



Istria Mountain Trek



Activity: Trek Grade:  Duration: 5 days

The Istria Peninsula in northern Croatia is relatively unknown, a hidden gem which feels a world away from the well-touristed Adriatic coast to the south.

With spectacular, diverse scenery of lush green forested hills and limestone mountain peaks, vineyards and olive groves, meandering rivers, untouched stone villages and medieval hilltop towns, the region offers rich rewards for those who like to trek away from the crowds.

Following the Istria Mountain Trail across the peninsula, we trek from the wooded hills around Buzet east into Učka National Park, where we crest three mountain peaks, culminating in fabulous views over the entire region from the rocky summit of Mount Učka.



Challenge Grading

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This trek is grade **Challenging (1)**. Main challenges lie in the long days of hilly terrain, and the strenuous final day.

Many factors influence the Challenge Grading, such as terrain, distances, climate, living conditions, etc. The grade reflects the overall trip; some days are likely to feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.

Detailed Itinerary

Day 1: Fly UK – Ljubljana – Buzet

Arrive in Ljubljana (Slovenia) and drive across the border into Croatia's Istria Peninsula. We then head south to the characterful town of Buzet, known for its production of local grappa (schnapps). There should be time to explore the old town, and visit the local brewery for a chance to sample the different grappa flavours! Night hotel.

Drive approx. 2 hours

Day 2: Buzet – Opatlj – Buzet

A 30-minute drive takes us to Opatlj, a small and very picturesque town marking the start of the Istrian Mountain Trail. Our trek starts fairly gently on undulating forest trails, passing small villages with striking churches before coming to a wonderful viewpoint over the River Mirna, with vistas stretching for miles. We then pass the imposing ruins of Pietrapelosa castle as we head downhill into the valley. After more undulating trails passing small villages, we enjoy beautiful views across to Buzet, perched picturesquely on a forested hilltop, and return there for the night. Night hotel.

Trek approx. 6-7 hours



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Trekking Information

We trek on good paths through open hill country and woodland, with steeper, more exposed sections on higher ground. Some paths are uneven and rocky. This trek is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered.

Crew & Trip Support

Your trip will be led by experienced Discover Adventure leaders, chosen for their experience and knowledge, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader. An expedition doctor or medic also accompanies trips (unless run below minimum group size.)

Our local support crew is made up of a friendly team of local guides and drivers, who work closely with the Discover Adventure crew to ensure your trip runs smoothly and safely. Vehicles carry our luggage and supplies between hotels.

Weather

The Istria Peninsula has a warm, sunny Mediterranean climate. We avoid the hot summer months; expect to trek in temperatures averaging 18-20°C. There is always a chance of rain and it could be chilly and windy on higher ground.

Detailed Itinerary (cont)

Day 3: Buzet – Hum – Buzet

A beautiful day awaits! Walking alongside the river, our path takes us into woodland, passing lakes and waterfalls. Our undulating trail gradually gains height, coming to a lovely spot where an old watermill sits beside natural pools. Following the riverbed past an old abandoned village with traditional Istrian stone houses, we see Hum, with its recognisable church tower, in the distance. Officially listed as the worlds' smallest town, Hum is also known for its grappa and is our mid-way point. We head back to Buzet on a scenic, undulating path passing seven waterfalls. Night hotel.

Trek approx. 7-8 hours

Day 4: Buzet – Učka – Lovran

A half-hour drive takes us to Brgudac, the start of our big day! Filling our bottles from the village's wooden troughs, always brimming with pure spring water, we set off uphill through forests of oak onto the mountainous plateau of Čičarija – at the beautiful spot of Korita Peak (1050m) a wonderful view of the Učka massif shows us where we're heading! Then it's over the undulating karst plateau to the bare rocky peak of Veliki Planik (1272m), the highest point on Čičarija. Mesmerising views over Central Istria are our just reward for this more strenuous haul. Descending to Poklon Pass, a saddle between the mountains, we are spurred on by fabulous sea views to Mount Učka – our highest point at 1401m. The limestone massif dominates the surrounding countryside and features heavily in local folk-lore. From the top it's possible to see the Alps to the north and the Adriatic islands to the south, as well as all over Istria: a fitting end to our trek! After soaking up the views, we drive to Lovran, a lovely historic town on the east coast of the peninsula. Night hotel.

(Dinner not included)

Trek approx. 7-8 hours

Day 5: Lovran – Ljubljana – UK

After breakfast we transfer back to Ljubljana and our flight home.

(Lunch not included if not in-flight)

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

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For details of our extension to the ancient town of Poreč, and sea-kayaking in the stunning fjord-like Lim Bay (adds 2 extra days) please contact us.

Accommodation & Food

We stay in 2-3* hotels on a twin-share basis. All food is included except where specified in itinerary. We eat in hotels and restaurants, with some packed lunches. The food is varied and tasty; this area is proud of its gastronomy. We drink from pure, natural springs on trek. Please let us know any dietary requirements well in advance.



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Istria Mountain Trek 2017 - 2018

2017 Dates	2018 Dates
27 Apr - 1 May	26 - 30 Apr
5 - 9 Oct	4 - 8 Oct

Pricing Information

All costs are based on a minimum of 15 participants. Please refer to our website for latest prices and offers.

	REGISTRATION FEE Payable on registration	FUNDRAISING TARGET Payable 10 weeks prior to trip departure	TRIP COST Payable 8 weeks prior to trip departure
FUNDRAISING OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	You commit to raise the fundraising target . Your chosen charity will retain 50% of this target plus any additional fundraising you achieve.	Paid by your charity providing they have received all of the Fundraising Target
	£99.00	From £1850.00	N/A
PART - PAYMENT OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	Your contribution (Part Payment Trip Cost) to the trip cost gives you a lower fundraising target. You commit to raise this target and your chosen charity will retain 50% of this target plus any additional fundraising you achieve.	Set contribution (Part Payment Trip Cost) paid by you at this time . Remaining costs paid by your chosen charity, providing they have received all of the Fundraising Target
	£99.00	From £1350.00	From £250.00
SELF PAYMENT OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	Raise as much as you can and 100% of your donations will go to your chosen charity	Paid by you
	£99.00	N/A	From £925.00

What's Included

- All transport from London to Ljubljana return
- All meals except where specified, and accommodation
- Discover Adventure leaders; doctor with group of 15+ participants; local guides & drivers
- Local support and back-up equipment
- Entry to National Park and any other sites included in itinerary
- Brewery visit & grappa tasting
- Airline taxes

What's Excluded

- Two meals as specified in the itinerary
- Travel insurance
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Inbound airport departure tax (no tax applied at time of writing)
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions