






THE SUNNY PENINSULA IN THE MEDITERRANEAN SEA

 Self-guided tour

 Hike

 00-00 km

●○○ Easy

Duration: 7 days / 6 nights

14 years and older



DESCRIPTION

This hike will take you along the European Long Distance Trail E12. It was developed as the last within the European network of hiking trails and is designed to connect the European coast of the Mediterranean Sea from Spain to Greece. Istria - this sunny peninsula in the Mediterranean is characterised above all by picturesque little fishing villages, small towns on the karstic hills, vineyards and valleys. Let yourself be surprised by the charm of the contrasting landscapes and the many colours of Istria. The hiking tour in Istria is slightly hilly. It is also a good follow-up tour to the hiking tour „Alpe-Adria - From Cividale to Trieste“. The hiking tour is suitable for children over 14 years.

DETAILED ROUTES

📍 Day 1: Arrival in Trieste

Individual arrival at the first hotel in Trieste.

📍 Day 2: Triest- Muggia- Koper;

ascent approx. 200 m, descent approx. 180 m / approx. 4 hours

In the morning you take the ferry from Trieste to Muggia. The stage begins in Muggia, the only Istrian town in Italy. You hike inland from the sea. After crossing the border with Slovenia, you have a beautiful view of the Muggia valley and the Julian Alps. You descend gently along the Slovenian Alpine Trail. Here the landscape opens up above the Gulf of Koper amidst wooded areas and vineyards. You will walk part of the stage on the Parenzana, the former Istrian narrow-gauge railway that connected Trieste and Poreč until 1935. End the day in the car-free old town of Koper with all its magnificent buildings. It is possible to shorten the route by bus (ticket not included).

📍 Day 3: Koper – Momjan and surroundings

ascent approx. 700 m, descent approx. 500 m / approx. 5-6 hours

Today you will leave Koper and you will cross the border into Croatia. You hike through the inland to Momjan. In Momjan and the surrounding area, the soil is particularly fertile. 23 of Croatia's best-known winegrowers cultivate their wines in this area. The town once was a Venetian fortress of strategic importance and dominated the Dragonja Valley. Today, only the ruins of the fortress, the patrician house of the Rota family and the Church of St Martin from the 16th century remain. Wine roads lead you through the vineyards and olive groves around the small town. In the evening, the well-known wine-cellars and restaurants invite you to enjoy the delicacies of Istrian cuisine.

📍 Day 4: Momjan and surroundings – Brtonigla

ascent approx. 300 m, descent approx. 400 m / approx. 4-5 hours

Starting from Momjan, you walk amidst green fields, olive groves and vineyards to Brtonigla. Brtonigla combines typical rural Istrian cuisine with Mediterranean sea cuisine. Worth seeing here are sacred buildings such as the parish church of St. Zenon. Worth a visit is also the Mramornica cave.

📍 Day 5: Brtonigla – Tar – Porec;

ascent approx. 300 m, descent approx. 300 m / approx. 5-6 hours

The route from Brtonigla to Tar through the Mirna Valley offers a wonderful experience between nature and culture. Starting from Brtonigla, the path winds through picturesque alleys, vineyards and olive groves before entering the Mirna Valley. Finally you reach Tar, a charming village on the western coast of Istria. With its traditional architecture, Tar is known for its cultural heritage and the surrounding natural landscapes.

📍 Day 6: Tar – Porec;

ascent approx. 10 m, descent approx. 110 m / approx. 4,5 hours

This morning a short transfer will take you to the starting point of the stage. The last day of your discovery trip in Istria takes you to Porec. Most of your hike will be along the coast. From far away you will see the Euphrasius Basilica, which has been listed as a UNESCO World Heritage Site and should definitely be visited. End your hiking tour with a good glass of wine on one of the squares in the old town of Porec.

Day 7: Departure

Individual departure or possibility to extend your stay.

GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 7 days / 6 nights
- **Distance:** ca. 00-00 km
- **Starting point:** Trieste
- **Arrival:**

By car: Over the Tauern motorway to Villach and over the border Arnoldstein to Udine and further on to Trieste.

By train: Over Salzburg and Villach to Trieste (Trieste centrale). Timetables on: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.

By plane: Low Cost flights to the airport Ronchi dei Legionari or Pula. Good connections by bus (airport-shuttle) from the airport Ronchi dei Legionari to Trieste.

- **Accommodation:**

B&B's and hotels of 3*** and 4**** category

Attention: Tourist tax – if requested – has to be paid on the spot.

- **Parking:**

Depending on the start hotel, parking facilities are available (reservation not possible).

- **Transfer:**

Every Thursday return transfer by shuttle bus from Porec to Trieste for € 45,00 per person – reservation and payment upon booking.

Alternative: good bus connections from Porec to Trieste.

INCLUDED SERVICES

- Accommodation in hotels of the chosen category
- Breakfast buffet or full breakfast
- Videobriefing
- Luggage transfer from hotel to hotel
- Ferry ticket from Trieste to Muggia
- Transfers according to the program
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Shortcut bus trips
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

- Telephone service hotline for the entire tour
- Navigation app

TREKKING ISTRIA E12

STARTING DATES

Available - arrival possible Not Available Available for groups from 6 persons and on request

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

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12	13	14	15	16	17	18
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May

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June

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July

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August

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September

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October

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November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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30						

PRICES

Standard

Package price in a double room from 03/04/2026 to 30/10/2026 989 €

Package price high season from 19/06/2026 to 11/09/2026 1.069 €

Additional services

no bike 0 €

Additional nights

See ebsite