 52440

 None

 <https://ancora.eatbu.hr/?lang=en>

Bistro grill Sarajevska priča

A cozy Bosnian grill tucked in the Špadići neighborhood of Poreč, serving up traditional charcoal-grilled ćevapi, pljeskavice, and somun. Known for generous portions, friendly service, and a welcoming, homey atmosphere. Open Tuesday to Sunday from 10:00 AM – 9:00 PM. Closed Monday.

 Špadići 72a, 52440, Poreč

 +385 52 753 839

 <https://sarajevskaprica.com.hr/en/home>

Tunaholic Fish Bar

If you enjoy fish, and something a little different, you might enjoy this street-food-inspired eatery. The main food is tuna, followed by swordfish, shark, salmon, groupers, squid, sardines, all served on impressive black or white burger buns and with gourmet toppings. Gluten free available. Open from daily from 11:00 AM – 7:00 PM. Reservations not necessary. Dress code is casual.

 Ul. Svetog Eleuterija 6, 52440, Poreč

 +385 91 443 1235

 <https://www.tunaholicfishbar.com/>

Gelateria Italiana – Venti 22

There are many choices for ice cream in Poreč but, after a lot of research, we decided this was the best. There is a large assortment of flavors with natural and good quality ingredients. The staff are very friendly, helpful and proud of their product.

 Ul. Bože Milanovića 15, 52440, Poreč

 +385 95 579 3326

 No website

La Vecia Cantina

A wine bar in a beautiful setting. They say it used to be a church, then a wine cellar for Napoleon's wines, and then the Istrian Parliament. They have a good variety of wine to choose from at the staff are friendly and knowledgeable. Service is fast and there is often good music.

 Obala, Matka Laginje 2, 52440, Poreč
 +385 98 420 097
 No website

Sights and Activities

Euphrasian Basilica

The Euphrasian Basilica (*Eufrazijeva bazilika*) stands as a jewel of early Byzantine art, dating back to the 6th century. This site was made a UNESCO World Heritage site in 1997 and boasts remarkable mosaics and intricate architecture. Dedicated to Bishop Euphrasius, it reflects the town's Roman and medieval past. Visitors can explore the basilica's exquisite interior, adorned with vibrant mosaics depicting biblical scenes. It's possible to climb up to the steeple (count the steps!) and view Poreč and its surroundings. From March 31st to early November, open Monday to Sunday from 9:00 AM except during religious ceremonies and during Holy Mass (daily around 7:30 AM and 7:00 PM). Tickets are €10 for adults.

 Eufrazijeva ul. 22, 52440, Poreč
 +385 52 451 784
 <https://www.zupaporec.com/euphrasian-basilica/>

Kanonika

Dating back to 1251, this building stands as Poreč's oldest Romanesque house, preserved with its original exterior. Today, it continues to serve as the residence and office of Poreč pastors. The beautiful stone portal features the engraved construction year. Located immediately alongside the entrance to the Euphrasian Basilica.

 Eufrazijeva ul. 22, 52440, Poreč
 <https://www.myporec.com/hr/otkrijte-porec/povijesna-bastina/39>

Poreč Towers

Remnants of the town's protective walls are still evident today, with the most captivating features being the three towers, believed to date back to the 15th or 16th centuries. The five-sided *Pentagonal Tower* (now a restaurant) is embossed with a Venetian lion. The *Round Tower* (now a bar) has a pleasant terrace. The *Northern Town Tower* (*Sjeverna kula Peškera Poreč*) is just partially preserved. These architectural gems offer panoramic views of the Adriatic and add a touch of medieval charm to the town's skyline. It is a 130m walk between the three towers and they stand in a line across the start of the peninsula.

 Torre North, 52440, Poreč
 Torre Pentagonale, Decumanus ul. 1a, 52440, Poreč
 Torre Rotonda, Narodni trg 3a, 52440, Poreč

The Istrian Assembly Hall

This is a former church of St. Francis, built in the 13th century on the foundations of the early Christian church of St. Thomas from the 5th century. In the 18th century city reconstruction, the Franciscan complex underwent significant changes. The bell tower, demolished in 1686, was rebuilt in Baroque style from 1708 to 1731. In 1751, Giuseppe Montevinti adorned the church ceiling with rococo stuccoes, and Angelo Venturini painted frescoes depicting the Immaculate Conception and more. Napoleon's 1806 decree closed the church, later purchased by the Polesini family in the 19th century. They converted the lower part into a wine cellar, using the first floor for the Istrian Provincial Assembly. From 1926 to 1943, it housed the Poreč City Museum of Art and History.

 Obala Matka Laginje 2, 52440, Poreč

 <https://muzejporec.hr/hr/o-muzeju/zgrade-prostori/istarska-sabornica/>

Marafor Square

Maršal Tito Square, commonly known as Marafor Square, is a historic focal point in the town; it is also the location of the old Roman forum – difficult to find at first since there isn't much there anymore! Visitors can see the remnants of two ancient temples, the Temple of Neptune and the Large Temple from the 1st Century, and a paved Roman road.

 Obala Maršala Tita 23, 52440, Poreč

 No website

The Romanesque House

Situated at the end of Decumanus Street, this 13th-century residential building is remarkably well preserved with a wooden balcony, Romanesque "bifora," and an external staircase.

 TRG MARAFOR 2, 52440, Poreč

 No website

The House of Two Saints

Constructed in the Romanesque style in the 15th-century, this single-story building features two embossed stone saints on either side of an upper window that appear to be sleeping.

 Ul. Sveti Mauro 16, 52440, Poreč

 No website

Poreč Beaches

All the surrounding beaches are rocky and have Blue Flag status for pristine waters and excellent facilities. Plava Laguna is closest to the town center and popular. Brulo Beach is busier with lots of water sports and activities. Both Materada Beach

(further north) and Zelena Laguna (further south) are typically quieter and more secluded.

Watersports

Poreč offers plenty of different watersports including snorkeling, diving, kayaking, stand-up paddleboarding, water-skiing, jet-skiing, and windsurfing. We recommend you look on the website below which will direct you to the different companies offering the different options.

 <https://www.myporec.com/en/what-to-do/action/water-sports>

Festivals

From May to October, Poreč comes alive with vibrant events, activities, and celebrations. There is usually something interesting to see most weeks of the season. Ask at the Tourist Office (see below) for details during your stay.

Vinistra Wine Fair

Usually takes place in early May, there are wine tastings, wine competitions, educational programs, and culinary pairings. It is held in the Žatika hall in Poreč.

Concerts in the Euphrasian Basilica

For more than 50 years, between July and August, eminent musicians have been performing at the Poreč Basilica: a beautiful setting for classical musical concerts.

Giostra

Takes place on the first weekend in September. Poreč rewinds to 1745 and there's jousting on horseback on the beach, music, dancing, and lots of food.

Malvasia Wine Festival

Usually the first weekend in June. An excellent chance to taste wines from Istria's top-rated wineries and secure some great deals in the process.

Zlatna Sopela – Golden Sopela Festival

Held in July. A celebration of Mediterranean folklore showcasing performances by different folklore dance groups, exhibitions of traditional outfits from Mediterranean islands, exhibitions of artworks by amateur artists (themed on the sea and the Mediterranean) along with a food tasting, sampling a wide range of local delicacies.

Town Plan



Key

Hotels

1. Isabella Island Castle
2. BO Hotel Poreč
3. Hotel Melissa

Restaurants & Bars

4. Restaurant Sveti Nikola
5. Pizzeria Nono
6. Restaurant Spinnaker
7. Ancora
8. Bistro grill Sarajevska priča
9. Tunaholic Fish Bar Poreč
10. Gelateria Italiana – Venti 22
11. La Vecia Cantina

Points of Interest

11. Euphrasian Basilica
12. Kanonika
13. The Istrian Assembly Hall
14. Marafor Square
15. The Romanesque House
16. The House of Two Saints

Other Locations

17. Tourist Information
18. Spar
19. Studenac Market

 Route Start / End

Other Useful Information

Tourist Information

Tourist Office Poreč. Open Monday to Saturday from 8:00 AM – 3:00 PM (closed on Sunday).

 Zagrebačka ul. 9, 52440, Poreč

 +385 52 451 293

 <https://www.myporec.com/>

Taxi

Taxi Poreč has a taxi service which can be useful to get to restaurants slightly further afield. Book by phone or online. We recommend getting a quote on booking.

 +385 91 333 22 11

 <https://taxiporec.eu/>

Grocery Stores

There are a number of supermarkets including the following.

SPAR Supermarket

Open 8:00 AM to 9:00 PM Monday to Saturday (closed Sunday).

 Ul. Rade Končara 1A, 52440, Poreč

 +385 52 427 757

 <https://www.spar.hr/lokacije/spar-supermarket-pore-52440-obala-rade-konara-1a>

Studenac Market

Open 7:00 AM to 8:00 PM Monday to Saturday (closed Sunday).

 Zagrebačka ul. 2, 52440, Poreč

 +385 21 430 801

 <https://www.studenac.hr/>



Rovinj Waterfront

ROVINJ

Overview

Rovinj is an ancient coastal town dating back to the Bronze Age. Originally a small island protected by stone walls, the channel was filled in 1763, joining it to the mainland. Its Venetian history, winding cobblestone streets, and pastel-hued houses has led to it being known as *Mini Venice*. The Old Town, situated on this island-come-peninsula, is a maze of narrow cobblestone streets leading to the iconic St. Euphemia's Basilica.

Rovinj has a rich heritage dating back to the Roman era when it was known as Arupinium. The influence of various civilizations, from the Venetians to the Austro-Hungarians, is evident in the town's architecture. The Balbi's Arch and the Town Clock are notable landmarks.

Rovinj's cultural vibrancy is showcased through its numerous art galleries, festivals, and events. With its scenic beauty, historical allure, and cultural richness, Rovinj is a gem on the Adriatic coast.

Restaurants and Bars

Rovinj is known for its excellent restaurants. Seafood is plentiful with mussels, calamari, and scampi on most menus as well as sea bream and sea bass. If you prefer meat, their Boškarin cattle, of which they are justifiably proud, offer a good

alternative. This can be nicely paired with a good Istrian wine, Malvazija (white) or Teran (red).

Cap Aureo – Grand Park Hotel

A 5–10-minute walk south from the old town. Recommended by the Michelin Guide and situated on the fifth floor of the Grand Park Hotel Rovinj, this restaurant, which has an amazing terrace, offers one of the best views of the port and the old town. Modern Mediterranean cuisine is served with a particular emphasis on Istrian dishes, while the tasting menus vary from three to twenty courses! Friendly, attentive service, plus an excellent sommelier. Open Tuesday to Saturday for dinner from 7:00 PM – 10:00 PM. Closed Sunday and Monday. Reservations strongly advised. Dress code is smart/casual.

 Smaregljeva ulica 1A, 52210 Rovinj

 +385 52 642 035

 <https://www.maistra.com/properties/grand-park-hotel-rovinj/restaurants-bars/cap-aureo-signature-restaurant/-/>

Monte

Boasting a Michelin star, Monte serves imaginative and creative dishes using the best of Istrian ingredients. This beautiful restaurant is situated in the stonewalled courtyard of chef Danijel Đekić's birth house, at the foot of the Church of St. Euphemia. Choose your menu from red, green, or blue, each offering a gastronomic interpretation of the color chosen. Open daily for dinner from 6:00 PM – 10:00 PM. Reservations strongly advised. Dress code is smart/casual.

 Montalbano 75 Rovinj-Rovigno 52210

 +385 52 830 203

 <https://www.monte.hr/>

Puntulina

Location, location, location.....along with simple, local food, provides an experience not to be missed. Situated in the heart of the old city, tucked away on a rocky spur, with steps leading to three beautiful terraces, this is al fresco dining at its best, just meters from the sea. Innovative and fine local cuisine with an Italian influence is on offer. Open Monday, Tuesday, and Wednesday from 6:00 PM – 12:00 AM. Thursday, Friday, Saturday, and Sunday 1:00 PM – 12:00 AM. Reservations necessary. Dress code is casual.

 Ulica Svetoga Križa 38, Rovinj, 52210

 +385 52 813 186

 <https://puntulina.eu/>

Brasserie Adriatic – Hotel Adriatic

Located on the ground floor of the one-hundred-year-old Hotel Adriatic with views of Rovinj's vibrant town center and harbor. The modern menu celebrates regional

cuisine and local produce. Try the classic Istrian specialty, Fuži, a hand rolled pasta served with a mountain of freshly shaved white truffles. Their desserts are also excellent. Open Daily from 7:00 AM – 10:00 PM. Reservations recommended. Dress code is casual.

 Obala Pina Budicina – Riva Pino Budicin 16, 52210 Rovinj

 +385 52 803 520

 <https://www.maistra.com/properties/hotel-adriatic/restaurants-bars/brasserie-adriatic/#/>

Tunaholic Fish Bar

Like its sibling in Poreč, this street-food-inspired eatery, features tuna, swordfish, shark, salmon, groupers, squid and sardines, all served on impressive black or white burger buns and with gourmet toppings. Gluten free available Open daily from 11:00 AM – 7:00 PM. Reservations not necessary. Dress code is casual.

 Zdenac 11, 52210, Rovinj

 +385 91 573 5169

 <https://www.tunaholicfishbar.com/>

Rovinj Mali Raj

A charming, family-run bistro tucked into the historic old town, they offer Mediterranean and Croatian classics like grilled seafood, truffle pasta, and risotto. It has a shaded terrace beneath grapevines and a relaxed, unpretentious atmosphere. Open daily from 11:30 AM – 4:00 PM and 5:30 PM – 11:30 PM. They do not take reservations.

 Trevisol 48, 52210, Rovinj

 +385 52 427 082

 No website

Twin Figs

Tucked away in a quiet alley of Rovinj's Old Town, Twin Figs offers a secret-garden courtyard under two fig trees, where you can enjoy creative cocktails, fresh Mediterranean small plates or a relaxed brunch away from the tourist crowds. It offers a stylish yet intimate vibe and friendly, attentive service. Open daily from 8:00 AM – 11:00 PM.

 Ul. Vladimira Švalbe 22, 52210, Rovinj

 +385 915 916 492

 <https://www.twinfoigs.eu/>

Vino Vigneto

Tucked into one of Rovinj's quiet cobblestone streets, this is a gem for wine lovers seeking an authentic Istrian tasting experience. The atmosphere is relaxed yet sophisticated with stone walls, candlelight, and shelves lined with carefully selected bottles from boutique local producers. The bar specialises in Istrian varietals such

as Malvazija, Teran, and Refošk, alongside a selection of Croatian reds and sparkling wines. Open daily from 1:00 PM – 8:00 PM.

 Ul. Grisia 12, 52210, Rovinj

 +385 91 618 1679



https://www.vinovigneto.com/?utm_source=google&utm_medium=wix_google_business_profile&utm_campaign=5627764183560330123

Spàcio Matika: Boat Trip, Concert and Dinner

In collaboration with the Batana Museum, this restaurant offers a trip on a *batana* boat around the Rovinj peninsular followed by dinner and a concert of traditional *bitinada* songs. Duration with concert is two to three hours. €50 per person. Tuesdays and Thursday. Reservations should be made by Monday for Tuesday and by Wednesday for Thursday via e-mail info@batana.org or by telephone (see below). Departure from Mali Mol is at 7:30 PM.

 Ul. Vladimira Švalbe, 52210, Rovinj

 +385 91 379 56 21



<https://www.batana.org/en/the-batana-eco-museum/spacio-matika-spacio0/spec/>

Intentionally Blank

Town Plan



Key

Hotels

1. Grand Park Hotel
2. Angelo D'Oro
3. Vila Kristina

Restaurants & Bars

4. Monte
5. Puntulina
6. Brasserie Adriatic
7. Tunaholic Fish Bar
8. Rovinj Mali Raj
9. Twin Figs
10. Vino Vigneto
11. Spàcio Matika

Points of Interest

12. The Balbi Arch
13. St. Euphemia's Basilica
14. Batana Eco-Museum
15. Rovinj Heritage Museum
16. Franciscan Monastery Museum
17. Grisia, Street
18. Island of St. Catherine

Other Locations

19. Tourist Information
20. Tommy Supermarket
21. Studenac Market
22. Konzum

 Route Start / End

Sights and Activities

The Balbi Arch

Rovinj was fortified during the 7th century and at that time it was still an island and had seven city gates in total. Today, Rovinj is left with three of which Balbi's Arch is the most interesting. Built in 1678, during the time of Mayor Daniel Balbi the arch served as the primary town entrance. The Turk's head on the top of the outside arch, served as a symbolic deterrent to Ottoman invaders. Inside, a Venetian's head crowns the apex, symbolizing protection for the Venetian population within the town walls. There is a lion on the outside of the arch. There is a popular theory that a Venetian Lion clutching an open book signifies that the town was going through a period of peace. Conversely, a closed book beneath the Lion's paw is believed to indicate a time of war or hostilities.

 Trg G. Matteottija, 52210, Rovinj

St. Euphemia's Basilica

This Baroque church, with its towering bell tower, offers stunning views of the Adriatic Sea and the surrounding islands and is one of the most iconic buildings in Istria. Originally home to the church of Saint George (his statue remains on the central altar). In the 10th century, as pilgrim numbers surged with the arrival of St. Euphemia's remains from Constantinople, a larger church was built bearing her name. The details of St. Euphemia are central to the town and its history. More details can be found in the *About the Area – Fun Facts* section of this guidebook.

In 1725, the townspeople transformed it into its present form, with a facade added in the 1900s. Notably, its bell tower mirrors that of Saint Mark's in Venice. Free entrance.

📍 Trg Sv. Eufemije, 52210, Rovinj

☎ +385 52 815 615

🌐 <https://www.zuparovinj.hr/>

Batana Eco-Museum (*Kuća o batani*)

The Batana House, on the harbor, is an eco-museum dedicated to the traditional wooden flat-bottomed fishing boats, *batanas*, still found in Rovinj's harbor. The museum celebrates the town's fishing culture and includes explanations of the use of the nets, samples of tools, recordings of *bitinada*, which are typical fishermen songs, and a 10-minute fast-motion film depicting the week-long construction process of a batana. Live batana-making exhibitions occur on Tuesdays in summer.

Entrance price €3.50 for adults. Open from 10:00 AM Monday to Saturday. Closing times differ throughout the summer. Closed for afternoons from May to August but open in the evenings. Closed on Sunday.

📍 Obala Pina Budicina 2, 52210, Rovinj

☎ +385 52 812 593

🌐 <https://www.batana.org/en/home/>

Rovinj Heritage Museum (*Muzej Grada Rovinja*)

Housed within a magnificent Baroque palace, this small museum boasts a diverse collection: contemporary art and masterpieces from Rovinj and Croatia; archaeological finds; and an exhibition on the maritime history. Can seem like a miscellaneous assortment of artifacts, but interesting.

📍 Trg Maršala Tita 11, 52210, Rovinj

☎ +385 52 816 720

🌐 <http://www.muzej-rovinj.hr/1132/EN>

Franciscan Monastery Museum (*Muzej franjevačkog Jamostana*)

Situated just east of the Old Town, the Franciscan Monastery Museum, completed in 1710 in honor of Saint Francis of Assisi, offers a captivating blend of historical artifacts. Among the intriguing exhibits are ancient habits, reliquaries, and expansive war maps tracing human history from 4004 BCE to 1799 CE. Only a fraction of the monastery's vast library of 12,000 books is on display, but the visit is rewarding. Despite the need for maintenance, the museum holds valuable insights into the region's past. Outside museum hours, the church hosts services and occasional concerts.

📍 De Amicis 36, 52210, Rovinj

☎ +385 52 830 390

🌐 No website

Grisia, Street

Grisia Street, adorned with galleries showcasing the creations of local artists, ascends from behind the Balbi Arch to reach St. Euphemia. The narrow, winding backstreets branching from Grisia have a curious architectural diversity—windows, balconies, portals, and squares echo styles from gothic and renaissance to baroque and neoclassical. An intriguing feature is the *fumaioli*, exterior chimneys born during population surges when families resided in single-room dwellings with a shared fireplace.

 Ul. Grisia, 52210, Rovinj

Island of St. Catherine

The island of *Sv. Katarina* is accessible by a short boat ride, and boasts secluded beaches, historic ruins, and vibrant flora. It is a small island purchased and forested by Polish Count Milewski in 1904 who also built a castle in the middle of the island. It is now home to Hotel Katarina. Visitors can wander around the small island and explore the ancient monastery and enjoy in the tranquility of the island. Access to the island is by boat from Delfin Pier on the Rovinj waterfront, south of the old town. Boats depart every hour (5.30 AM to 12.30 AM).

Rovinj Beaches

There are places to swim and sunbathe around Rovinj but some of them are just rocks and boulders, so you may want to choose your spot carefully.

On the southern side, there are popular rocky areas with ladders for easy water access. Cuvì Beach is a 1,000-meter-long, gently sloping pebble beach located 2 km south of the old town. Loan Bay, near Hotel Lone, is a public spot 1 km south of the old town. Baluota is a rocky beach, and Cape Rusi features large boulders and (careful!) water-jumping spots.

To the north, Porton Biondi, Borik, Valdaliso, and Amarin, offer a variety of rock and pebble beaches.

Dolphin Watching

There are multiple companies that offer dolphin watching. Walking around the marina you can choose between dolphin watching with expert biologist guide or a romantic boat trip at sunset.

Dolphin Watching, Rovinj

A 3-hour excursion that claims to see dolphins on over 90% of their tours. Small boats seating 12 people. €55 per adult.

 Ul. Sv. Križa 1, 52210, Rovinj

 + 385 91 911 4995

 <https://www.dolphinwatching.org/>

Watersports

Rovinj offers some different watersports including snorkeling, diving and kayaking.

Rovinj Sub-Diving Center

Located slightly north of the town.

 Kolodvorsko šetalište 9, 52210, Rovinj

 +385 98 196 9502

 <https://rovinj-sub.hr/>

Adistra

Kayaking and snorkeling tours.

 Trg na lokvi 2, 52210, Rovinj

 +385 95 838 3797

 <https://www.adistra.hr/>

Rovinj Kayak

Located slightly south of the town.

 Resort Villas Rubin, 52210, Rovinj

 +385 97 798 7654

 No website

Festivals

Rovinj hosts a variety of events, festivals, and concerts throughout the year.

The Festival of St Euphemia

On September 16th, the Festival of St. Euphemia in Rovinj transforms the main square into a lively spectacle. With a diverse program, the celebration honors the town's patron saint. Traditional festivities include savoring mutton with sauerkraut and relishing Istrian *fritule* (local pastry balls).

The Grisia Street Art Festival

On the second Sunday in August, following a tradition started in 1967, this festival turns the town's main thoroughfare into an open-air art gallery. Grisia is both the name of an old town narrow street in Rovinj and an art exhibition. This is the most renowned and the most open one-day exhibition in Istria as anyone can participate – from small children to professional painters.

The Croatian Salsa Summer Festival

Takes place in June. Partakers are invited to practice beginner and advanced dance steps along with the best instructors and demonstrate what you have learned at the evening show program on the town waterfront.

St. Lawrence's Night

For one night in August, the old town of Rovinj and its distinctive silhouette celebrate a night of falling stars or the *Tears of St. Lawrence*. On this night, the lights along the

town's waterfront are turned off and replaced by magical flickering light of torches accompanied by sensual and romantic music.

Free Walking Tour

Rovinj offers a 'free' walking tour every day from May to September at 6:00 PM. It is advertised as free because they are unable to charge for it but those that take part are expected to pay their guide at the end of the tour. Anything upwards of €15–20 per person is expected.

 Trg Maršala Tita, next to the boy with the fish statue (meeting point)

 +385 91 55 67 247

 <https://www.rovinj-tourism.com/>

Other Useful Information

Tourist Information

Tourist Board Rovinj–Rovigno (Tourist Information Office). Open Monday to Saturday from 8:00 AM – 4:00 PM. Closed on Sunday.

 Trg na mostu 2, 52210, Rovinj

 +385 52 811 566

 <https://www.rovinj-tourism.com/>

Taxi

Taxi 39 Inde Rovinj has a taxi service which can be useful to get to restaurants slightly further afield. Book by phone or email, indedoo@outlook.com. We recommend getting a quote on booking.

 +385 (0)91 111 1737

 <https://www.inde.hr/>

Grocery Stores

There are a number of supermarkets including the following.

Tommy Supermarket

Open Monday to Saturday from 7:00 AM – 9:00 PM (closed on Sunday).

 Obala Vladimira Nazora 14, 52210, Rovinj

 +385 91 419 2336

 No website

Studenac Market

Open Monday to Saturday from 7:00 AM to 9:00 PM. Closed Sunday.

 Ul. Giuseppea Garibaldija 14, 52210, Rovinj

 +385 21 430 801

 <https://www.studenac.hr/>

Konzum

Open Monday to Saturday from 7:00 AM to 7:00 PM. Closed Sunday.

 Trg Maršala Tita 3, 52210, Rovinj

 +385 800 400 000

 <https://www.konzum.hr/>



Church of Sts. Cosmas and Damian, Fažana

FAŽANA

Overview

Fažana is a lively fishing village and the gateway to the Brijuni Islands – a haven of natural beauty. Fažana was once famous for its production of pottery such as amphorae that were used to transport wine and olive oil all over the Roman Empire. There is an excavated Roman kiln in the town center.

Fažana's origins trace back to Roman times when it was known as Vitasata. Over the centuries, Fažana witnessed various influences, from the Byzantines to the Venetians, shaping its character. However, its more recent history is closely tied to its development as a fishing and agricultural community.

One of the key attractions in Fažana is its picturesque waterfront, where colorful boats line the harbor, and seafood restaurants offer local dishes. The town is renowned for its connection to the Brijuni Islands, once the summer residence of Yugoslavia's President Josip Tito. Visitors can take a short boat ride from Fažana to explore the islands, which are now a national park with archaeological sites, a safari park, and lush Mediterranean vegetation.

Restaurants and Bars

While more modest than Poreč and Rovinj, this little fishing town has plenty of restaurants and bars clustered around the harbor. There are also many tucked into

quaint cobbled courtyards. You can also enjoy a gelato or cocktail while watching the sun set over the water.

As our hotels are mostly situated outside the town, we have listed the hotel restaurants as well as others in the town.

Meneghetti Restaurant – Meneghetti Hotel

The Meneghetti Restaurant is situated in the Meneghetti Hotel. Here you can experience the modern interpretation of traditional Istrian cuisine, prepared with fresh, local, seasonal ingredients. Perfectly and creatively presented, meals here are a real treat. Open daily for dinner from 6:30 PM – 10:30 PM. Reservations required. Dress code is smart/casual.

 Stancija Meneghetti 1, 52211 Bale

 +385 52 528 800

 <https://meneghetti.hr/en/dining>

Villa Letan Restaurant – Hotel Vila Letan

If you're staying at Hotel Villa Letan, the onsite restaurant is very good, offering Istrian cuisine, using local ingredients. A good selection of local wines, and of course, olive oil is on offer. Open daily for dinner from 7:30 PM – 10:30 PM and lunch on weekends from 12:30 PM – 3:00 PM. Reservations advised. Dress code is smart/casual.

 Peroj 450, 52215 Vodnjan

 +385 (0)52 521 006

 <https://www.hotel-letan.hr/en/gastronomy/>

Konoba Feral

Set back from the bustling sea front, this restaurant offers a peaceful haven where you can enjoy good seafood, pastas and typical Istrian accompanied by a well-rounded wine menu. Open daily for dinner from 7:00 PM – 10:30 PM. Reservations strongly advised. Dress code is casual.

 Boraca 11, Fazana 52212

 +385 52 520 040

 <https://www.restaurant-feral.com/engleski/enindex.html>

Trattoria Fasana

Local food served on the seafront. A good selection of seafood and pastas available in a bustling restaurant with a good terrace. Open daily from 12:00 PM – 12:00 AM. Reservations advised. Dress code is casual.

 Titova Riva 8, Fazana, 52212

 +385 95 855 8134

 No website

Ristorante "Da Nonna"

Delicious food in a beautiful setting. Nestled in a cobbled courtyard with turquoise and white tables. Here a fusion of Italian and Istrian food is offered with attention to flavor and authenticity. Desserts are not to be missed! Open daily from 12:00 PM – 12:00 AM. Reservations advised. Dress code is casual.

 Piazza Grande 8 Fažana

 +385/52/217-883

 <https://www.ristorante-danonna.com/>

Konoba Vasianum

Well-positioned near the sea, this is the place to go for great seafood and fish dishes. Local Istrian cuisine and pasta also available along with a good selection of wines. The pasta is homemade, and a specialty served with their creamy truffle sauce. Also available are good local meat and cheese platters and excellent desserts. Open daily from 11:00 AM – 10:00 PM. Reservations advised. Dress code is casual.

 Riva 7, Fažana 52212

 +385 98 901 9336

 No website

Intentionally Blank

Town Plan



Key

Hotels

1. Meneghetti
2. Villa Letan
3. Villetta Phasiana

Restaurants & Bars

4. Konoba Feral
5. Trattoria Fasana
6. Ristorante "Da Nonna"
7. Konoba Vasianum

Points of Interest

8. The Church of St. Cosmas and Damian

9. Church of our Lady of Mount Carmel

10. Brijuni National Park

Other Locations

11. Tourist Information
12. Plodine
13. Konzum



Route Start / End

Sights and Activities

The Church of St. Cosmas and Damian

This historic church in Fažana dates to the 16th century and features charming architecture and religious artifacts including a *Last Supper* by Zorzi Ventura of Zadar (1598) as well as traces of 16th-century frescoes.

 Trg Sv. Kuzme i Damjana 5, 52212, Fažana

Church of our Lady of Mount Carmel

Constructed in the 14th century, the modest, aisleless Church of Our Lady of Mount Carmel (*Crkva Blažena Djevice Marija*) likely stands on the site of an earlier 9th-century structure. The adjoining portico, known as "lopica," was later added in the 17th century. Within the church are remnants of frescoes dating back to the 15th century, along with a wooden statue of the Virgin Mary from the 14th century.

 Ul. 43. istarske divizije 2-6, 52212, Fažana

 +385 52 521 097

 <https://www.zupa-fazana.com/crkve-na-podruju-upe/>

Brijuni National Park

Renowned for their natural beauty and historical significance, the islands are accessible to foot passengers via a 15-minute boat ride from Fažana. Steeped in history, the islands boast archaeological sites, including Roman villas and Byzantine fortifications. Visitors can explore the Brijuni National Park, home to diverse flora and fauna, and encounter exotic animals in the Safari Park. Another highlight is the Tito Museum, once the summer residence of Marshal Josip Tito, featuring artifacts and insights into the island's intriguing past. Tickets for *Veliki Brijun* (the main island) can

be purchased at the *Nacionalni Park Brijuni Excursions* office, located on the harbor. The boat schedule is on the website (or at the office) with boats departing and returning approximately every hour until late in the evening. Tickets are around €40 per adult.

There is a large restaurant close to where the boat arrives, but we would advise taking a picnic or returning to Fažana.

 Brionska ul. 10, 52212, Fažana

 +385 52 525 881

 <https://www.np-brijuni.hr/en>

Fažana Beaches

There are two pebble beaches either side of the town. The beach to the north has an aquapark, is generally busier, and is typically windier. The beach to the south is quieter and has a backdrop of a public park.

Dolphin Watching / Boat tours

There are multiple companies that offer boat tours and dolphin watching. They are all based around the marina, and most have boards advertising their services.

Fazana Excursions Galiola

For a 90-minute sunset tour, the price per adult is €30.

 Trg stare škole, 52212, Fažana

 +385 97 645 17 50

 <https://fazana-tours.com/>

Sea tours Istria

For an hour's sunset tour, a private boat up to 6 people is €270.

 Ul. Titova Riva, 52212, Fažana

 +385 918 922 492

 <https://www.seatoursistria.com/>

Festivals

Feast of St. Cosmas and Damian

The feast day of Saints Cosmas and Damian is commemorated annually on the 26th of September. Beneath the stone 'mast' of the bell tower, the square in front of the Church of SS. Cosmas and Damian takes on the appearance of a ship's deck.

Pilchard Festival

Held in June, the humble pilchard takes center stage as the emblem of Fažana's vibrant fisherman's festivals. The festival showcases the versatility of pilchards, allowing attendees to indulge in a variety of dishes featuring this small, oily fish. Local chefs often prepare creative and delicious pilchard-based recipes. There are traditional fishing demonstrations, arts and crafts, and boat parades.

Maneštra Festival / Kitchen Festival

Usually held in early September. Maneštra is a traditional Istrian soup, and its festival includes the best maneštra from restaurateurs in Fažana and Valbandon. The fair also includes Istrian souvenirs and gourmet products.

Other Useful Information

Tourist Information

Tourist Board of Fažana (Tourist Information Office). Open Monday to Friday from 8:00 AM – 3:30 PM (closed Saturday and Sunday).

 Ul. Titova Riva 2, 52212, Fažana

 +385 52 383 727

 <https://www.infofazana.hr/>

Taxi

Fažana does not have a designated taxi service, but your hotel should be able to help you book a taxi should you require one.

Grocery Stores

There are a number of supermarkets including the following.

Plodine

Open Monday to Saturday from 7:00 AM – 9:00 PM. Closed on Sunday.

