

# Your Perfect Playground



CYCLING

ROVINJ – VRŠAR – BALE – SVETVINČENAT – KANFANAR / ISTRIA / CROATIA



## **WELCOME TO ISTRIA**

Five destinations and four seasons on two wheels

4

## **DESTINATION FOR CYCLING ENTHUSIASTS**

Peninsula of lively itineraries

7

Cycling signalling

8

## **CYCLING TRAILS**

Mountain bike trails

13

Family and recreational trails

14

Road trails

17

## **ACCOMMODATION FOR CYCLISTS**

Doors wide open to the Istrian peninsula

18

Bike hotels

21

Bike & Bed

22

## **BIKE EXPERTS**

Reliable support from cycling experts

27

## **DESTINATION PACKAGES FOR CYCLISTS**

A wide selection for true enthusiasts

28

## **CYCLING EVENTS**

Endless events for two-wheelers

30

## **INFORMATION | CONTACT**

We will gladly answer any of your questions

35

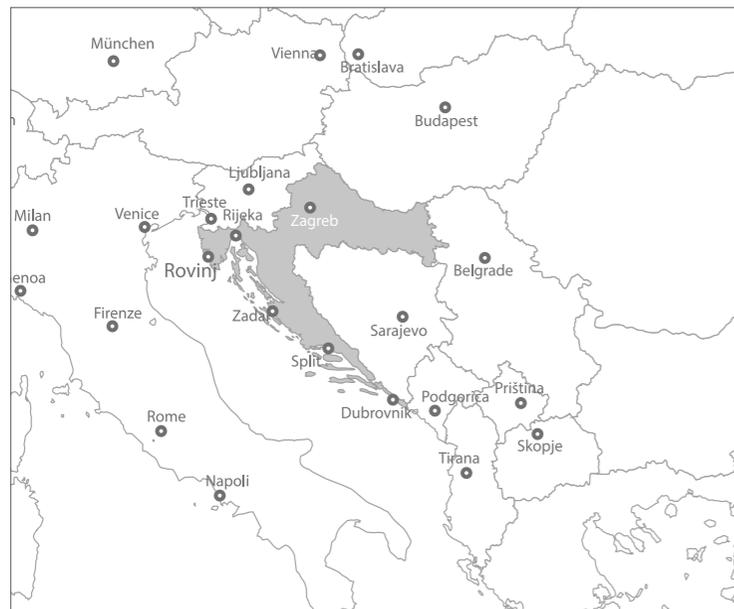
# Welcome to Istria

## Five destinations and four seasons on two wheels: Rovinj, Vrsar, Bale, Svetvinčenat and Kanfanar

The Istrian peninsula, lined with the charms of the Adriatic Sea, clings firmly to the mainland of the European continent, at the foot of the Alpine slopes, embraced by the sun and therapeutic Mediterranean aromas.

Its stormy past has been written on numerous pages detailing its interesting history and forming the life of the local inhabitants, with its rich tradition and culture painted over a three thousand year old manuscript.

Medieval castles, Venetian palaces and powerful imperial Austro-Hungarian fortresses in Istria stand alongside the ruins of the area's prehistoric inhabitants, ancient oil mills and the settlements of the ancient Romans.



### WHERE ARE WE

Amsterdam 1424 km  
 Vienna 570 km  
 Budapest 595 km  
 Milan 524 km  
 Munich 592 km

 Pula 40 km  
 Rijeka 120 km  
 Trieste 171 km  
 Ljubljana 209 km  
 Zagreb 251 km  
 Venice 260 km



Here, you will be taken from the seashore along the windy roads of Blue Istria to the green vastness and paths that wander through the flawless nature throughout the four seasons. And each of them giving a special range of colours to these paths transforming every itinerary into a different and new travel book.

As the seasons change, the colours and aromas of the delicacies on offer in the local taverns and excellent restaurants change too, but are always prepared using the freshest ingredients and served with carefully selected Istrian world-renowned wines.

Welcome to the peninsula of warm winters and bustling summers!





# Destination for cycling enthusiasts

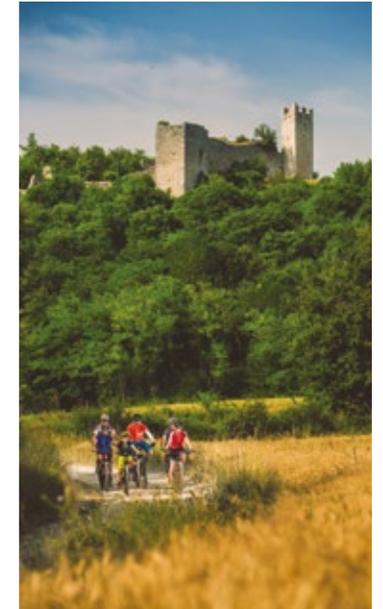
## Peninsula of lively itineraries

Rovinj, Vrsar and Bale in Blue Istria and Svetvinčenat and Kanfanar in Green Istria are an exceptional destination choice from which to set off on your cycling explorations.

The Western Istrian coast and its hinterland are networked with marked cycling routes. Within them you will find a web of trails specialised for mountain rides, with appealing areas for recreational tours which the whole family will enjoy as well as road trails offering attractive challenges to recreational riders, but also ideal conditions for training for professional cyclists.

The extreme beauty of the nature and the curious variety of landscapes that alternate on this largest Adriatic peninsula is complemented by an interesting legacy of bursting history.

Together with the quality gourmet offer based on the freshest ingredients, modern nomads will be welcomed here by professional support and the necessary infrastructure dedicated to all cycling and bike ride enthusiasts.



## Cycling signalling

**Cycling trails in Istra** are marked in accordance with European standards by means of a unique signalling system at a regional level where the destinations of Rovinj, Vrsar, Bale, Svetvinčenat and Kanfanar carry the signs numbered **from 171 to 179, from 201 to 299 and from 690 to 700.**

 **Trails marked in green** are easier and shorter, intended for casual riding on flat and easy surfaces, and can be completed by recreational and physically less prepared cyclists, as well as families and those less accustomed to bike riding.

 **Trails marked in yellow** are of moderate difficulty and length, but can also include technically demanding and more dangerous sections, which are suitable for more active recreationalists in search of higher challenges on the trail.

 With regard to the surfaces, uphill climbs and downhill slopes, **the trails marked in red** are mainly technically demanding, longer, and are intended for more experienced riders.

 **Family & recreation** is a category made up of trails for all generations, adapted to the needs of families with children and less experienced riders. They are easy and safe, and, wherever possible, far from the more trafficked roads. They do not contain steep uphill climbs or downhill slopes, they are circular, and start and finish at major tourist centres such as hotels, resorts and campsites.

**Informative charts** with maps of the area and descriptions of cycling trails are set up throughout the Istrian peninsula. Each of them presents a map of the area of the region you are in, with a drawn and marked trail, and with their type and information about the length, difficulty and altitude, as well as the surface on which you will be riding.



## Cycling trails

Depending on the type and technical difficulty, Istrian cycling trails are divided into easy, moderately demanding, and very demanding categories. The surfaces change from dirt road to macadam and asphalt. Trails in the area of Rovinj, Vrsar, Bale, Svetvinčenat and Kanfanar are marked and regularly maintained, extending over a length from 10 to 135 kilometres and with an altitude difference of a maximum 1,600 metres.

It will be easy to find your favourite trail among the 11 mountain, 9 family and recreation and 15 road trails. Each of them being special in its own way, hiding a personal story. We have prepared a GPS record and detailed description for each of the trails that will lead you to new experiences.





# Mountain bike trails

## Captivating macadam of mountain biking

Offer for mountain bike enthusiasts:

- > 11 mountain bike trails
- > trails marked with cycling signals
- > technically easy and moderately demanding trails
- > single trails
- > ride by the sea and in the green interior
- > preserved nature
- > attractive climbs
- > logistical support of experts
- > quality and safety

### HIGHLIGHTS

MARCH:

- > **ZLIK Režanci**
- > MTB race

AUGUST:

- > **Bale Under the Stars**
- > MTB race



# Family and recreational trails

## Fun and entertainment for all generations

Cycling experiences tailor-made for adults, but also for the younger family members. Together with the nine organised trails, in our destination you will be welcomed by around ten different bike races taking place throughout the year:

- > 9 trails for family and recreational rides
- > 95 kilometres of organised trails
- > for all generations of the family and recreationists
- > from the Adriatic coast to the green hinterland
- > through preserved natural surroundings
- > with rich cultural itineraries
- > interesting offer of attractions and
- > high quality gourmet offer along the trails

### HIGHLIGHTS

#### APRIL:

- > **Weekend Bike & Gourmet Tour**
- > Bike ride with spring gourmet surprises
- > **Limes Bike Tour**
- > Recreational bike ride for family groups

#### SEPTEMBER:

- > **Municipality of Kanfanar MTB Ride**
- > Sporting entertainment to celebrate Municipality Day

#### OCTOBER:

- > **Weekend Bike & Gourmet Tour**
- > Recreation with autumn delicacies





# Road trails

## A whole year of road cycling challenges

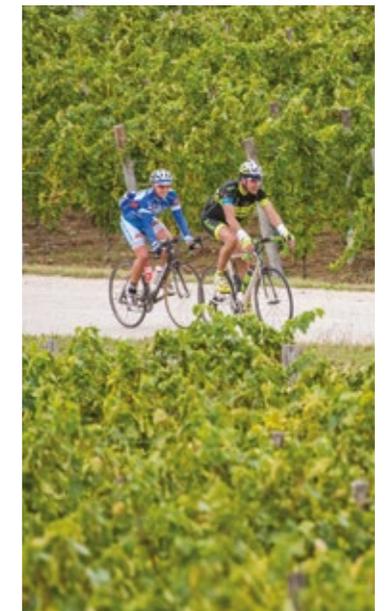
Professional cycling requires training throughout the year as well as special treatments and accompanying facilities that enable top form maintenance and an appropriate preparation for top competitions. In our area, you will be able to train uninterruptedly throughout the year with an offer of fifteen exceptional trails for road bikes:

- > 15 road cycling trails
- > 1,021 kilometre network of marked roads
- > a cycling season that lasts for 12 months
- > a favourable road network
- > excellent organisation for pre and post ride preparation
- > high quality offer of accompanying facilities
- > training camps for individuals and groups
- > infrastructure for other sports

### HIGHLIGHTS

MARCH:

- > **Istrian Spring**
- > A stage and chronometer race for licensed cyclists



# Accommodation for cyclists

## Doors to the Istrian peninsula wide open

Rovinj, Vrsar, Bale, Svetvinčenat and Kanfanar are destinations offering a high quality accommodation selection.

Choose from a wide range of hotels and holiday resorts, large and small campsites and accommodation in local family houses, apartments and rooms, from villas and rural households and a special category offering accommodation units that have been additionally adapted to the needs of cyclists, all under one common name **Istra Bike & Bed**.

Accommodation facilities that complete their offer and facilities according to special criteria with the aim of providing services primarily to cyclists, received special marks from the department of the Istrian Region. Registration into the program is free of charge, and controls of the facilities takes place regularly.

The facilities have been classified in the following categories:

**Bike hotels** – hotels with a large accommodation capacity and a whole series of services for their guests. Thanks to an already existing staffing and infrastructure capacity, these facilities are required to provide a higher quality and quantity of services.

**Boutique bike hotels** – small and family run hotels. These offer a great combination of a personalised approach to the quest and a higher service quality, being an excellent choice for guests with different profiles.

**Bike & Bed** – smaller private facilities such as apartments or holiday homes. Compared to the hotel facilities, they mainly offer a smaller number of services, but with a more personal approach to guests.

**Bike camps** – almost always located on the coast, allowing easy access to the sea with a contemporary stay in natural surroundings. These provide services that are common to private (smaller) accommodation facilities.





# Bike hotels

This offer is within a segment of special offers for cyclotourists in hotels with the widest range of services adapted to the needs of guests looking for an attractive and active holiday.



Hotel PINETA, Vrsar  
[www.maistra.com/hotel-pineta-vrsar](http://www.maistra.com/hotel-pineta-vrsar)



## A pedal ahead

Anchored in the embrace of the magical Vrsar archipelago, the Pineta Hotel offers a number of benefits to its visitors in search of accommodation that has been adapted to the needs of cyclists.

A modern structure with 95 rooms and 4 suites offering every comfort needed throughout the year with additional facilities and a number of modern technology advantages.

Besides the fitness studio, you will have hydro massage baths, saunas and various massage treatments at your disposal that will help you energise your body and relax after your daily efforts. At the same time, Vrsar's surroundings offer other possibilities for an active holiday and a variety of sporting activities.

A cyclist-friendly diet is an integral part of the restaurant menu offering special meals for all other athletes during their preparation period. The Pineta Hotel offers guests the possibility of having enhanced meals, lunch packages or energy drinks prepared for them.



