CROATIA

Croatia Mountain Trek







ACTIVITY	ACCOMMODATION	CHALLENGE FACTORS	DURATION:	GRADE
Trek	Hotel	Long Day	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.

In three long but beautiful trekking days, we cover 40 miles through lush forested hills and limestone mountain peaks, following the Istria Mountain Trail across the peninsula. We pass vineyards and olive groves, meandering rivers and rushing waterfalls, untouched stone villages and medieval hilltop towns: this diverse region offers rich rewards for those who like to trek away from the crowds.

Our trek culminates in Učka National Park, where three mountains await us on our final day. From the rocky summit of the third, Mount Učka, we are rewarded with fabulous views over the entire region, before finishing on the coast.

This trip generates around **48 kg of CO_2 per person.** Because of our commitment to responsible travel, **we offset 100% of these emissions**, including flights booked with us.

DETAILED ITINERARY

Day 1: Fly and transfer to Buzet

We arrive into the region and transfer 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 distillery for a chance to sample the different brandy flavours! Night hotel.

Drive approx. 2 hours

NB: We do not always fly into the same airport for this challenge; Ljubljana (Slovenia), Trieste (Italy) and Pula

(Croatia) are all suitable options. Group flight details will be confirmed nearer the time.

Day 2: Buzet - Oprtalj - Buzet

A 30-minute drive takes us to Oprtalj, a small and very picturesque town marking the start of the Istrian Mountain Trail. Our trek starts fairly gently on undulating wooded trails, passing small villages and farmland before climbing to a wonderful viewpoint over the River Mirna, with vistas stretching to Mount Učka. 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; 12 miles

Day 3: Buzet - Hum - Buzet

A long but absolutely beautiful day awaits! Walking alongside the river, dwarfed by sheer rock faces, we walk through woodland, gradually gaining height, and pass lakes and waterfalls. We pass an old abandoned village with traditional Istrian stone houses, and an old watermill beside natural pools, before reaching Hum for lunch. Officially listed as the worlds' smallest town, Hum is also known for its herb-infused brandy and is our mid-way point. We continue climbing through the wooded valley to a stunning viewpoint, before heading back to Buzet on a scenic, undulating path passing yet more waterfalls. Night hotel.

Trek approx. 8-10 hours; 17 miles

Day 4: Buzet - Učka - Lovran

A half-hour drive takes us to Brgudac, we set off uphill through oak forests onto a mountainous plateau and onto Korita Peak (1050m); once above the treeline we can enjoy wonderful views of the Učka massif. Here we can fill our bottles from the wooden troughs, always brimming with pure spring water. We continue over the undulating karst plateau to the bare rocky peak of Veliki Planik (1272m), the highest point on the Ćićarija plateau. Mesmerising views over Central Istria are our just reward for this more strenuous haul. Descending to 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. It's a long haul to the top, but 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 where our hotel and celebration meal await. Night hotel.

Trek approx. 7-8 hours; 11 miles

Day 5: Transfer to airport; fly to UK

After breakfast there is free time to explore Lovran before we transfer back to the airport for our flight home, dependant on return flight time. *(Lunch not included if not in-flight)*

WHAT'S INCLUDED

- Return flights from UK
- All transfers as part of itinerary
- All accommodation in hotels on twin-share basis
- All meals except where specified
- Discover Adventure crew (number dependent on group size)
- Local support and back-up equipment
- Entry to National Park and any other sites included in the itinerary
- Distillery visit and brandy tasting
- Airline taxes
- **We offset 100% of the carbon emissions from your trip, including flights booked with us**

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Personal spending money, souvenirs, drinks and tips for the local guides/support crew
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

GRADE | YELLOW

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

Trip grading explained

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, 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. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely. In some destinations we work together as a team with local guides to help set up or break camp, or prepare meals. Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something!

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with appropriate communication devices (eg phones, radios), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Flight Information

Group flights usually leave from London Heathrow or Gatwick but may also depart from regional airports, and are booked through Discover Adventure Ltd under ATOL licence 5636. You will usually receive confirmed flight details several months

before departure. We do not always use the same airline for each destination and low cost airlines may be used for short haul flights. If you wish to know the probable carrier and flight times, please call for details.

By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA). Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

Accommodation is usually in well-located, comfortable 2-3* hotel(s); standards are generally very good though there may be some variation.

Roomshare Arrangements

Our trips are sold on a shared accommodation basis, usually twin-share. Occasionally we may use hostel-style accommodation.
You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we will do all we can to accommodate this request. It is important that both people complete the room share request on their bookings. For customers booking and travelling together, including same-sex couples, a double bed can be requested if available.
If you're not familiar with anyone in the group, rest assured, we always pair you with someone of the same gender (as per the information you provided when booking, or passport markers), and a similar age where possible. We're actively working to improve our system's gender restrictions to be more inclusive, and we've recently made significant strides in this area. If you identify differently from the gender marker on your passport and would like to discuss this before booking, please feel free to reach out to us.

Single Supplements

In most standard hotels, we can usually offer a limited number of single rooms. This is upon request, on a first-come, first-served basis, and additional charges apply. In more communal accommodation, single rooms are rarely an option. We do not charge a single supplement if you are a solo traveller in a shared room.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote

areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

PREPARING FOR THE CHALLENGE

Challenge Grading

GRADE | YELLOW

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Trip grading explained

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Terrain

Trek terrain is diverse, through woodland, gorge, open hill country and mountain slopes. There are some steep inclines, and more exposed sections on higher ground. Paths vary from wide, clear tracks to narrow, rocky and uneven trails, and there is a short scramble up rocks in the gorge (with a cable to assist); no technical experience is necessary. Distances are challenging, especially on the middle day, and it can be muddy and slippery after rain.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the FCO's advice on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you will all necessary information 6 weeks prior to depature to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check the NaTHNaC Travel Health Pro website for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click here.

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - Passenger Portal Log in.

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

Please note: This document was downloaded on 11 Nov 2026, and the challenge is subject to change.