 Puljska ul. 20, 52212, Fažana

 +385 52 866 030

 <https://www.plodine.hr/supermarketi?q=fazan>

Konzum

Open Monday to Friday from 7:00 AM – 9:00 PM. Closed on Saturday and Sunday.

 Ul. 43. istarske divizije 15, 52212, Fažana

 None

 No website



ON TOUR

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LIFECYCLE ADVENTURES SERVICES

Self-Guided Tours

If I need help, how fast will you get to me?

Once we receive your call, our target is to get to you within 90 minutes. However, if our route to you is on slow roads or our guides are completing another job it may take us longer to reach you. When you call, we will give you an estimated time of arrival.

If you are experiencing an emergency, please call 112 (Europe) or 911 (North America) – or ask a passerby to do so.

How do I arrange to shorten my day's riding?

If you are riding from hotel to hotel, we would be pleased to transfer you partway along the route to reduce the number of miles you need to travel. The more notice you give us the better able we are to meet your schedule. We need at least 24 hours' notice to accommodate these transfers.

As our guides are supporting a number of guests at any one time, we ask that you be flexible about this transfer time, but we will accommodate you as close to your ideal time as practical.

In Holland and the Engadin Valley our support services are managed slightly differently. In these areas, if you choose to not ride on any day, or want to shorten your route, we will advise on how to do this using local trains and then refund you the cost of your tickets.

What time do I need to leave my luggage on transfer days?

We ask that you leave your luggage with the front desk by 9:30 AM; making sure that a LifeCycle Adventures luggage label is attached to each bag. If this is not going to be possible, please let us know.

What time will my luggage arrive at the next hotel?

We plan to have your luggage at the next hotel by 4:00 PM. We will alert you if this will not be the case.

When can I check into my room?

As a rule, check-in time at hotels is between 3:00 PM and 6:00 PM. If you expect to arrive outside of these hours, please call ahead to the hotel, or call us, to make special arrangements. You will find contact details for your accommodation in the *Directions to Accommodations* section of the On Tour App.

What are the arrangements for the final day?

If you are riding on your final day, please leave your luggage with the front desk of your hotel. We will collect your bags before meeting you at the end of your ride (or at your hotel depending on your route choice).

Your guide will be waiting for you with your luggage as detailed in the *End of Tour Logistics* section of the On Tour App.

Please talk to your guide 24 hours in advance if you wish to make changes to these arrangements. Note that your guide is balancing multiple commitments in any one day so it is typically not possible to change your pickup location or collection time on the final day.

Can you help us with reservations?

This Guidebook has activity and eating suggestions for your overnight towns. The On Tour App has lunch suggestions and points of interest along your route. See these listings for details as to how to make reservations.

In non-English-speaking areas, we are very happy to help with restaurant or activity reservations – both before you arrive and while you are on your tour. Any reservations we have made on your behalf will be detailed in the *Meal & Activity Reservations* section of the On Tour App under the relevant day.

Where we make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. See the *Terms and Conditions* in your Itinerary for further details of these charges.

What do you suggest by way of gratuities?

Your guides take pride in going the extra mile to ensure you have an exceptional experience. Should you wish to recognize their above-and-beyond efforts, a gratuity to your guide would be most welcome. \$15 to \$30 per person per day is common in the industry.

Private Guided Tours

Service Levels

For Private Guided tours, you have a guide(s) and a van(s) dedicated to your group. Typically, the guide and van are available from 8:30 AM to 4:30 PM. The guide will communicate with you during the tour about rider support, luggage arrangements, check-in times, and end-of-tour transfers.

What do you suggest by way of gratuities?

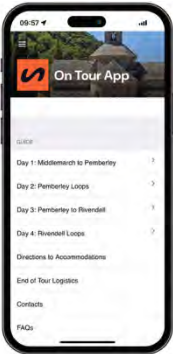
For Private Guided tours, a gratuity of \$25 to \$35 per person per day is common in the industry.

USING THE ON-TOUR APP

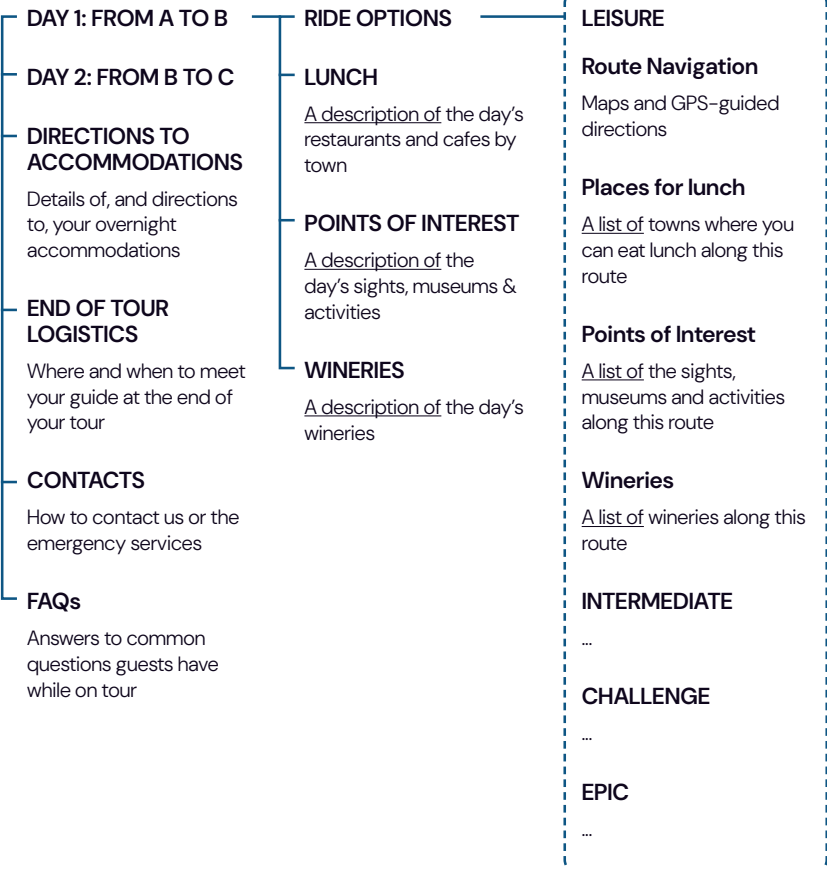
We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

A link to download the app will be sent to you about thirty days before the start of your tour. We would encourage **all people on the tour to download the app before you travel** and familiarize yourself with the contents.

The app downloads to your phone and can be used with your data plan turned off. The diagram below is a quick reference for how the app is organized.



App Contents



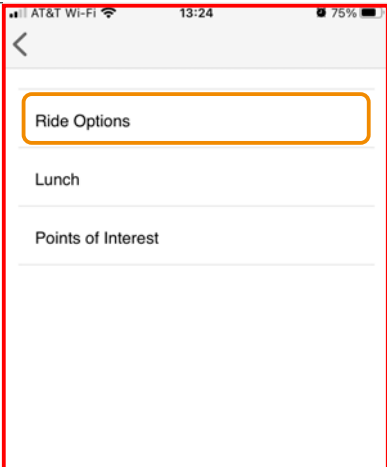
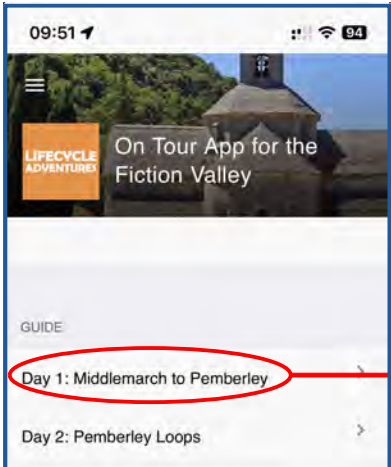
If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

The app helps you answer the following question while on tour.

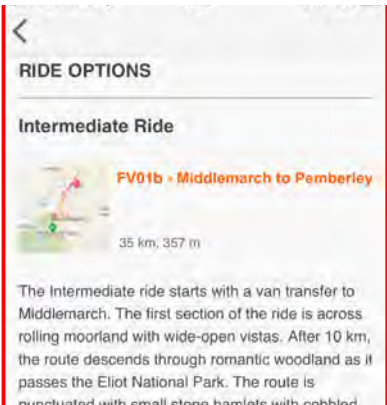
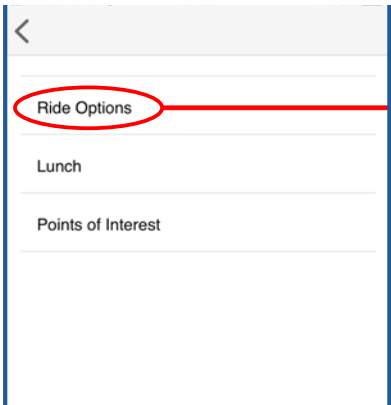
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight accommodation**?
- Where and when will I meet my guide at the **end of my tour**?
- How do I **contact my guide**, emergency services, and other key support?
- Answers to other **frequently asked questions** while on tour.

The On Tour App is designed to be intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to use the app to answer the questions listed above.

For each day, which route is best for me?



Select the relevant day on the main menu and then choose ride options. Clicking on the ride options will bring you to a description for each of the ride options. Typically these are Leisure, Intermediate, Challenge, and Epic.

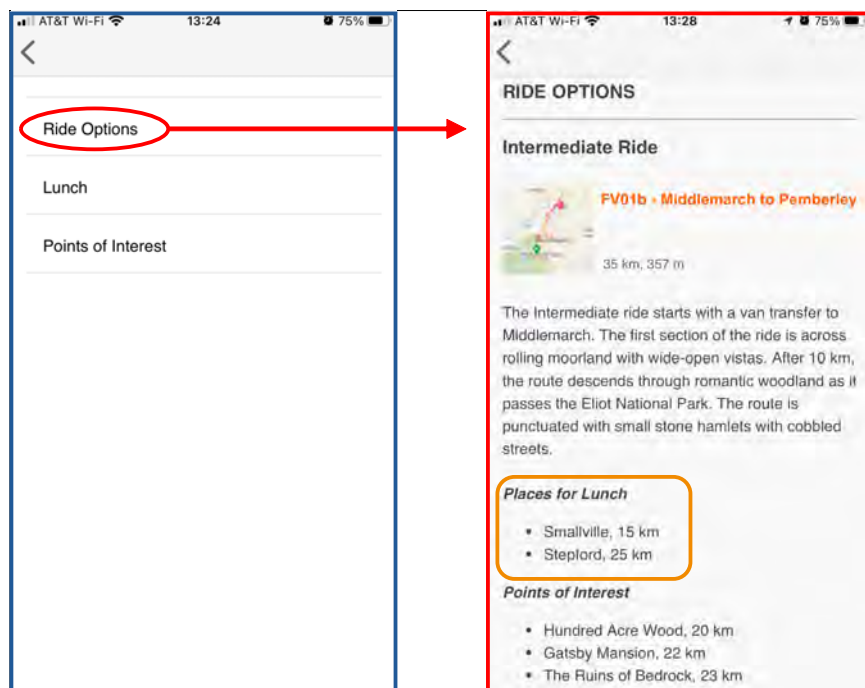


You can then choose your ride based on the description:

- Key stats – distance and climbing
- A brief overview
- A list of towns or villages where you can find lunch
- A list of places of interest along the route
- Wineries along the route (not all areas)

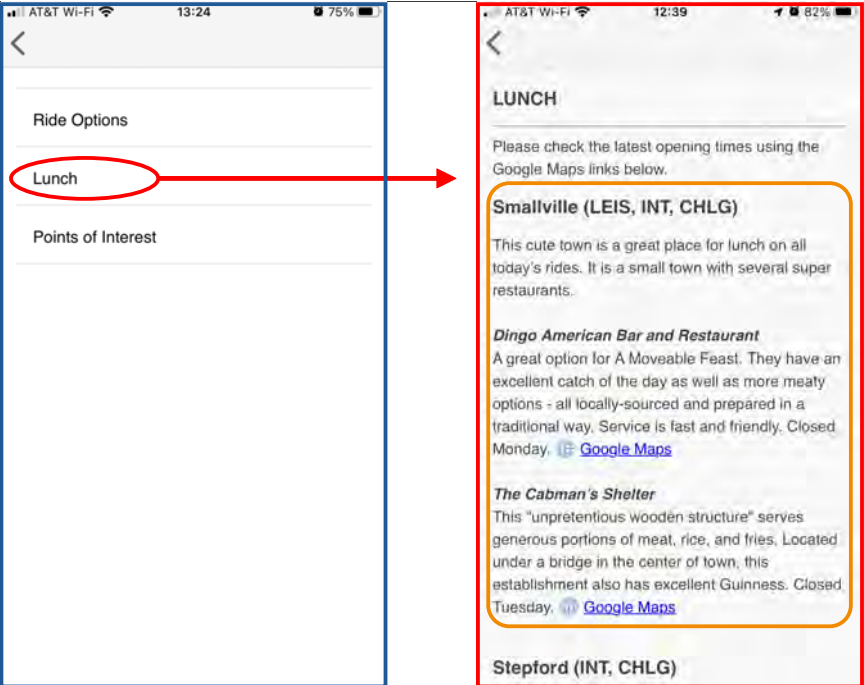
For my route, where is the best place for lunch?

This is a two-step process. First go to Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), choose which town you want to eat in. Here you are going to choose Smallville, which is 15 km into your route.

Then GO BACK to the previous menu and select *Lunch*.



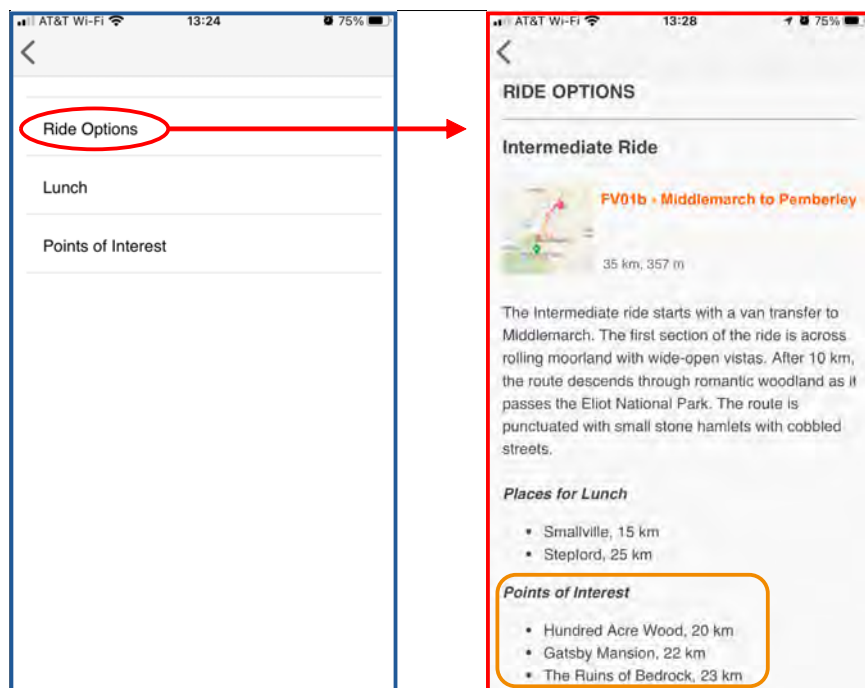
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge rides.)

Restaurants are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below.

You can use the *Google Maps* link to check opening times and to confirm the location of the restaurant.

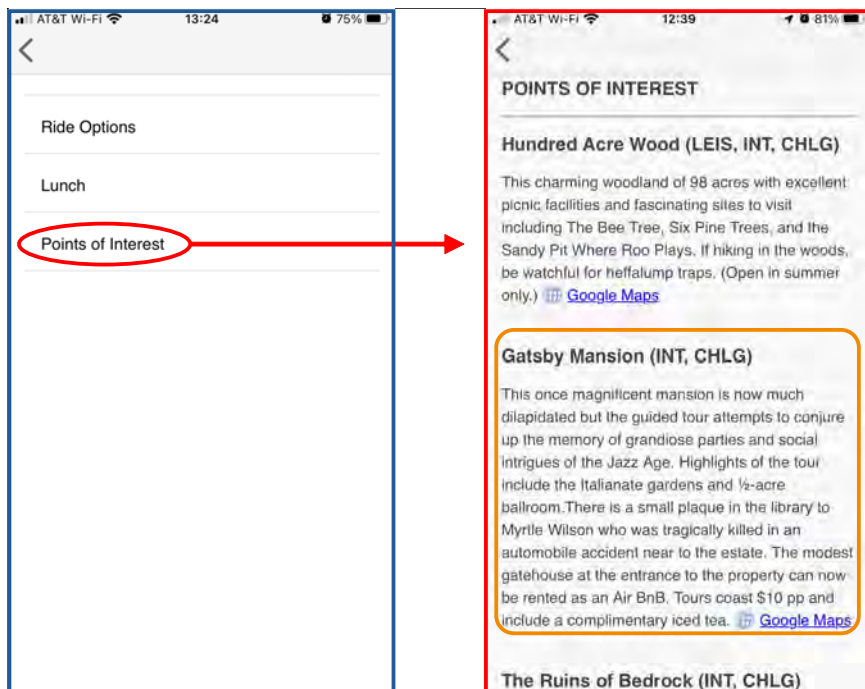
What points of interest are there along my chosen route?