### BIKE HOTEL SERVICES FOR CYCLISTS:

- > locked bike room under video surveillance
- > a repair tool set (workshop for simple bicycle repairs)
- > bike parking lot (bicycle stands in front of the facility)
- > bike wash (possibility of personal washing)
- > Bike info corner (area for cyclists with cycling maps, specialised magazines, a calendar of events and other materials)
- > rent a bike – recommendation of renters in the region
- > cycling maps (information material with maps and trails of the area)
- > Bike service card (list of important telephone numbers)
- > fitness and wellness (at extra cost)
- > offer of massages (at extra cost)
- > laundry of sports clothes (at extra cost)
- > meeting room (meeting room available)
- > weather forecast (daily weather forecasts)
- > additional sports offer (offer of additional sporting facilities)
- > restaurant (offer of menus specially adapted to cyclists)

# Bike & Bed



The biggest accommodation group on offer under the cycling tourism umbrella make up Istra Bike & Bed facilities offering family holiday homes and villas as well as other complexes with accommodation units. Along with the warm welcome of hosts and the additional services for cyclotourists, you will also find accommodation tailored to your itineraries within these households.

## SERVICES FOR CYCLISTS:

1. **Information** (general information about nearby services, cycling trails, availability of information materials, recommendation for planning your rides)
2. **A cycling offer in the surrounding area, programs and packages in the facility** (offer of cycling packages, detailed description and elaborated cycling tours, sos phone, digital map for planning your excursions)
3. **Staff expertise, services of cycling guides** (cycling expertise of facility staff, with cycling guides at your disposal and the organisation of three-day tours)



4. **Space for bikes and equipment** (separate, secure and easily accessible bike storage facilities, e-bike charging station)
5. **Bicycle repair service** (equipment, tools and means for maintenance, possibility of transport of bicycles to the nearby bike service)
6. **Possibility of washing and drying clothes**
7. **Rent a bike and helmet**
8. **Transport of cyclists, bikes and their equipment** (transport of equipment between renters, transport to the accommodation facility in case of bicycle failure)
9. **Cyclist-friendly diet** (enhanced meals, lunch boxes, energy drinks, specific dietary needs)
10. **Additional offer for cyclists** (possibility of agreement around the last day of stay (shower, luggage storage))





Villa SAFRON, Kanfanar  
[http://www.istra.hr/hr/smjestaj/privatni-smjestaj/detalji/18447-ch-0?&l\\_over=1](http://www.istra.hr/hr/smjestaj/privatni-smjestaj/detalji/18447-ch-0?&l_over=1)



### On the slopes of the Lim Valley

Exclusive villa with six rooms and a bathroom, suitable for accommodation of up to 12 people, spread over 400 square metres in the charming Istrian village of Matohanci, half way between Rovinj and Kanfanar, at the intersection of marked trails for cycling enthusiasts.

Besides the privacy, a large pool and garden as well as a trampoline for children, the luxurious Villa Safron offers a wide range of services. Including heating and air conditioning throughout the year, it also offers Wi-Fi and a gym.





# Bike experts

## Reliable support from cycling experts

Every corner of this destination is dedicated to cycling and has suitable support for your research ventures. We particularly want to emphasise that our destinations complement the range of services and programs on a daily basis.

- > shops and services
- > rent a bike and equipment
- > organisers of package arrangements for cyclists

We have taken care in Rovinj, Vrsar, Bale, Svetvinčenat and Kanfanar that you receive appropriate support at every stage of your Istrian cycling adventure. Special attention is dedicated to points providing logistic support as well as to shops and services that will provide you with quality equipment maintenance, fast repairs and undisturbed pleasure whilst cycling.

Trust our excellent professionals, their care and expertise.

	Type of service	Address	Phone	E-mail
<b>ROVINJ</b>				
Bike planet	Service, sale and rent	Trg na lokvi 3	052 830 531 0917232094	
Lera Rovinj Sport	Service, sale and rent	Tina Ujevića 20	052 818 225 0992385487	lera@info.hr
RM group	Rent	Istarska 45	098 993 8253	alex@rmgroup.hr
Dodić d.o.o.	Sale	Carducci 7	052 811 162	dodic@pu.t-com.hr
Aries turistička agencija	Rent	Obala V. Nazora 1	052 830 249	zto-omo@email.t-com.hr
<b>VRSAR</b>				
Montraker sport centar	Rent	Montraker bb	0914423611	kristian@sport.com.hr

# Destination packages for cyclists

## A wide selection for true enthusiasts

One-day or multiple-day, individual or guided, destination packages offer a variety of programs intended for road and mountain cyclists as well as for all those wanting to enjoy a bike ride in a recreational mood, with family members or their friends.

