



Croatia, Slovenia & Italy Village to Village Walking

A Cultural & Foodie Adventure From Istria to Veneto

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!
Contact us at info@mtsobek.com
or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek has been operating expertly crafted trips in Europe for over 40 years. This is one of the few village-to-village walking tours that traverses Croatia, Italy, and Slovenia.

REASON 2

Easy-to-moderate walking tours take travelers through hard-to-find orchards, vineyards, hillsides, and medieval villages across 3 countries in a well-paced 9 days.

REASON 3

Follow local professional guides as you enjoy stunning landscapes, culinary specialties, and warm hospitality. Come away knowing the people as well as the place.

At A Glance

ACTIVITIES

Tasting local wines, olive oil and truffles, touring medieval towns and famed cities, scenic drives, and hikes through stunning landscapes.



LODGING

Charming family-run hotels, historic countryside estates and hotels inside medieval castles, all surrounded by spectacular scenery.



CLIMATE

Weather can be variable, from 82°F by the sea to 59°F in the mountains, so we suggest bringing layers and rain gear.



KNOW BEFORE YOU BOOK

"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.



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Food lovers! Reward fulfilling days on spectacular trails by raising your taste buds to the next level on this active cultural and culinary journey. Trace Croatia's Istrian Peninsula, Slovenia's Julian Alps, and Italy's Friuli-Venezia-Giulia region and discover an array of beautiful villages and towns including Rovinj, Bale, Motovun, Groznjan, Bled, and Montemaggiore. Discover the wonders of this trio of countries on awe-inspiring hikes. Go wine tasting, learn how to hunt truffles, taste olive oil, and sample regional delicacies in the Mediterranean as you've never seen it before.

9 Days

Start: Zagreb, Croatia

End: Venice, Italy

Departing: May, June, July, September

Activities: Hiking & Trekking, Cultural Discovery

Lodging: Comfortable Hotels

Group Size: 4-16 Guests

ACTIVITY:



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"Our Istria to Veneto trip was an all-star adventure to some very special places, highlighted by great food and just enough hiking to work it off. We loved exploring islands, mountains, lakes, river gorges, and seeing live-action truffle hunting. The 23-course dinner at the end was the piece de resistance. "

- Dotty B.

Check mtsobek.com for date-specific pricing.

The Itinerary

DAY 01

Meet in Zagreb, Croatia & Head to Istria

Meet in Zagreb, the capital of Croatia, and transfer to the medieval village of Bale on the beautiful Istrian peninsula. After lunch, explore the nearby seaside town of Rovinj and its gorgeous cobblestoned alleys. Reconvene for a brief orientation, followed by the welcome dinner.

ACCOMMODATION: Hotel La Grisa, Bale-Valle

MEALS: Lunch | Dinner

TRANSPORTATION: 1-hour walking, 3-4 hour private van transfer from Zagreb to Bale

DAY 02

Explore the Brijuni Islands & Bale

A spectacular landscape of sparkling blue seas, green rolling hills and hilltop medieval towns, Istria is known for its olive groves, vineyards, and stellar restaurants. Continue along the peninsula's outer edges, reaching the coastal village of Fazana to board a ferry for a short voyage to the scenic Brijuni Islands. Collectively, the 14 islands are a Croatian National Park and were once the summer residence of Yugoslavia's President Tito. Return to Fazana in the afternoon and then drive to the historic town of Bale. In the evening take a tour of enchanting Bale and sample top-quality virgin olive oil in a local home.

ACCOMMODATION: Hotel La Grisa, Bale-Valle

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 30-minute boat transfer and 1-hour private van transfer

ACTIVITY: 2-3 hours/3-5 miles walking tour

DAY 03

Discover Rovinj, Porec & Hilltop Motovun

Awake to a hearty breakfast in Bale and then journey to Rovinj for a stroll through Golden Cape Park. Next, leave the peninsula as the Venetian traders did, by boat, enjoying a unique vantage point from the sea. Pass small inlets and secluded bays and enter the Lim Fjord, known for its extraordinary mussels. Enjoy lunch at a traditional Istrian "Konoba" before heading to the coastal town of Porec to see its UNESCO-list Euphrasian Basilica. Leave coastal Istria and head inland to explore its verdant hills, truffle-rich forests, and vineyards. Stay in the medieval hilltop town of Motovun, famed for its international summer film festival, and wrap up with a gourmet Istrian dinner.

ACCOMMODATION: Hotel Kastel, Motovun

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1-hour private boat transfer and 1.5-hour private van transfer

ACTIVITY: 3-4 hours/4-5 miles walking



DAY 04

Hunt for Truffles & Visit Groznjan, the Town of Artists

Wake up on a hilltop overlooking the kingdom of truffles and enjoy breakfast on the hotel's splendid terrace. Take a hike along the truffle route, to learn the art of 'hunting' this precious subterranean delicacy, also known as 'black gold.' Enjoy a truffle tasting paired with local red wine, and continue hiking to Groznjan, a walled Renaissance town perched on another hill. Wander around this enchanting town of artists, known for its art studios, galleries, and gorgeous views. Return to Motovun to unwind at the hotel's swimming pool and spa.