This is a two-step process. First, go the Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), see the list of Points of Interest that are on this route. In this example, The Gatsby Mansion, at 22 km) has caught your attention.

Then GO BACK to the previous menu and select Points of Interest.



Having selected *Points of Interest*, you can then read about the places you might want to visit along this route. In this example, you can learn all about the Gatsby Mansion. (The abbreviations in parentheses tell you that the Gatsby Mansion is on the Intermediate and Challenge rides.)

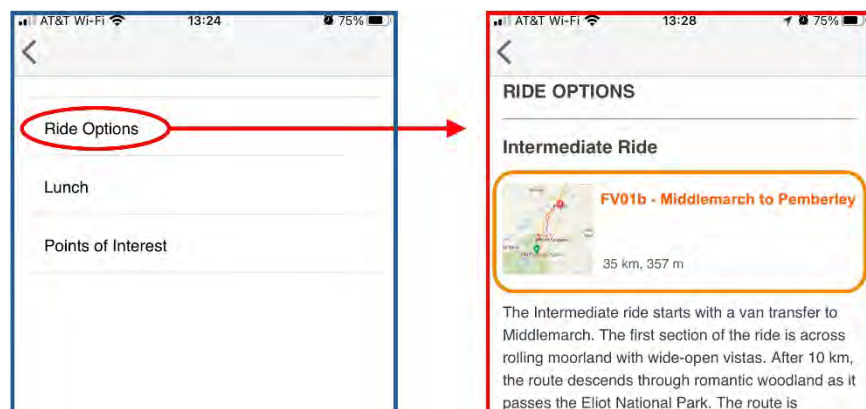
Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints

are marked with a  on your routes.

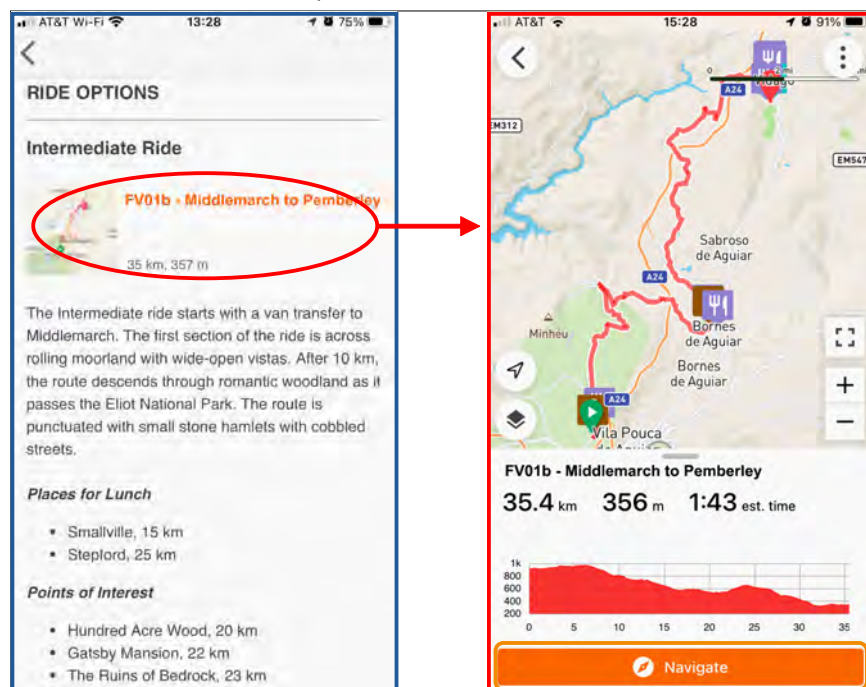
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



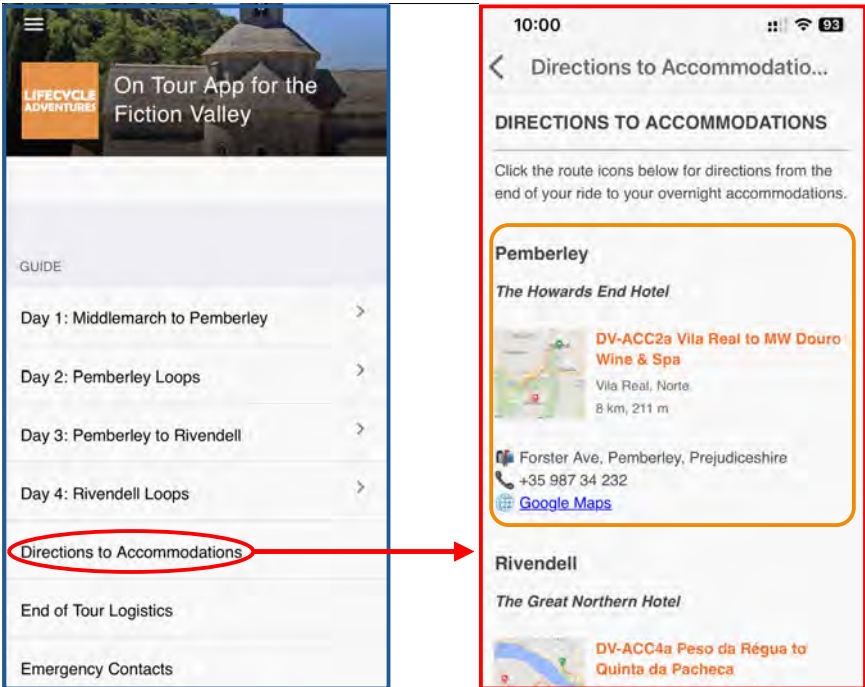
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



Tap on *Navigate* to start directions for the route. See the *Navigating the Routes* section below for more details about the features available when navigating in Ride with GPS.

How do I navigate to my overnight accommodation?

Select *Directions to Accommodations* on the main menu.



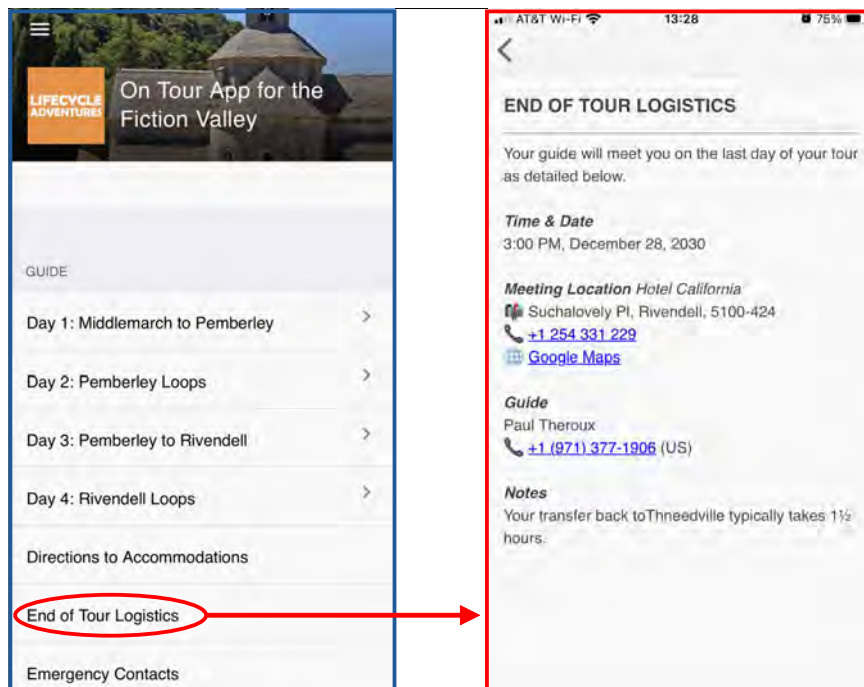
For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

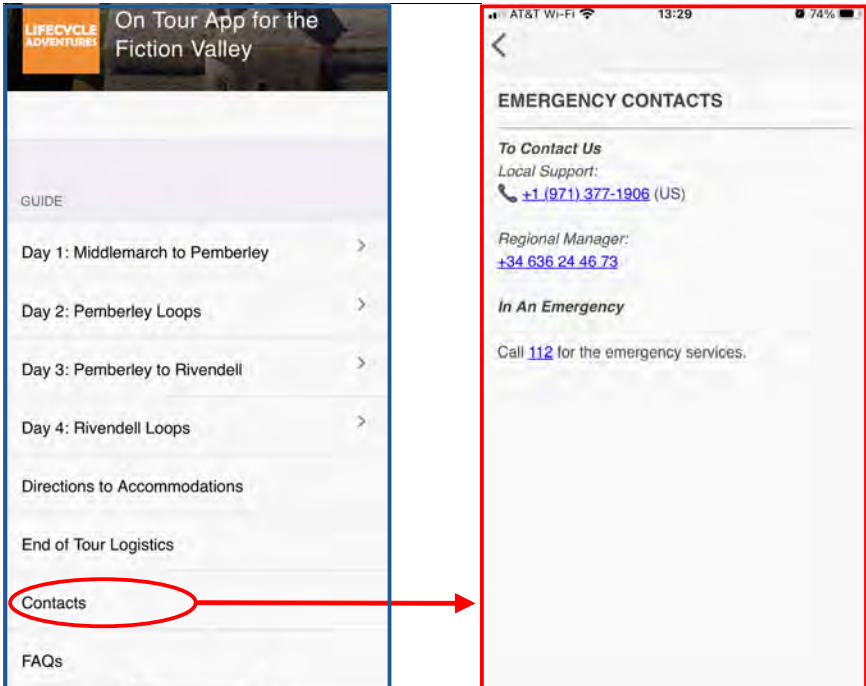
Where and when will I meet my guide at the end of my tour?

Select *End of Tour Logistics* from the main menu.



How do I contact my guide or the emergency services?

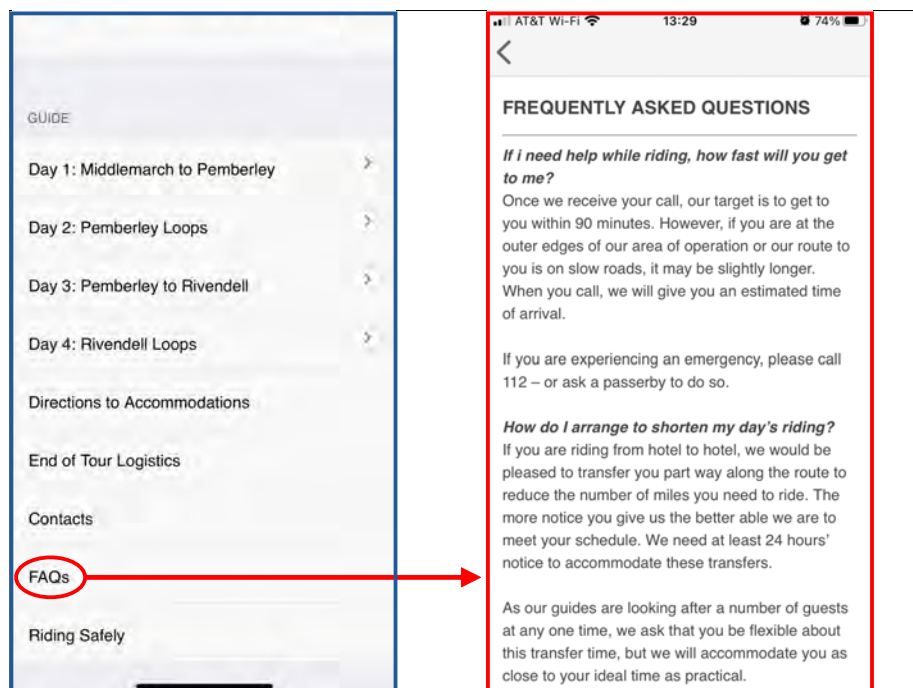
Select *Contacts* on the main menu.



You will see how to contact your guide, our regional manager, and the emergency services.

Answers to other frequently asked questions while on tour

Select *FAQs* on the main menu.

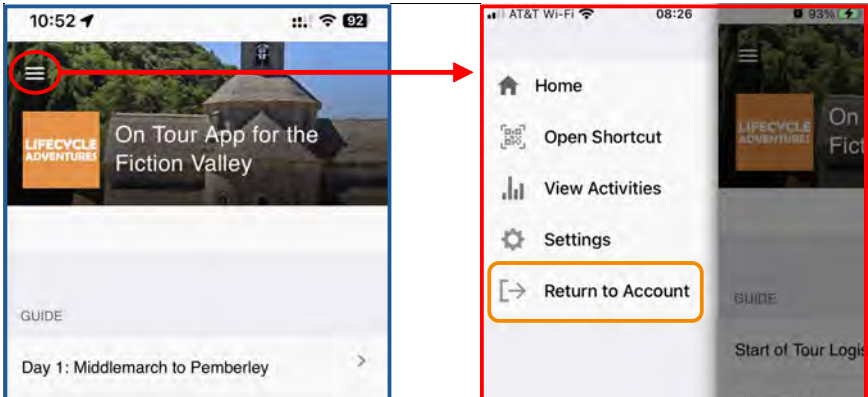


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

There are also tips for *Riding Safely* on the main menu.

How do I get to the main RWGPS menu?

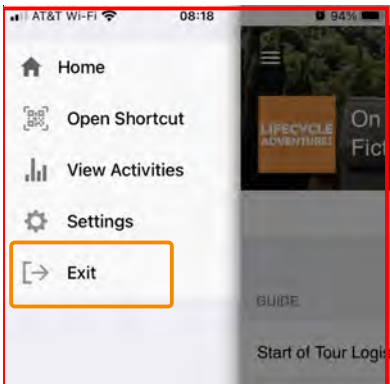
Tap the three horizontal lines at the top left-hand corner of the app.



You will then see options to:

- Open another RWGPS experience (Open Shortcut),
- View your rides (View Activities),
- Change your settings, or
- Exit the On Tour App and go to the main RWGPS page.

Note that if you do not have a RWGPS account, the last option will be to *Exit* to the main RWGPS home page rather than Returning to Account.



We do not recommend selecting *Exit* as you will need to reload the app by rescanning the QR code we sent you.

NAVIGATING THE ROUTES

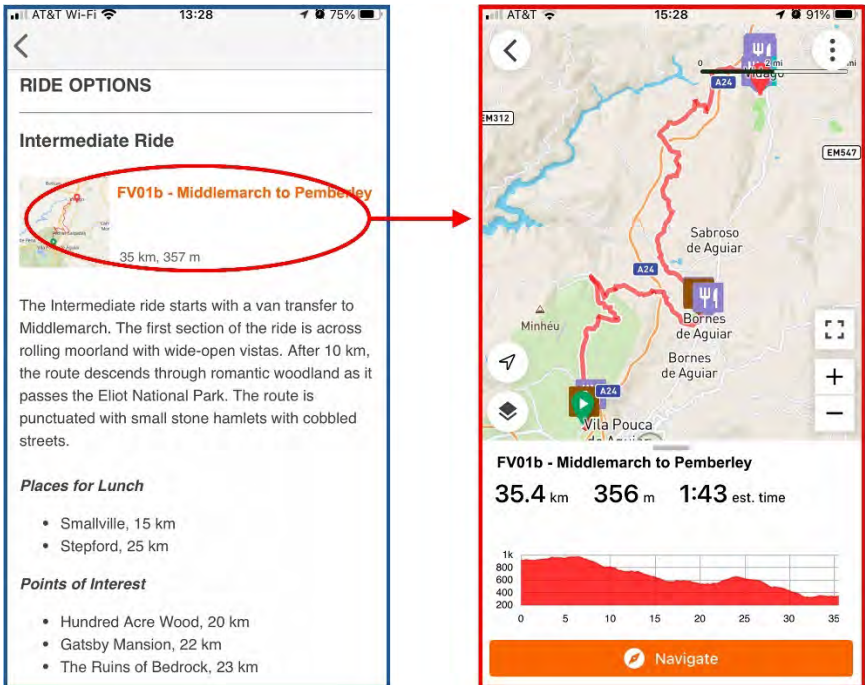
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- How do I start directions for my route?
- How do I get to the start of the route?
- How do I find restaurants and points of interest?
- How do I pause my route (e.g. when I go to lunch)?
- What do I do if I go off course?
- What do I do when I get to my destination?
- Where can I see my ride?
- Other top tips
- What settings do you recommend / can I change?

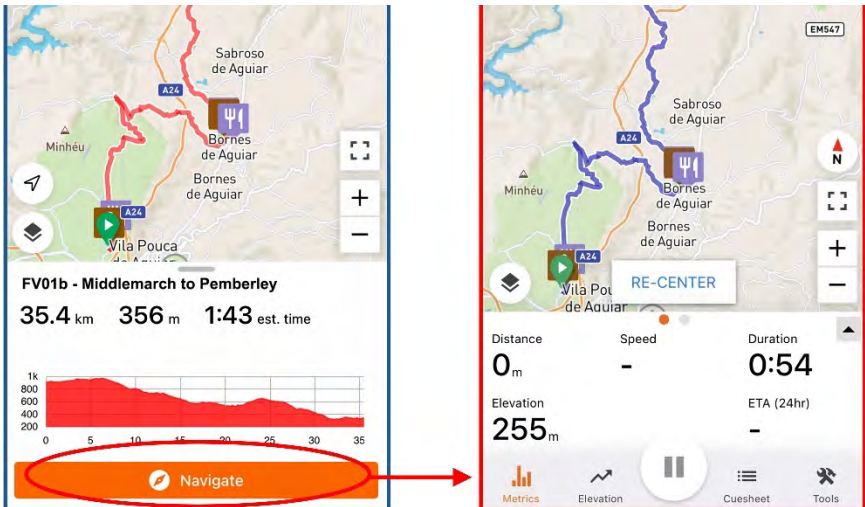
Ride with GPS navigation is intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to answer the questions listed above.

How do I start directions for my route?

In *Ride Options* for the relevant day, tap on the route map of your chosen ride (here you have chosen the Intermediate route).



You then tap navigate to start your turn-by-turn directions.



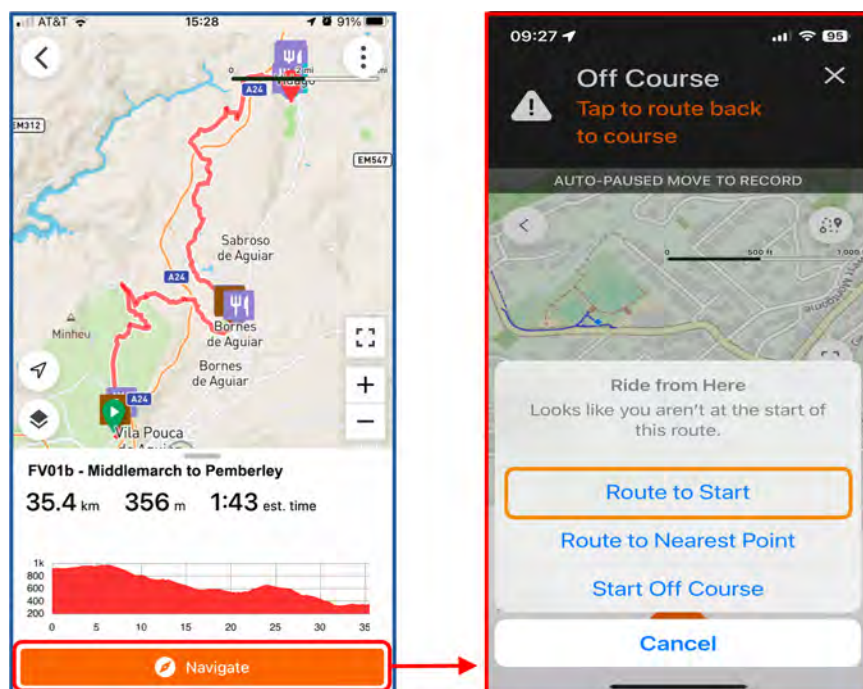
You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

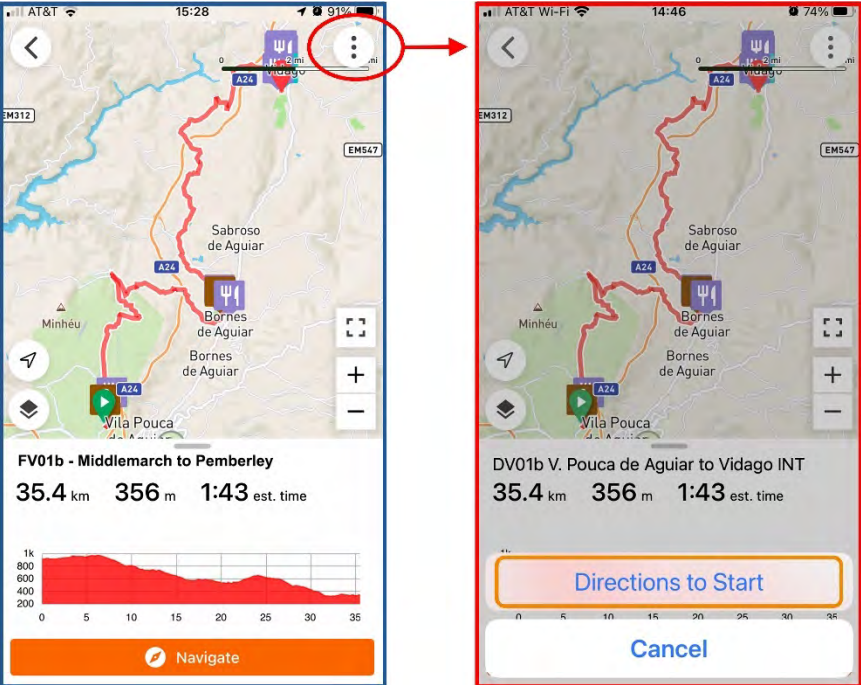
Typically, your route starts close to where your ride ended the night before. Open your selected route and tap **Navigate**. If you are not at the start of the ride, you will be presented with three options:

- **Route to Start** (RWGPS will calculate a route to the start of your ride)
- **Route to Nearest Point** (RWGPS will calculate a route to intercept your ride, sometimes cutting off the start of the ride)
- **Start Off Course** (you navigate yourself to the start of the ride)

Be careful when using *Route to Nearest Point* on a loop ride as the nearest point may be towards the end of the ride!



If you are not presented with the options above, exit navigation and tap the three-dot menu circle and select *Directions to Start*. Your phone will then launch your mapping app (e.g. Google Maps or Apple Maps) and load a route to the start point. You can typically select *Cycle* as a mode of transport (not available in all areas).



We recommend you load the directions in your hotel while on Wi-Fi if you want to avoid using your phone's data plan.

How do I find restaurants and other things of interest?

Restaurants, points of interest, viewpoints, wineries, and accommodations are shown on your route with the following icons.



... Accommodation



... Restaurant



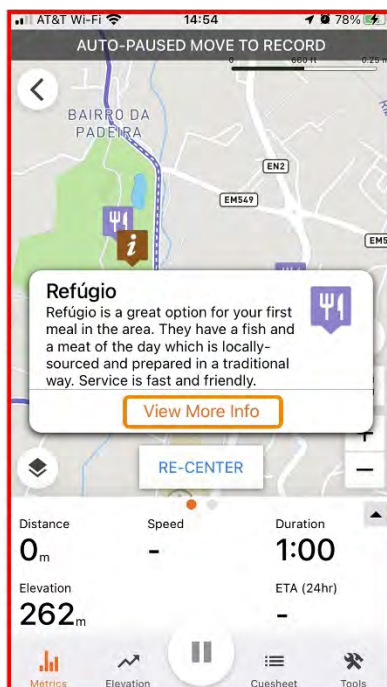
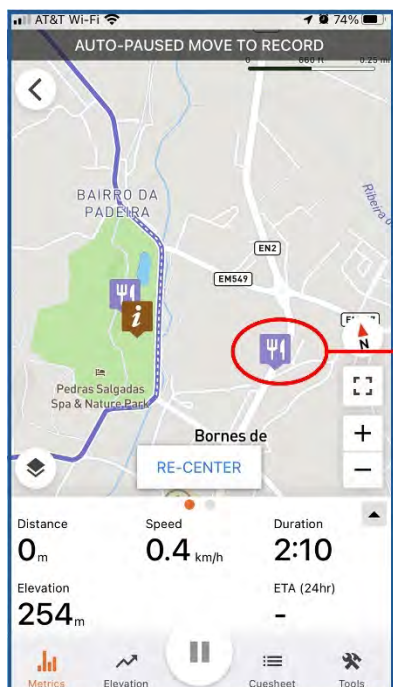
... Point of interest



... Viewpoint



... Winery (not all areas)

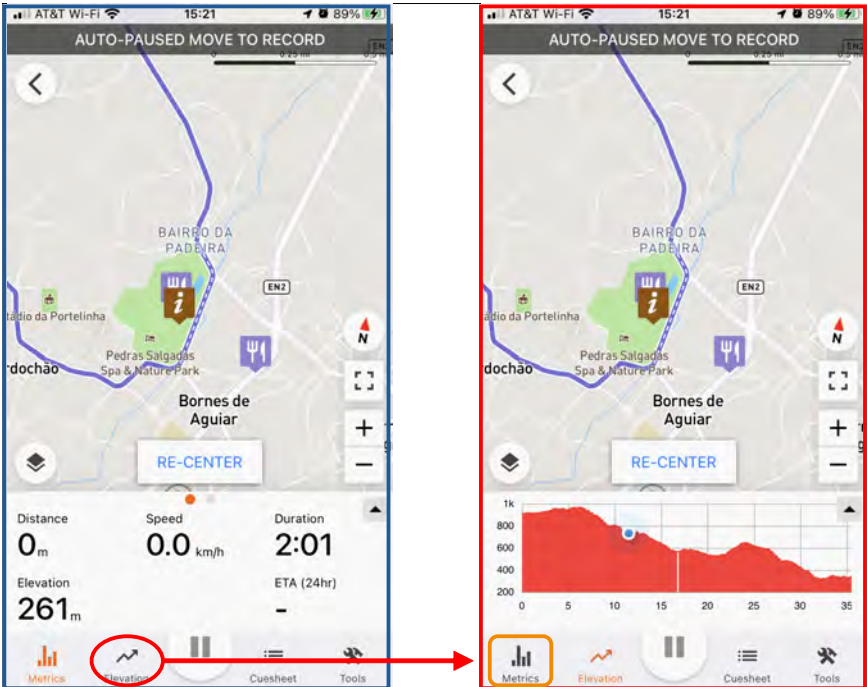


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

You can also learn more about these places in the main On Tour App under the Lunch, Points of Interest, and Wineries sections for each day.

How do I see how much I have left to climb?

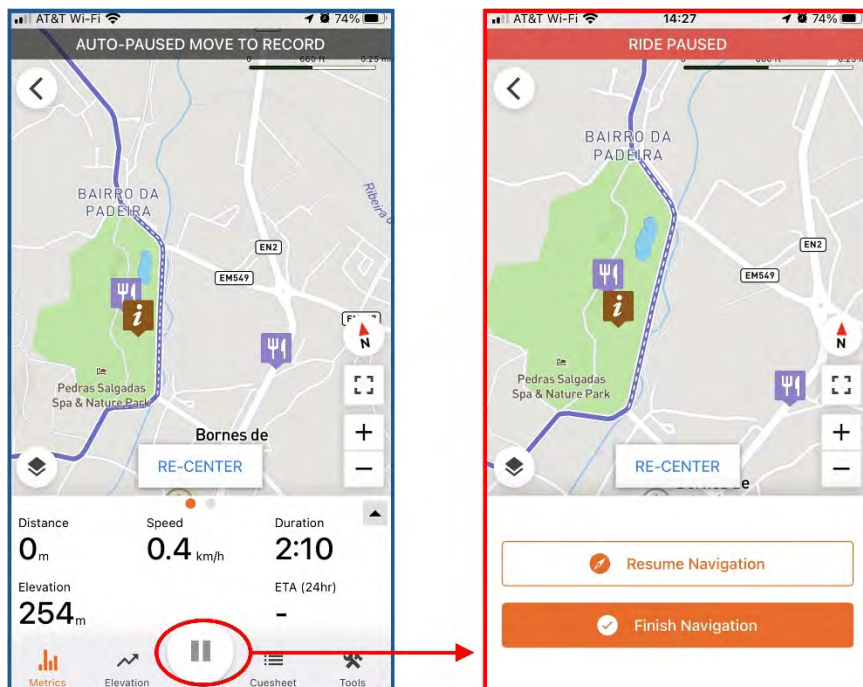
To see where you are on a hill, tap the *Elevation* icon.



To return to the key statistics view, tap the *Metrics* icon.

How do I pause my route (e.g., when I go to lunch)?

Press and hold the *Pause* button.

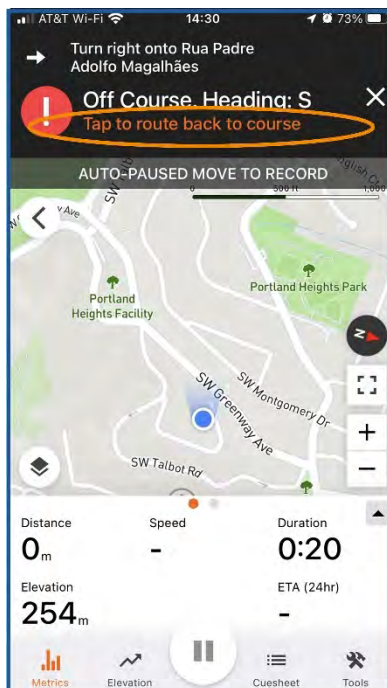


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

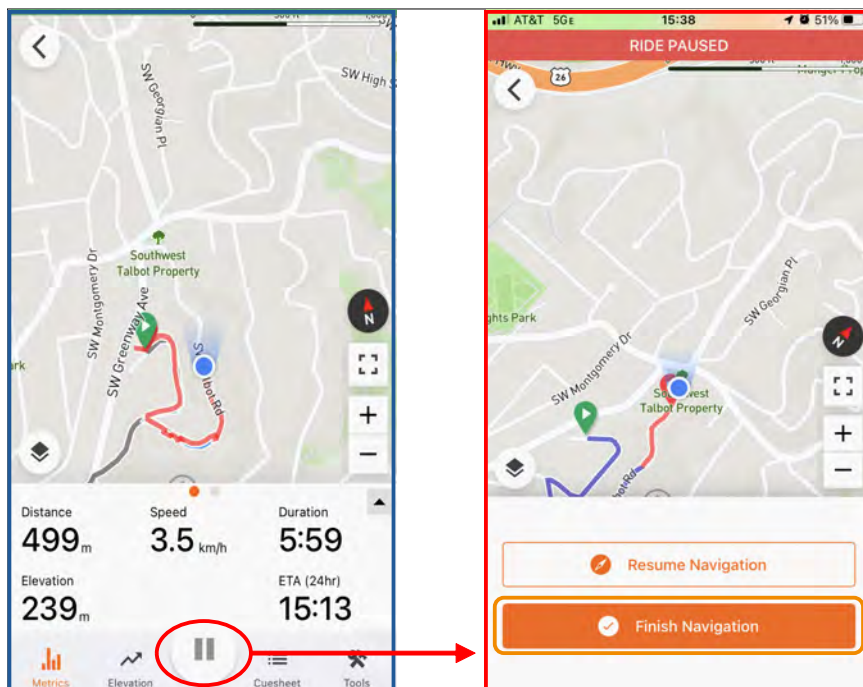
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back to the route. Note that this feature can have complications:

- This feature does not work reliably without cellular data (i.e.. does not always work if you are in Airplane Mode). In these circumstances, use the map to guide yourself back to the route.
- Typically, you are directed to the closest point of your route. If you are a long way off course, the app may direct you to backtrack the way that you went off course rather than further along the route. We suggest you zoom out on the map to check you are being guided along a route you want to follow.
- If you are on an in-and-out ride, double check that you are being directed in the direction you want along the route.
- If you choose not to receive directions back to your route, the app will continue to notify you every two minutes that you are off course. If you intentionally go off course and no longer want these alerts, you can stop them by tapping the X in the corner of the cue card. You could also tap and hold the pause button to temporarily pause your ride.

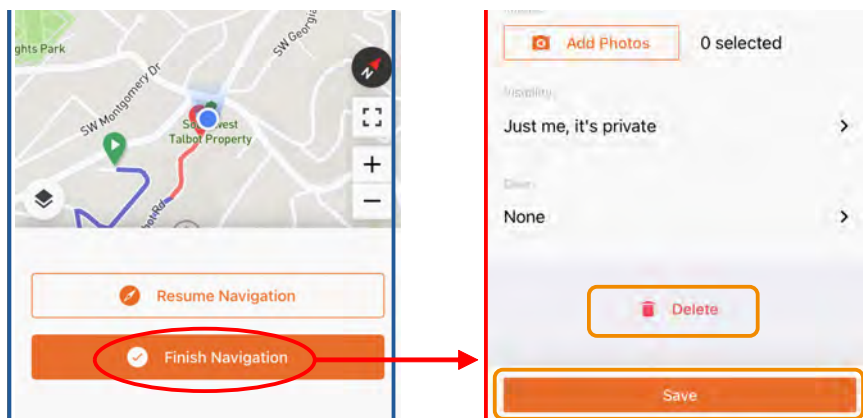


What do I do when I get to my destination?