Cycling guides are qualified experts with an official licence from the Croatian Cycling Federation (HBS). Besides being extremely familiar with the area through which these cycling itineraries pass, they are also able to speak a number of foreign languages and enjoy physical form and skill, as well as being qualified bike guides. They will be at your disposal for any additional information you may require and a pleasant company during the exploration of your chosen destination.

Every two-wheeled enthusiast will find what suits him best in the perfect combination of sport, a gourmet offer, culture and nature here in Rovinj, Vrsar, Bale, Svetvinčenat and Kanfanar.



# Cycling events

## Endless events for two-wheelers

The area of Rovinj, Vrsar, Bale, Svetvinčenat and Kanfanar is full of international cycling events for all ages, both in recreational and professional categories.

Besides other factors, the successful organisation of a number of cycling events is proven by an increased number of participants who arrive in Istria every year from all parts of the world as well as by the increasing number of cycling events listed in international cycling calendars.

**Giro d'Italia** confirmed the geographic and technical benefits of the area in 2004 when it marked one of its stages passing through Rovinj and Vrsar.

Throughout the year you can choose from among ten recreational rides along the Istrian coast or through the heart of the peninsula. This is possible even during the winter months that, due to the benefits of the Mediterranean climate, offers you weekend pleasures on your "metal friend" in the months when neighbouring regions are covered with snow.

The international cycling calendar, UCI, included one of the world's strongest junior road races **Across Istria**, with two stages crossing the area of Vrsar up until 2014. Besides that, for two consecutive years, from 2001 to 2003, Vrsar hosted the mountain bike **xc Istria Grand Prix Vrsar** cross-country race, which was also included in the UCI calendar in category 1.

**Istrian Spring** is an unmissable professional cycling race that takes place in the middle of March, and over four days crosses almost all of Istria, mostly its interior, but along its coast too. Participants are mainly teams from the Professional and Continental categories, among whom are certainly some of the future winners of the Tour de France, the Giro d'Italia and the Vuelta a España races.

The organisation of cycling events takes place through the close co-operation and coordination of all relevant subjects and experts – local bicycle clubs and tourist boards of all five destinations and the Maistra d.d. Hotel Company.



**Zlik Režanci: finals**  
PERIOD March  
PLACE Režanci  
TYPE MTB  
[www.tz-svetvincenat.hr](http://www.tz-svetvincenat.hr)

**Istrian Spring**  
PERIOD March  
PLACE Vrsar  
TYPE Road  
[www.infovrsar.com](http://www.infovrsar.com)

**Weekend Bike & Gourmet Tour: spring**  
PERIOD April  
PLACE Rovinj  
TYPE MTB  
[www.rovinj-tourism.com](http://www.rovinj-tourism.com)

The **AXA Cup in Režanci** is part of larger mountain bike competition, which takes place in several Istrian locations and is intended both for amateurs and licensed riders. It is ridden on a circular macadam trail that is 20 km long with an altitude difference of 140 metres.

This is the race that has been run for a number of years now, and today it is known under the name **Istarsko Proljeće – Istrian Spring Trophy**. It consists of four stages, the prologue and three attractive stages that pass through central Istria as well as through its east and west coasts. Professional and continental category teams are usually the main participants in the Istrian Spring race among which future champions and winners of stages on the Tour de France, the Giro d'Italia and the Vuelta a España can often be found hiding.

The recreational cycling experience **Weekend Bike & Gourmet Tour**, that takes place in spring and autumn, offers additional gourmet pleasure. A two-day long ride with Istrian delicacies, olive oil and wine is divided into two itineraries: the Sport (111 km) and the Hobby (82 km). Each of them offers two trails: on the Mare trail you can enjoy seaside delicacies, while the Monti trail offers its participants the gastronomic delicacies of the Istrian interior.