ACCOMMODATION: Hotel Kastel, Motovun

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1-hour private van transfer

ACTIVITY: 3-4 hours/5-7 miles hiking

DAY 05

Explore Slovenia's Skocjan Caves & Ljubljana

Leave the Adriatic today and head into the Alps, leaving Croatia behind and entering Slovenia. The first stop is in the Slovenian karst region — the Skocjan Caves, a UNESCO World Heritage Site where you take a 2-hour underground walk. Continue to Ljubljana, Slovenia's charming capital that has recently become one of the hippest cities in Europe. Wander around the small, green city center along the banks of Ljubljanica River, exploring the highlights, and travel on to Lake Bled, a picturesque alpine lake and the location of tonight's hotel.

ACCOMMODATION: Hotel Triglav, Bled

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2.5-hour private van transfer

ACTIVITY: 2-hour underground walking tour, 2-hour city walking tour

DAY
06

Marvel At Lake Bled & Hike By Bohinj Lake

Today take in the picture-postcard tranquility of Lake Bled, with the bell tower of a medieval church rising from a tiny islet in the midst of the lake, guarded by a clifftop castle. Embark on a rewarding hike through Blejski Vintgar Gorge, walking above crystal-clear Radovna Stream on wooden planks over the whirlpools. Transfer to Bohinj Lake, Bled's wild brother, to hike on a soft forest trail by the lake. Return to Bled for dinner.

ACCOMMODATION: Hotel Triglav, Bled

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1.5-hour private van transfer

ACTIVITY: 3-5 hours/3-7 miles walking on flat terrain

DAY
07

Hike into the Soca Valley for a Culinary Feast

Take a ride around the Julian Alps en route to the emerald-green Soca River Valley. Pass the village of Kranjska Gora, before heading up to the Vrsic pass (5,290'), once the border line between Italy and the Austro-Hungarian Empire. Take in breathtaking views and continue the winding drive to the spring of the Soca River. From here, hike down into its magnificent valley and visit a museum dedicated to a WWI battle that took place in the valley.

ACCOMMODATION: Hotel Sanje OB Soci, Bovec

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3-hour private van transfer

ACTIVITY: 2-3 hours/4 miles hiking on flat terrain

DAY
08

Hike to Montemaggiore & Explore Italy's Collio Wine Country

After a delicious breakfast, say goodbye to Slovenia for the day and enter the Italian province of Friuli-Venezia-Giulia. Hike up to the top of the scenic Montemaggiore for its famous views; on a clear day, see the blue Adriatic, the Julian Alps, and the Dolomites in the distance. In the afternoon, take a short drive to Collio wine country, a hilly vineyard area spreading over Slovenia and Italy. Visit the local wineries to sample the 'big reds,' and Friuli's exquisite wine grape called *ribolla*.

ACCOMMODATION: Hotel Gredic or Tavarneta Estate

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2-hour private van transfer

ACTIVITY: 2.5 hours/2 miles hiking with 930' elevation gain



Visit Vicenza, depart from Venice

Travel west to the Italian region of Veneto, along the way visiting the historical city of Vicenza and its lovely countryside, famed for the Renaissance villas built by the great architect Andrea Palladio. The tour ends at the airport in Venice in the late afternoon, where you depart on homeward-bound flights.

MEALS: Breakfast | Lunch

TRANSPORTATION: 3.5-hour private van transfer

ACTIVITY: 1.5-hour city walking tour



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Hotel La Grisa

Located in the charming medieval town of Bale in the southwestern Istrian peninsula, Hotel La Grisa is a delightful hideaway. Guest rooms come equipped with a seating area as well as A/C, Wi-Fi, and flat-screen TV. Some rooms have a free-standing bathtub, while others come with a walk-in shower or corner bath.

Hotel Kastel

The family-run Hotel Kastel sits at the heart of the medieval hilltop town of Motovun. The spa area, with a sauna, an indoor pool, and relaxing grounds, has lovely views of the surrounding landscapes. Comfortable rooms come with satellite TV, Wi-Fi, and private bathrooms; many offer delightful views of the valley and vineyards. The on-site restaurant serves stellar regional cuisine.

Hotel Triglav

A stroll away from the lake and the town center, the recently renovated Hotel Triglav has well-equipped guest rooms with the full range of amenities and beautiful lake views. Guests enjoy the many on-site facilities, including a piano bar, wine cellar, a fireplace lounge, and a modern spa center.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Tavarneta Estate

Located in the remote wine region of Goriska Brda, the intimate Tavarneta Estate commands breathtaking views of the vineyards and Briska hills. The onsite restaurant is designed around slow food—local food and traditional cooking—and of course has a fully stocked wine bar featuring local vintages. An outdoor infinity pool looks out across the lush valley and the sauna invites you to unwind. Modern rooms feature wood floors and large windows, many with vineyard views.

Departure Dates

This trip is available to run in: May, June, July, September

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

June 4-12, 2025

June 18-26, 2025

September 17-25, 2025

June 1-9, 2026

June 18-26, 2026

July 2-10, 2026

September 3-11, 2026

September 14-22, 2026

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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