When you finish a route, you'll get one final chime notification and you will see on the map that you have reached the end of the ride (shown by a red icon). Then tap-and-hold the pause button.

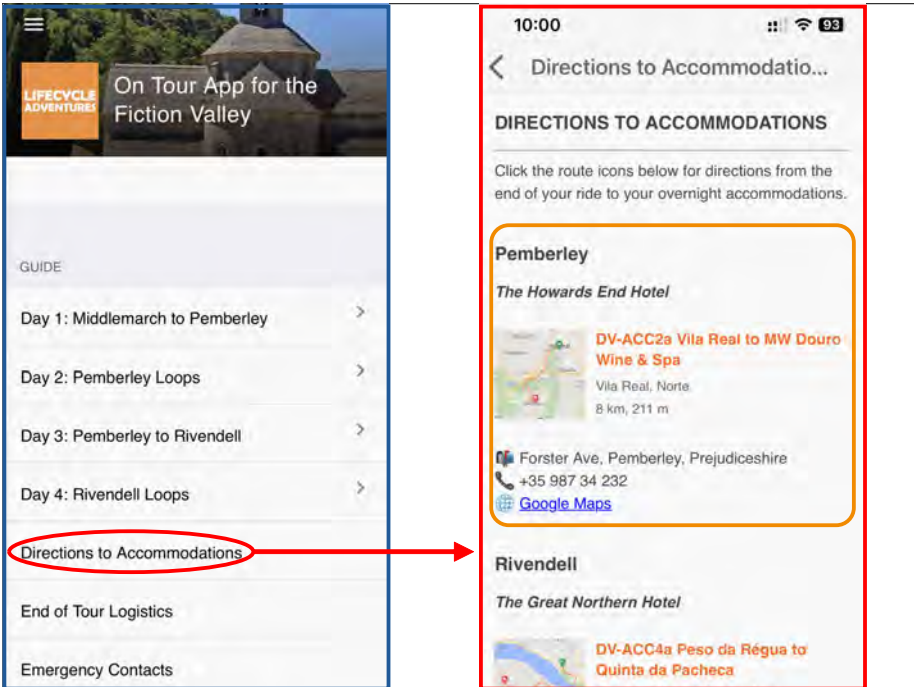


Follow the prompt to either save or delete the ride.



Tap *Save* if you want to be able to review your statistics for the ride at a later date. Tap *Delete* (and then *OK*) if you do not want to save your ride. Note that you may need to scroll down to find the *Delete* button.

After saving (or deleting) the ride, you will be returned to the main menu of the app. Scroll down and tap *Directions to Accommodations*.



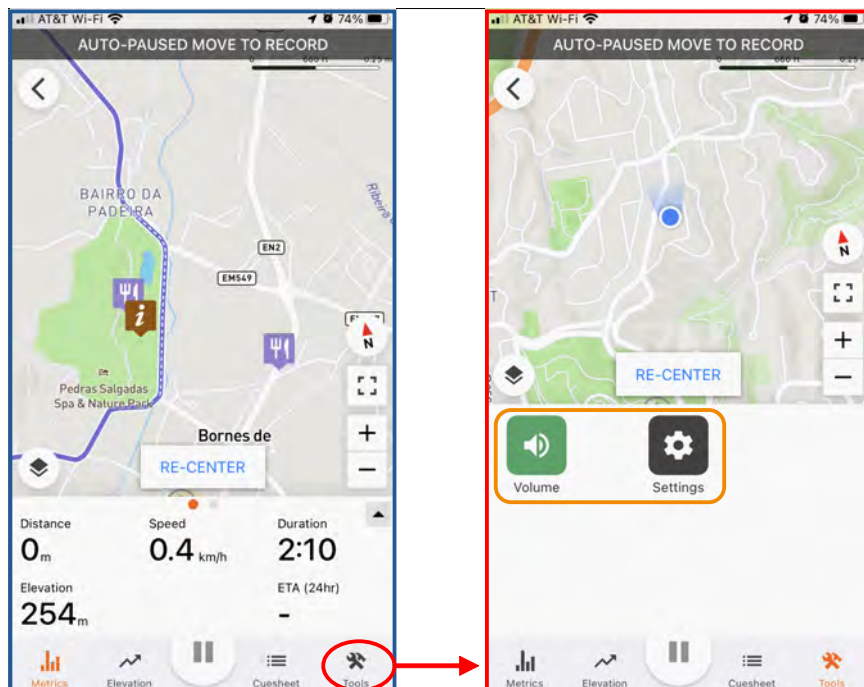
Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

Tools when navigating

Tapping the Tools when navigating will allow you to select Volume or Settings.



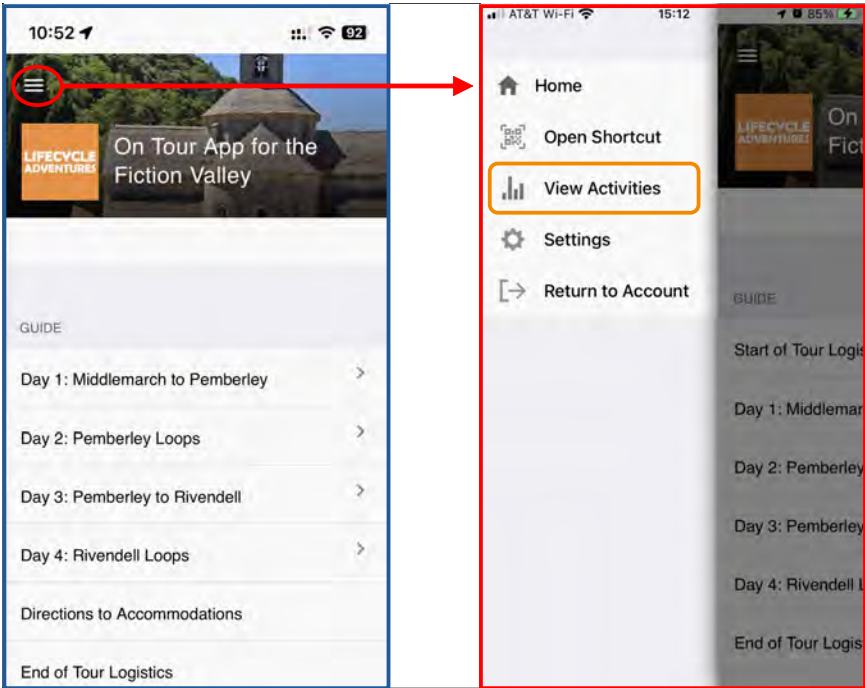
Volume allows you to turn off audible alerts or adjust the volume.

Settings allows you to change various settings. Examples of what can be changed includes:

- Get alerts earlier.
- Under Handlebar Mode: keep the screen on while navigating. Note, this will rundown your battery faster.
- Under Handlebar Mode: lock the navigation view in your preferred orientation.

Where can I see my rides?

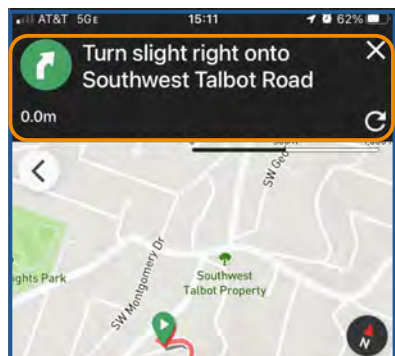
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



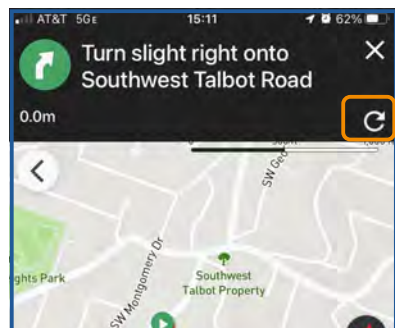
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are within 10–15 seconds from your first turn, you'll get your first turn notification at the top of your screen.



- If you missed the voice announcement, you can replay it by pressing the replay icon in the bottom right corner of the notification.



- The cue can be dismissed by swiping it, or it will go away automatically after you have passed the cue.
- While navigating a route with the screen locked, the app can flash the cues over the lock screen with text and voice for upcoming cue. For this function to work, you need to allow Ride with GPS to send push notifications to your phone. This means that for the most part you can ride with your phone screen locked (preserving battery life). You will still have voice and on-screen navigation prompts.



- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on.
- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We strongly recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone.

TROUBLESHOOTING THE APP

This section describes how to get resolve the following issues and questions:

- The App Will Not Download to My Phone or Tablet
- How do I get to the On Tour App from the main RWGPS menu?
- The On Tour App is freezing
- The app is causing me to exceed my data plan (or drain my battery)

The App Will Not Download to My Phone or Tablet

About thirty days before the start of your tour, we will send you a QR code and instructions to download the app. Simply scan that QR code with your camera and follow the instructions.

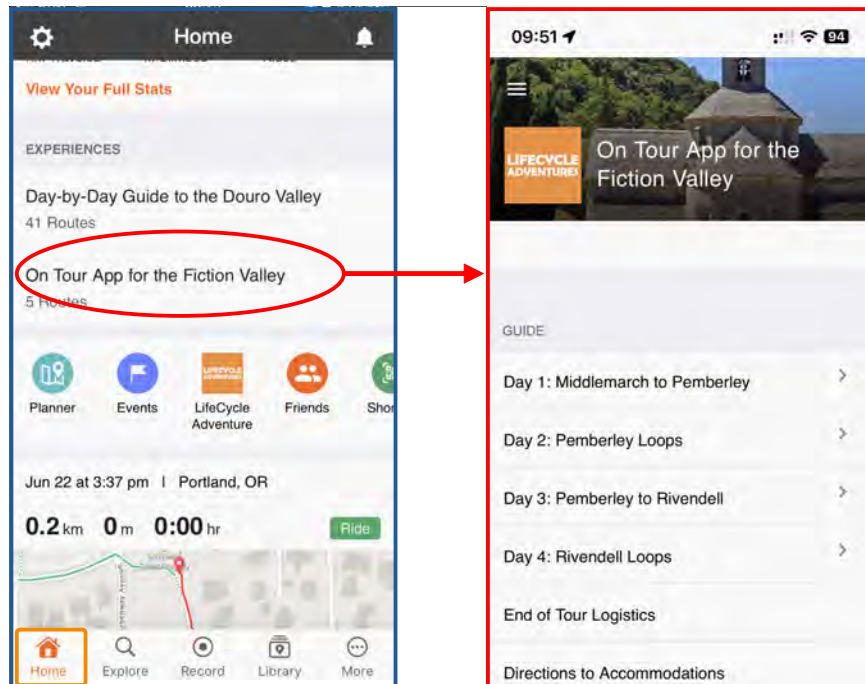
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

How do I get to the On Tour App from the main RWGPS menu?

If you have exited the app, and want to get back to the On Tour App.

If you have a RWGPS account

You will see the On Tour App listed under your *Experiences* on your home menu.



If you do not have a RWGPS account

If you select *Exit* after tapping the three menu lines at the top right-hand corner of the app, you will be returned to a generic RWGPS home screen. To get back into the app from here, you will need to tap *Open Shortcut* from the home menu and type in the Shortcut Code we sent you (or scan the QR image we sent you).

The On Tour App is freezing

If the On Tour App has frozen or become unpredictable, try turning your device off and on. If this does not work, reload the app by scanning the QR code we sent you. Note that the On Tour App is relatively large and requires a lot of bandwidth. Ideally, it is best downloaded when you have access to Wi-Fi.

The app is causing me to exceed my data plan (or drain my battery)

The app downloads to your phone and can be used with your data plan turned off.

- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on and draining your battery.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- General Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone. If only one of the phones is used to navigate, and you then have problems with that phone (or you run out of battery), you have a backup phone ready to go.

SAFETY & ENJOYMENT

Riding Safely

Rules of the Road

We have a few simple rules we ask you to follow:

1. Always wear a cycle helmet fastened securely while cycling.
2. Wear highly-visibility clothing and/or a fluorescent safety triangle.
3. Do not ride at night or in the dim light of dawn or dusk.
4. Ride in single file and with the direction of traffic.
5. When riding, stay as close as is safe to the right-hand side (left in Ireland) of the road while avoiding grit or broken pavement.
6. Carry identification, emergency contact, and your medical/travel insurance.

Daily Bike Checks

Your rental bikes are checked and tuned before every trip. However, it is useful to do some regular checks just to keep things running smoothly. If you're in any doubt or have any concerns, give us a call and we'll have a guide come out to you.

1. Brakes. Do both brake levers engage the brakes smoothly?
2. Handlebars & stem. Check alignment. If there is lateral movement or rocking when the front brake is engaged, the headset may need adjusting.
3. Gear changing. Do all gears engage/change smoothly?
4. Chain. If you've been riding in rain or on wet roads, you may want to wipe off your chain and apply a little lube the night before. In the morning, run a clean rag over the chain to remove any excess oil.
5. Wheels & tires. Inflate front & back tires to the correct tire pressure (written on the side of the tire). Check wheels for wobbles, spokes for breakages and tires for wear. Ensure the quick-release mechanisms are secure.
6. Frame. Check for cracks and alignment in the frame especially if you accidentally dropped the bike.

Riding Efficiently

Tips for When Riding

As well as having a safe tour, we are keen for you to enjoy cycling and leave with a real sense of accomplishment. This is likely to include riding within your limits and not exhausting yourself before lunch. Here are some thoughts on how to stay happy on your bike.

1. *Eat before you are hungry.* Even moderate cycling burns around 300 calories per hour so eat snacks such as power bars as needed – giving

your body enough time to process the food before the fuel gauge reaches empty.

2. *Drink before you are thirsty.* As you sweat, you will lose both water and essential salts. You will not notice the effects until it is too late. Drink plenty of water before you start to ride and then take regular sips while riding. A good target is to drink either water or sports drink every 30 minutes.
3. *Ride at a pace that feels comfortable.* Even when climbing hills, ride at a pace that allows you to keep a conversation going without being out of breath. This means changing down to a low gear, keeping your cadence high and taking things easy.
4. The sun can get very intense, especially in the middle of the day so *keep your shirt on and use a high factor sunscreen.* Be aware of being burned through the gaps in your cycle helmet. A bandana under the helmet can make all the difference.
5. *Relax and change your hand position regularly.* This helps avoid shoulder cricks or back aches. Drop handlebars are better for being able to do this than straight handlebars.
6. *Check your bike.* A sticking brake or skipping gear stops you relaxing and can be dangerous. If you are unsure, talk to your guide, who will be happy to help you check things out if you have a concern.
7. *Smile, you are on vacation!*

Seat Height Adjustment

Seat height adjustment is more craft than science. The most important thing is that you feel safe and confident on the bike. However, getting your saddle to the right height will also help you stay comfortable on longer rides, avoid saddle sores, and conserve your energy while you pedal.

Bike fitters can spend hours getting your fit just right, but here are some simple rules of thumb.

- While seated on your bike, prop yourself up against a wall.
- Position the pedals so the pedal cranks are vertical (one pedal at 12 o'clock and one pedal at 6 o'clock).
- Place your feet on the pedals and move your foot so that your heel is on the pedal at 6 o'clock.
- When your seat is at the correct height, your leg (of the foot at 6 o'clock) should be straight but your knee shouldn't be locked.

If your seat is too low, it will make it harder to pedal and you may get knee pain at the front of the knee. Too high and your hips will go from side to side which will make you tend to ride in too high a gear and you may develop pain at the back of your knees.

Avoiding Saddle Sores

Saddle sores are the great unmentioned subject of cycling. However, if you have not been riding much recently and start doing a lot of miles on a bike, you may well become just a little too familiar with them.

To prevent sores, it's helpful to know what they are. A saddle sore is a skin ailment on the buttocks due to, or exacerbated by, riding on a bicycle saddle. It often develops in three stages: skin abrasion, folliculitis (inflammation of the hair follicles) and, finally, abscess. If it's not obvious from the definition, it is better to stop the sores in the early stages than try and treat it in the final stage.

The best cure of all is to not get them in the first place. Gradually build up your riding mileage and get used to your bike seat. Some training rides before you go on tour will help. Other good preventative measures include:

- Reducing the friction due to bobbing or swinging motion while pedaling, by setting the appropriate saddle height – see above.
- If you have a favorite saddle, bring it along and we will fit it to your rental bike.
- Wear good-quality cycling shorts, with a high-quality chamois insert.
- Use petroleum jelly, chamois cream, or lubricating gel on the chamois to further reduce friction.
- Do not sit around in damp bike shorts after your ride and thoroughly wash and dry the affected area.