**Limes Bike Tour**

PERIOD April  
 PLACE Vrsar  
 TYPE MTB  
[www.infovrsar.com](http://www.infovrsar.com)

**Ivanja**

PERIOD June  
 PLACE Svetvinčenat  
 TYPE Road  
[www.tz-svetvincenat.hr](http://www.tz-svetvincenat.hr)

**Recreational Cycling Tour during Jakovlja**

PERIOD July  
 PLACE Kanfanar  
 TYPE MTB  
[www.visitkanfanar.hr](http://www.visitkanfanar.hr)



**Limes Bike Tour** is mainly intended for families with children as well as for all other participants. A stop above the Pirate's Cave on the slopes of Lim Bay is obligatory as it offers a breath-taking view and is an ideal chance to take a photograph from this attractive viewpoint.

Svetvinčenat hosts a famous cycling tour intended for amateurs on their mountain bikes. It is organised by the Axis Bike Club and takes place in June. **Ivanja** is an event most favoured by cycling enthusiasts who prefer a lighter ride and not too demanding trails. The trail is 27 kilometres long, of which 19 are ridden on macadam roads and 8 on asphalted roads.

The people of Kanfanar have also organised a party for the younger family members as part of Jakovlja, a traditional folk festival, whilst the Axa Cycling Club has prepared a 10 km long race with an insignificant altitude difference. The race passes on an asphalt road, and young cyclists start and finish their adventures in Kanfanar passing through Marići as well.

**Bale Under the Stars**

PERIOD August  
 PLACE Bale  
 TYPE MTB  
[www.bale-valle.hr](http://www.bale-valle.hr)

**Kanfanar MTB Cycling Tour**

PERIOD September  
 PLACE Kanfanar  
 TYPE MTB  
[www.visitkanfanar.hr](http://www.visitkanfanar.hr)

**Weekend Bike & Gourmet Tour: Autumn**

PERIOD October  
 PLACE Rovinj  
 TYPE MTB  
[www.rovinj-tourism.com](http://www.rovinj-tourism.com)

**New Wine Festivity**

PERIOD October  
 PLACE Svetvinčenat  
 TYPE MTB  
[www.tz-svetvincenat.hr](http://www.tz-svetvincenat.hr)

The **Bale Under the Stars** cycling event takes place in the late evening hours with pleasant summer temperatures on the penultimate weekend in August. The narrow streets of this charming little town are a bigger challenge than the altitude difference, which is only 60 m over a 22 km long trail.

An indispensable part of the Kanfanar Municipality Day is also a recreational cycling tour specially organised to celebrate the local ceremony. The trail is quite long, up to 43 km, and is largely ridden on macadam roads.

The recreational cycling experience **Weekend Bike & Gourmet Tour**, that takes place in spring and autumn, offers additional gourmet pleasure. A two-day long ride with Istrian delicacies, olive oil and wine is divided into two itineraries: the Sport (111 km) and the Hobby (82 km). Each of them offers two trails: on the Mare trail you can enjoy seaside delicacies, while the Monti trail offers its participants the gastronomic delicacies of the Istrian interior.

Is wine and cycling compatible? Of course it is, like everything, in quantified quantities. So the cycling race known as the **New Wine Festivity**, scheduled for the 21st October in Svetvinčenat will prove that this combination is possible and will transform it into an extraordinary experience. The trail, tracked for this bicycle race for recreational riders on mountain bikes, is 30 kilometres long, with 22 of them being on macadam and 8 on asphalted roads.





# Information | Contact

## We will gladly answer any of your questions

Detailed information on cycling trails and programs, professional bike guides, cultural and natural attractions of the destination and any other necessary details for planning unforgettable rides on the Istrian peninsula will be provided by our tourist offices in Rovinj, Vrsar, Bale, Svetvinčenat and Kanfanar.

Our employees will be happy to advise you on choosing the best itinerary for you and will be at your disposal for any enquiries before your arrival as well as during your stay in Istria.

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HR-52210 Rovinj-Rovigno, Croatia

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**T.** +385 (0)52 800 347  
**T.** +385 (0)52 800 231  
**E-mail:** groups@maistra.hr

**www.maistra.com**

The destinations of Rovinj, Vrsar, Bale, Svetvinčenat and Kanfanar offer three maps with a total of 35 drawn cycling trails: one map with 11 mountain bike trails, the other with 9 trails for families and recreationalists and a third one containing 15 trails for road cyclists.

All three maps contain basic technical data, marked altimetry, and information about services and facilities along each particular trail you would like to cross.



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HR-52210 Rovinj-Rovigno

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**T.** +385 (0)52 813 469  
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Obala Maršala Tita 6  
52450 Vrsar

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