There are pharmacies in all the main towns you'll stay in if you need medical treatment. Our primary message would be, if you think you have them, don't ignore them.

FIXING A FLAT

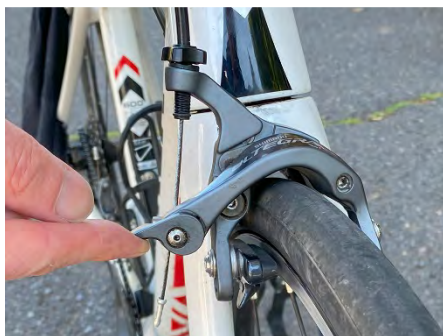
To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

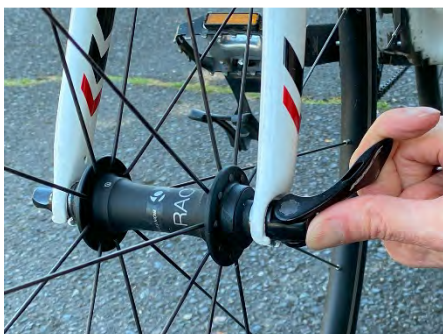
1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

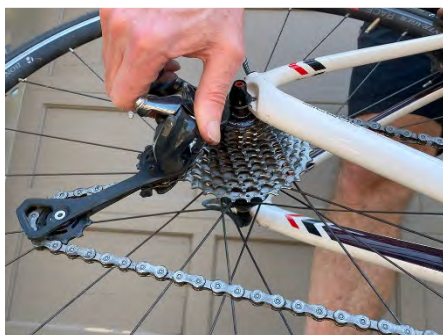
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



If you are **removing the front wheel**, open the quick-release lever and unscrew the nut on the other side of the skewer. The wheel should then drop out of the fork.



If you are **removing the rear wheel**, put the chain on the smallest cog of the rear cassette. Open the quick release lever. You will then need to push the derailleur back to allow space for the wheel to get past the chain as you pull the wheel out.



If you have disc brakes, avoid touching the rotors or the disc pads. The rotors can be hot and grease or other contaminants on these parts will make the brakes ineffective. Also avoid squeezing the brake levers when the wheel is removed as this will close the pads and make it very difficult to reinsert the disk when refitting the wheel.



If you have a thru axle (pictured above on RHS) on either a front or rear wheel, you will need to unscrew and remove the axle using a hex wrench before you can remove the wheel. Avoid getting any dirt on the axle after it is removed.

Deflate and Remove the Tube

Having removed the wheel, fully deflate the tube. If you have a thick Schrader valve, press down on the small pin at the center of the valve. If you have a thin Presta valve, loosen the small valve at the top of the valve stem and press down.



Unseat the tire from the rim. Place a tire lever under the bead of the tire and lever it over the edge of the wheel (avoid doing this near to the valve). Repeat this procedure with a second tire lever. Slide the second tire lever around the rim to free the tire. Pull the valve stem out of the wheel and remove the rest of the tube.



Remove What Caused the Flat

Inspect the tire for the cause of the puncture. Remove any thorns or pieces of glass that could puncture the new tube. *Carefully*, run your fingers around the inside of the tire to check for sharp debris.

Replace and Inflate the Tube

Put a little air into the replacement tube – just enough to give it some shape – and insert the valve into the wheel.



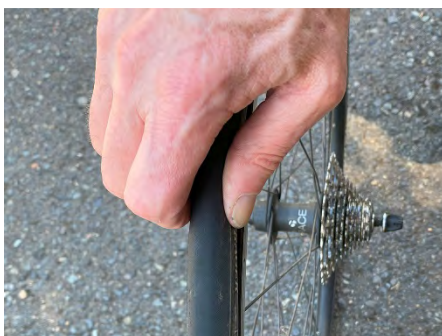
Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.



If the tire is tight, pinch both sides of the tire bead into the center of the rim – this will make it easier for the tire to clear the rim. If necessary, use tire levers to force the final part of the tire bead over the wheel rim – being careful not to pinch the tube and cause another flat.



Inflate the tube. As you inflate the tube, check regularly that the tube isn't caught in the rim and that there is no bulging. When the tube is a little inflated, go around the wheel pinching the tire to the center of the rim to help release where the tube might be trapped. Inflate the tube to the recommended pressure printed on the tire.



If you don't have a pump with a pressure gauge, inflate until the tire is hard to depress with your fingers and check your tire pressure as soon as you have access to a pump with a gauge.

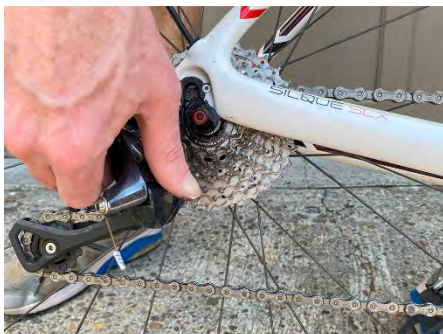
Refit the Wheel

Refitting the wheel is the reverse of removing it.

If you are **refitting the front wheel**, open the quick-release lever and place the wheel in the dropouts. Tighten the nut opposite the lever and close the lever to tighten onto the frame. If you have overtightened the nut, it will not be possible to close the lever. If the lever closes too easily, tighten the nut more and try again.

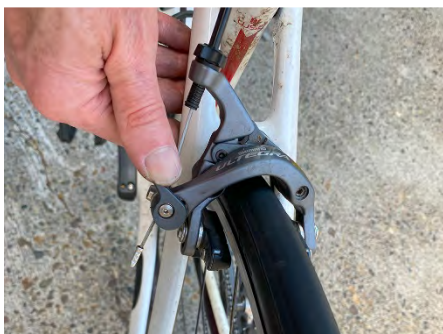


If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the nut and try again.



If you have a thru axle (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking the alignment. Tighten the axle using a hex wrench.

If you have rim brakes, reconnect the brakes and check they are functioning OK.



Video

For a more dynamic description of fixing a flat, check out the following video:
https://youtu.be/qLO_HOOKEjs.



APPENDICES

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APPENDIX 1 – WINERY LISTINGS

The following listings provide details about each winery along the routes. The numbers cross reference with the maps and tables in the *About the Area – Wineries on Your Route* section of this guidebook.

1 *Vina Dešković*

The winery is in Kostanjica, not far from the town of Grožnjan. This family run winery took five gold medals at the Vinistra 2023 awards.

Wines	Malvazija, Chardonnay, Teran Rosé, Muškat Cabernet, as well as olive oil and Brandy.
Food	Wine tasting includes some cheese and ham, as well as several olive oils
Tours & Tastings	Relaxed, casual tastings with a host. Includes their own olive oil.
Reservations	Not required but recommended.
Hours	Monday to Saturday from 9:00 AM to 4:00 PM. Closed on Sunday.
Contact	 52429, Kostanjica  +385 52 776 315  https://vina-deskovic.hr/en/

2 *Clai d.o.o.*

Located just south of Buje, this property encompasses 10 hectares of vineyards and five hectares of olive trees. The vineyard's production has been certified organic from the beginnings of the estate.

Wines	Malvazija, sparkling wines, Muškat, Refošć. They also make their own olive oil.
Food	The private tastings have a cheese, meat, and bread platter.
Tours & Tastings	Pop-in tasting: €10 per person. Additional glasses €4. Private "Clai delight": - 3 wines / cheese, dry meat delicacies, bread, and olive oil / €27 per person - 5 wines / cheese, dry meat delicacies, bread, and olive oil / €34 per person
Reservations	Not required for 'pop-in' tasting. Required for private tasting.
Hours	Monday to Friday from 10:00 AM – 3:00 PM. Closed on Saturday and Sunday.
Contact	 Brajki 105, 52460, Krasica  +385 52 776 175  https://www.clai.hr/

3 ***Franc Arman Wines***

The Arman family has been in the possession of this winery since 1850. Located in the middle of the countryside, with incredible views.

Wines	Malvazija, Sauvignon Blanc, Chardonnay, Pinot Gris, Perla Bianca, Cabernet Franc, Teran, Merlot, Teran Barrique. They also make their own Brandy.
Food	Tastings can be accompanied by a small meat and cheese platter.
Tours & Tastings	Relaxed, casual tastings with a member of the Arman family.
Reservations	Not required but recommended. Can phone in advance.
Hours	Monday to Saturday from 8:00 AM – 8:00 PM. Closed on Sunday.
Contact	 Narduči 5, 52447, Vižinada  +385 91 574 0498  https://www.francarman.hr/en/

4 ***Benvenuti Winery***

The Benvenuti Family have produced wine here for three generations, since 1946. However, wine has been produced here for much longer: a wine jug dating to Antiquity was found in their vineyard (it is now kept in a museum in Trieste).

Wines	Malvazija, Rosé, Corona Grande, Teran, Muškat,
Food	‘Finger food’ with tastings.
Tours & Tastings	Tours start at 10:30 AM, 1:00 PM and 3:00 PM / up to 90 minutes. Traditional Experience: Tour and tasting of 3 wines / with finger food / €20 per person. Sense of Place Experience: Tour and tasting of 5 wines / with finger food / €25 per person. Deep Teran Experience: Tour and tasting of 4 premium wines / with finger food / €40 per person.
Reservations	Required. It is possible to call on the day for last-minute availability.
Hours	Monday to Saturday from 10:00 AM – 5:00 PM. Closed on Sunday.
Contact	 Kaldir, 52424, Motovun  +385 99 354 1281  https://benvenutivina.com/en

5 *Cattunar Winery*

The Cattunar is family run and, currently at 56 hectares, is one of the biggest wineries we recommend. It is also part of a 5* hotel estate situated in the middle of the vineyards.

Wines	Malvazija, Merlot, Cabernet, Sauvignon Blanc, Teran, Chardonnay, Cabernet Sauvignon, Rosé, Muškat, Sparkling wines, Brandy. They also make their own olive oil.
Food	Cheese and meat platters included with most tasting options.
Tours & Tastings	Cattunar Terroir: Tour of cellar / 5 wines / 75 minutes / €30 per person. Cattunar Tradition: Tour of cellar / 7 wines and includes a cheese and meat board / 90 minutes / €40 per person. Malvasia 4 Terre: Tour of cellar / 6 wines and includes a cheese and meat board / 90 minutes / €40 per person. Limited Edition: Tour of cellar / 5 limited wines and includes a cheese and meat board and bruschetta with truffles or tomatoes / 90 minutes / €60 per person.
Reservations	Required. Can be made by phone or email tasting@cattunar.hr
Hours	Monday to Saturday from 10:00 AM – 5:00 PM. Closed on Sunday.
Contact	 Nova Vas 3, 52474, Brtonigla  +385 99 486 3508  https://www.cattunar.net/

6 *Fakin*

Located in the Motovun wine region with incredible views of Motovun. The only Croatian winery to have received a gold medal at the Decanter, probably the world's largest and most significant wine competition, for six consecutive years.

Wines	Teran, Malvazija, Muškat, Rosé, Chamal, Chardonnay, Pinot Grigio
Food	Tastings come with a meat and cheese platter.
Tours & Tastings	Relaxed, casual tastings with a host: Single tastings from €2 4 wines / olive oil / €10 per person 4 wines / olive oil / cheese, ham, and bread / €20 per person 7 wines / olive oil / €20 per person 7 wines / olive oil / cheese, ham, and bread / €30 per person
Reservations	Preferred. Can be made by phone a day in advance.
Hours	Open daily from 10:00 AM – 7:00 PM
Contact	 Bataji 20a, 52424, Motovun  n/a  https://fakin-wines.com/en/

7 **Roxanich**

The luxurious Roxanich estate includes a winery and contemporary hotel located in the Motovun wine region with views of the river Mirna valley.

Wines	Teran, Malvazija, Rosé, Sorelle, Sparkling, Pinot Noir, Olive oil and Brandy
Food	Yes, there is a restaurant on site.
Tours & Tastings	Wine tasting is coupled with a guided tour of the five-story Roxanich winery, both led by an expert sommelier. Tasting of five selected wines with a finger food and water. Tours are 12:00 PM, 2:00 PM, 4:00 PM and 6:00 PM. 90 minutes. €43 per person.
Reservations	Required, by phone or email.
Hours	Tuesday to Saturday from 11:00 AM to 7:00 PM
Contact	 Kanal 30, 52424, Motovun  +385 52 205 700  https://www.roxanich.com/

8 **Tomaz Winery**

Re-opened in 2023 to rave reviews, Tomaz is a modern winery with exceptional views of the town of Motovun. Tomaz have won numerous awards and accolades for their different wines.

Wines	Teran, Malvazija, Sauvignon Blanc, Rosé, Muškat, Merlot,
Food	Wine tasting includes some cheese and ham, as well as several olive oils
Tours & Tastings	Relaxed, casual tastings with a host. Includes their own olive oil.
Reservations	Recommended but will accommodate walk-ins if possible.
Hours	Monday to Saturday from 10:00 AM – 6:00 PM. Closed on Sunday.
Contact	 Kanal 36, 52424, Motovun  +385 99 495 8589  https://vina-tomaz.hr/

9 **Gerzinic Winery**

The Gerzinic family currently cultivates 10 hectares of vineyards, the majority of which is planted with Istrian Malvazija. In keeping with a long family tradition, they also use their olives to make their very own high quality extra virgin olive oil.

Wines	Malvazija, Muškat, Teran, Chardonnay, Cabernet Sauvignon, Syrah
Food	Tastings come with a board of meats, olives, cheeses, nuts, and bread sticks.

Tours & Tastings	Relaxed, casual tastings: 3 wines / €12 4 wines / €15 5 wines / €18 Olive oil / €4 Brandy / €4
Reservations	Preferred. Can be made by phone a day in advance.
Hours	Monday to Saturday from 10:00 AM to 6:00 PM. Closed on Sunday.
Contact	 Ohnići 9, Vižinada, 52447, Vižinad  +385 91 506 7503  http://www.gerzinic.com/en

10 **Cossetto vina**

A relatively young, small, family-run vineyard that concentrates on producing high quality wines 'for the more discerning, gourmet market'.

Wines	Malvazija, Chardonnay, Mozaik, Muškat, Rosé, Teran, Merlot, Vale la Pena
Food	Included in both the Indoor or Outdoor Tasting: A platter with cured meat and cheeses for the table.
Tours & Tastings	Indoor Tasting: For those who would like to know about the winery and the production process. Includes 5 wines and a food platter. €15 per person. Outdoor Tasting: For those who'd like a private, intimate atmosphere to taste wines. No 'tour' as such. Includes 1 bottle / 4 glasses with a food platter. €50 for up to 4 people.
Reservations	Recommended
Hours	Monday to Saturday from 11:00 AM to 7:00 PM. Closed on Sunday.
Contact	 Roškići 10, 52464, Kaštelir  +385 97 644 5585  https://cossetto.com.hr/en/

11 **Veralda winery**

Located near Buje in Istria, Croatia, is renowned for its commitment to organic and biodynamic winemaking practices. Situated in the heart of Istria's picturesque landscapes, Veralda produces high-quality wines, including Malvazija and Teran.

Wines	Malvazija, Cabernet Teran, Refošk, Brut, Rosé
Food	Tastings include traditional Istrian specialties such as cheese, Istrian sausages, prosciutto, delicious traditional snacks with tasting olive oil, which is also produced by the family.

Tours & Tastings	Veralda Experience I: Tour of cellar / 3 wines / traditional foods / 60 minutes / €20 per person. Veralda Experience II: Tour of cellar / 4 wines / traditional foods / 75 minutes / €25 per person. Veralda Experience III: Tour of cellar / 5 wines / traditional foods / 90 minutes / €30 per person. Veralda Premium: Tour of cellar / 6 wines / traditional foods / 120 minutes / €35 per person.
Reservations	For a simple tasting at the wine shop, no reservation is required. For a more involved tasting, reservations are required.
Hours	Monday to Saturday from 9:00 AM to 6:00 PM, Sunday from 10:00 AM – 2:00 PM.
Contact	 Kršin 4, 52474, Brtonigla  +385 52 774 111  https://www.veralda.hr/

12 Kozlović Winery

Since 1904, four generations have owned and produced wine here. This winery has won numerous awards for its wines.

Wines	Malvazija Istriana, Teran, Muškat Momiano
Food	Traditional products offered with tastings
Tours & Tastings	Four different tasting options available 3 wines / 1 hour / €30 per person (wine only) 4 wines / 90 minutes / €40 per person (wine and food) 6 wines / 2 hours / €60 per person (wine and food) 6 wines / 2.5 hours / €100 per person (wine and food). Private.
Reservations	Mandatory, can send booking enquiry from their website.
Hours	Monday to Friday from 9:00 AM to 4:00 PM. Closed on weekends.
Contact	 Vale Momjan 78, 52460, Buje  +385 52 779 177  https://www.kozlovic.hr/en/

13 Degrassi d.o.o.

A winery set by the sea at the northern part of the peninsula. Degrassi 'dressed' its first bottle of wine in 1996 and has won many awards since then for its different offerings.

Wines	Malvazija, Chardonnay, Sauvignon Blanc, Viognier, Muškat, Ros, Cabernet, Refosco, Merlot, Terre Blanche, Pinot Noir
Food	Food platter served with tastings
Tours & Tastings	Relaxed and informal tastings served in the tasting 'hall'. Tastings come with homemade cold cuts and Buje region olive oil.

	Tastings can be adapted to the request. For a cellar tour and tasting of 3 wines with cold cuts it is €30 per person.
Reservations	Recommended.
Hours	Monday to Saturday from 9:00 AM to 4:00 PM. Closed on Sunday.
Contact	 Bassania, Podrumarska 3, 52475, Savudrija  +385 52 759 250  https://degrassi.hr/en/

14 **Kabola Winery**

To the northeast of Buje, this winery is one of the few organic estates in the area. It has been in operation since 1891 making it one of the oldest wineries in Croatia.

Wines	Brut, Malvazija, Secco, Merlot, Muškat, Teran, Chardonnay, Cabernet Sauvignon, Dolce
Food	2 tasting options include cheese and ham platters, as well as the option for cake and olive oil.
Tours & Tastings	Wine Enthusiast: Short tour of the winery / tasting of 4 wines / 60 minutes. Minimum 4 people to run the tour. Wine Expert: Short tour of the winery / tasting of 4 wines / selection of cold cuts and cheeses / Olive oil / 75 minutes. Minimum 4 people to run the tour. VIP: professionally guided tour of the winery / tasting of 6 premium wines / selection of cold cuts and cheeses / Homemade apple cake / Olive oil / 75 minutes. Will run tour for 2 people.
Reservations	Required.
Hours	Monday to Friday from 10:00 AM to 3:00 PM and Saturday from 11:00 to 5:00 PM. Closed on Sunday.
Contact	 Kanedolo 90, Momjan, 52460, Buje  +385 99 720 7106  https://kabola.hr/en

15 **Franković Winery**

This winery and shop are located in the town of Buje. They do not currently offer tours of their vineyard, but you can visit their winery and shop for a tour and full tasting of their products.

Wines	Malvazija, Rosé, Muškat Chardonnay, Sauvignon, Teran, Cabernet Sauvignon. Also produce olive oils.
Food	A meat and cheese platter is served with tastings. There is also a restaurant next door.
Tours & Tastings	Option 1: 3 wines / 4 olive oils / meat, cheese, and bread platter / €25 per person.

	Option 2: 5 wines / 4 olive oils / meat, cheese, and bread platter / €30 per person.
Reservations	Not required.
Hours	Monday to Saturday from 9:00 AM to 5:00 PM. Closed on Sunday.
Contact	 Trg Josipa Broza Tita 6, 52460, Buje  +385 91 979 3020  https://frankovic.hr/hr/

16 **Bastian d.o.o.**

The winery is contemporary and has a delightful exterior that offers picturesque views of the Buje hills, the old town, and the sea. You are invited to, “discover the art of crafting Bastiàn wines, brandies, and olive oil.” They open from the middle of May for the summer.

Wines	Malvasia, Merlot, Rosé, Brandy, Olive oil
Food	It is an option to add a plate of Istrian cold cuts for ~€10 per person.
Tours & Tastings	Tours start at 3 wines for €10 per person and increases to 4 wines with 2 brandies for €20 per person.
Reservations	Not required for a casual tasting. For a guided tasting reservations are required by email at info@bastian.hr
Hours	Open Tuesday to Sunday from 12:00 PM – 7:00 PM.
Contact	 Digitronska 33A, 52460, Buje  +385 98 210 691  https://www.bastian.hr/

17 **Damjanić vina**

A beautiful, light, modern winery just off route. With a focus on indigenous grape varieties, their Malvazija and Teran wines showcase the region's terroir. The family's commitment to quality winemaking and sustainable practices contributes to the vineyard's reputation for producing outstanding Croatian wines.

Wines	Malvazija, Malvazija Akacija, Malvasia Classic, Malvasia Sincerus, Virtu, Chardonnay, Clemente Blanc, Rose Penelope, Borgonja, Duro Istriano, Clemente and Yellow Muscat.
Food	Cheese and cold meats etc. served with the tastings
Tours & Tastings	Classic tasting – includes 4 wines, cheese, cold meats, olives, olive oil, bread and water – €30 per person. Premium tasting – includes 6 wines, cheese, cold meats, olives, olive oil, bread and water – €36 per person.
Reservations	Required. Can be made by email, details on their website.

Hours	Tuesday to Thursday from 10:00 AM to 6:00 PM, Friday and Saturday from 11:00 AM – 7:00 PM. Closed Sunday and Monday.
Contact	 Fuškulin 99, 52550, Poreč  +385 91 239 9995  https://damjanic.eu/en/home-2/

18 *Vina Kadum*

A family-run winery that originally produced wine and olive oil in the area in 1882. However, after a suspicious death of the head of the family, the heirs of the estate reduced the winemaking to only personal use. This changed in the early 2000s when a great-grandson revived the estate and planted new olive groves and vineyards. The plantations of the Kadum family are now passionately, and organically, cultivated.

Wines	Malvazija, Rosé, Teran, Olive oil
Food	"Finger food" served with tastings.
Tours & Tastings	Tradition option 1: 3 wines and finger food / 60 minutes Tradition option 2: 4 wines and finger food / 90 minutes Sensation: 5 wines and accompanying food courses with each wine / 120 minutes / 4 people minimum
Reservations	Only required for Sensation tasting
Hours	Monday to Saturday from 9:00 AM to 5:00 PM.
Contact	 Buići 9A, 52440, Buići, Croatia  +385 91 505 7747  https://www.kadumwines.com/

19 *Vina Lunika*

An organic winery known for their meticulous vineyard practices and modern winemaking techniques. The owner, Daniel, now produced wines without sulfur and not "industrially commercialized". For this reason, all 'drops' are available only in small quantities of up to 2,000 bottles.

Wines	Borgonja, Malvasia, Pinot Gris, Yellow Muskat, Teran, Red Muskat
Food	Cold cut meats and cheese served with wine tastings.
Tours & Tastings	A very relaxed affair where usually visitors pay for what they taste on a glass-by-glass basis.
Reservations	Not required. Can call ahead to see if they are on site.
Hours	Daily from 9:00 AM to 5:00 PM.
Contact	 Brajkovići 19, Kanfanar, Hrvatska  +385 99 471 1800  https://lunika-vina.com/

20 *Vina Trošt – Winery*

For an authentic, welcoming Croatian experience without the bells and whistles that other wineries offer, this is the place. And prices are notably less because of it. Please note that English is not guaranteed but the owner and staff are very helpful and kind.

Wines	Cabernet Sauvignon, Chardonnay, Malvazija, Merlot, Sauvignon
Food	No.
Tours & Tastings	A very relaxed affair where usually visitors pay for what they taste on a glass-by-glass basis.
Reservations	Not required. Can call ahead to see if they are on site.
Hours	Daily from 10:00 AM to 5:00 PM.
Contact	 Šorići bb, Istra, 52352, Kanfanar  +385 98 255 786  https://www.trost-vina.com/

21 *OPG Šuran Petar Rino*

An organic winery located a short detour from the routes. The owner is very passionate about his natural production methods “without any additives”.

Wines	Malvasia, Chardonnay, Cabernet Sauvignon.
Food	No.
Tours & Tastings	A very relaxed affair where usually visitors pay for what they taste on a glass-by-glass basis.
Reservations	Preferred. Reservations can be made by phone or email suranrino@gmail.com in advance.
Hours	Daily from 12:00 PM until dark.
Contact	 OPG Šuran Petar Rino  +385 99 528 9960  https://www.eistra.info/opg-surand/

APPENDIX 2 – QUIZ QUESTIONS

Planning Your Tour

1. *What is the most useful tool to help you navigate your tour?*
 - ☐ A piece of string and a loadstone
 - ☐ LifeCycle Adventures On-Tour App
 - ☐ Garmin GMR xHD2 Open Array Radar
 - ☐ All of the above
2. *The LifeCycle Adventures On-Tour App can be downloaded to:*
 - ☐ Your smartphone
 - ☐ Your tablet
 - ☐ All of the above
3. *It can be helpful to download Google Maps for the area for use offline:*
 - ☐ True
 - ☐ False
4. *Companies that provide cheap data plans via eSIMs are:*
 - ☐ Snowman and Pharoh
 - ☐ Nomad and Airalo
 - ☐ Roman and Hairglo
 - ☐ None of the above
5. *Things to consider booking before you travel include:*
 - ☐ Wine tours
 - ☐ Activities
 - ☐ Airport transfers
 - ☐ Hard-to-book restaurants
 - ☐ All of the above
6. *Useful things to pack include:*
 - ☐ Floor pump
 - ☐ Your bike helmet
 - ☐ Kitchen sink
 - ☐ DeWalt 20V brushless cordless 2-inch magnetic drill press
 - ☐ All of the above
7. *We provide the following equipment:*
 - ☐ Two LifeCycle Adventures water bottles
 - ☐ Floor pump that travels with your luggage
 - ☐ Phone mount for your phone
 - ☐ All of the above

About the Area

8. *Staples in Istrian restaurants include:*

- ☐ Istrian olive oil
- ☐ Istrian wine
- ☐ Istrian truffles
- ☐ All of the above
- ☐ None of the above

9. *What Istrian town has a UNESCO World Heritage Site with an imposing basilica?*

- ☐ Buje
- ☐ Poreč
- ☐ Rovinj
- ☐ Fažana
- ☐ None of the above

10. *In Istria, a Maneštra is a:*

- ☐ Rustic ale
- ☐ Window from which male witches were thrown
- ☐ Hearty and flavorful soup
- ☐ Indigenous wine grape

11. *The Glagolitic alphabet was created by:*

- ☐ Emperor Charlemagne
- ☐ Adding funny squiggles to all the s's, z's and c's
- ☐ Accident
- ☐ Macedonian monks to spread Christianity to the Slavs

12. *At different times the Istrian Peninsula has been ruled by the:*

- ☐ Romans
- ☐ Venetians
- ☐ Italians
- ☐ Franks
- ☐ Hungarians
- ☐ Austro-Hungarians
- ☐ Germans
- ☐ All of the above

13. *Croatia joined the EU in:*

- ☐ 1066
- ☐ 1966
- ☐ 2006
- ☐ 2013
- ☐ 2016
- ☐ 2023

14. Large examples of the prized white Istrian truffles (*tuber magnatum*) cost approximately:

- ☐ €20 / KG
- ☐ €200 / KG
- ☐ €2,000 / KG
- ☐ €20,000 / KG
- ☐ An arm and a leg

15. Journeys on the Parenzana Railroad were often disrupted by:

- ☐ Playful children smearing ripe figs on the rails
- ☐ Herds of wild boar
- ☐ People in fluorescent yellow vests (*žuti prsluci*)
- ☐ The Bora winds
- ☐ Farmers protesting about low EU subsidies

Overnight Towns

16. The Church of the Mother of Mercy in Buje was built just outside the city gates because:

- ☐ Of complex planning regulations
- ☐ They already had a church inside the gates
- ☐ An error in a GPS reading
- ☐ A Venice-bought statue of the Mother could not be moved any further
- ☐ All of the above

17. In Roman times, Poreč was known as:

- ☐ Parentium
- ☐ Porecium
- ☐ Catchifishium
- ☐ Constantinople
- ☐ The best town to live in west of the Mississippi

18. The Tunaholic Bars in Poreč and Rovinj serve:

- ☐ Vodka infused tuna
- ☐ Fish in a bun
- ☐ People addicted to music
- ☐ The best fish-based martini west of the Mississippi

19. Watersports available in Poreč include:

- ☐ Snorkeling
- ☐ Diving
- ☐ Kayaking
- ☐ Paddling
- ☐ Stand-up paddleboarding
- ☐ Water-skiing
- ☐ Jet-skiing
- ☐ Windsurfing
- ☐ All of the above

20. Rovinj is also known as:

- ☐ Minneapolis
- ☐ Mini Golf
- ☐ Mini Venice
- ☐ A great place to get drunk tuna
- ☐ All of the above

21. The old town in Rovinj was originally an island:

- ☐ True
- ☐ False
- ☐ All of the above

22. The Fažana Kitchen Festival celebrates:

- ☐ Alcohol-infused tuna
- ☐ Maneštra: a traditional Istrian soup
- ☐ Pilchards on toast
- ☐ An annual Marmite vs. Vegemite competition
- ☐ Josip Tito's cooking skills

On Tour**23. List all the works of fiction mentioned or alluded to in the section Using the On-Tour App**

APPENDIC 3 – QUIZ ANSWERS

Planning Your Tour

1. LifeCycle Adventures On-Tour App
2. All of the above
3. True
4. Nomad and Airalo
5. All of the above
6. Your bike helmet (we provide a floor pump, so you can leave that at home with the kitchen sink and the magnetic drill press)
7. All of the above

About the Area

8. All of the above
9. Poreč
10. Hearty and flavorful soup
11. Macedonian monks to spread Christianity to the Slavs
12. All of the above
13. 2013
14. €2,000 / KG
15. Playful children smearing ripe figs on the rails

Overnight Towns

16. Paolo Razizza could not move a statue of the Mother any further
17. Parentium
18. Fish in a bun
19. All of the above
20. Mini Venice
21. True
22. Maneštra: a traditional Istrian soup

On Tour (Qu. 23)

- Middlemarch by George Eliot
- Pride and Prejudice by Jane Austen (Pemberley)
- Smallville (Superman), TV series
- Stepford Wives, movie
- Winnie-the-Pooh, by A.A. Milne (Hundred Acre Wood)
- The Great Gatsby by F. Scott Fitzgerald (Gatsby Mansion)
- The Flintstones, TV series (The Ruins of Bedrock)
- A Moveable Feast, by Ernest Hemingway (Dingo American Bar)
- Ulysses by James Joyce (the Cabman's Shelter)
- Hotel California by The Eagles
- Lord of the Rings by J. R. R. Tolkien (Rivendell)

- Twin Peaks, TV series (The Great Northern Hotel)

Your Score

There were 23 questions in total. How did you do?

- 10 well done.
- 15 brilliant!
- 20 genius!!
- 23 really!?

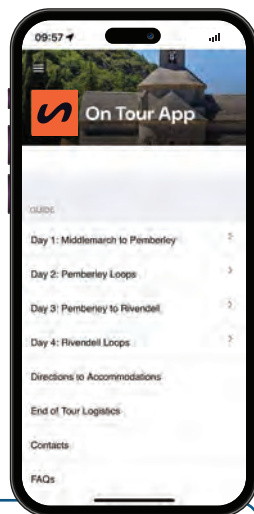
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On-Tour App

We have partnered with *Ride with GPS* to create an app that has all the details you need to explore each day.

You will receive a link to the app a few weeks before the start of your tour. Please download the app before you travel and familiarize yourself with the contents.

Here is a quick overview of how the app is organized.



App Contents

DAY 1: FROM A TO B

DAY 2: FROM B TO C

DIRECTIONS TO ACCOMMODATIONS

Details of, and directions to, your overnight accommodations

END OF TOUR LOGISTICS

Where and when to meet your guide at the end of your tour

CONTACTS

How to contact us or the emergency services

FAQs

Answers to common questions guests have while on tour

RIDE OPTIONS

LUNCH

A description of the day's restaurants and cafes by town

POINTS OF INTEREST

A description of the day's sights, museums & activities

WINERIES

A description of the day's wineries

LEISURE

Route Navigation

Maps and GPS-guided directions

Places for lunch

A list of towns where you can eat lunch along this route

Points of Interest

A list of the sights, museums and activities along this route

Wineries

A list of wineries along this route

INTERMEDIATE

...

CHALLENGE

...

EPIC

...

Explore the world by bike, on your own terms.

NORTH AMERICA

Santa Barbara, California

Big Island, Hawaii

Mount Hood, Oregon

Willamette Valley,
Oregon

San Juan Islands,
Washington

EUROPE

Istrian Peninsula, Croatia

Denmark Islands

Loire Valley, France

Provence, France

Pyrenees, France

Southwest Ireland

Puglia, Italy

Tuscany, Italy

Holland, The Netherlands

Douro Valley, Portugal

Catalonia, Spain

Engadin Valley, Switzerland



**SCAN TO DOWNLOAD THE eBook
VERSION OF THIS GUIDEBOOK**

(See page 8 for details.)

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