



ZenCycle Croatia

Yoga Retreats & Mountainbike Adventures



Parenzana Grand Tour

6 stages from Trieste to the southern tip of Istria



Parenzana Grand Tour

Muggia - Medulin
6 stages
260 km - 2600 hm
Paved: 45% - Unpaved: 55%



Your gravel adventure across Istria

This bike adventure begins in the fishing village of **Muggia**, just outside Trieste, where Italy slowly blends into Slovenia. Following the Slovenian coastline toward the Venetian town **Umag**, you feel it – this is more than a ride; it's a journey through landscapes, cultures and centuries.

Riding from Umag to the hilltop town of **Motovun**, the historic Parenzana trail winds through vineyards and olive groves. Tunnels, viaducts, and wide views make every climb worthwhile. From Motovun, the route descends gradually toward the charming coastal town of **Poreč**, as rolling gravel tracks give way to sweeping views over the crystal-blue Adriatic.

The fourth stage passes the impressive Limski Fjord, offering a moment of awe, before continuing south to **Rovinj** with its postcard-perfect cobbled streets and vibrant harbour.

From there, the route continues along the shore toward **Fažana**, with glimpses of the stunning Brijuni Islands off the coast.

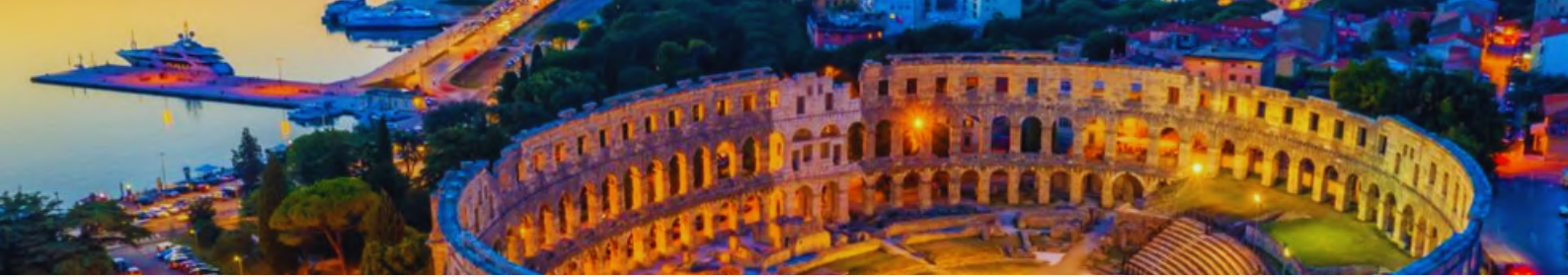
On the final stretch to **Medulin**, a stop at the Roman amphitheater in Pula connects you to ancient history. Then, as you reach Cape Kamenjak, the landscape opens – dramatic cliffs, turquoise waters and endless Mediterranean views.

Six stages. One continuous story from Italy to the southern tip of Istria.
Not just kilometers – but a journey that stays with you.



ROUTE MAP





ISTRIA BY BIKE

Parenzana Grand Tour

STAGE 1: Muggia - Umag

- Distance: 62 km
- Elevation: 520 hm
- Paved: 80%
- Unpaved: 20%

STAGE 2: Umag - Motovun

- Distance: 46 km
- Elevation: 720 hm
- Paved: 35%
- Unpaved: 65%

STAGE 3: Motovun - Poreč

- Distance: 48 km
- Elevation: 460 hm
- Paved: 25%
- Unpaved: 75%

STAGE 4: Poreč - Rovinj

- Distance: 48 km
- Elevation: 480 hm
- Paved: 40%
- Unpaved: 60%

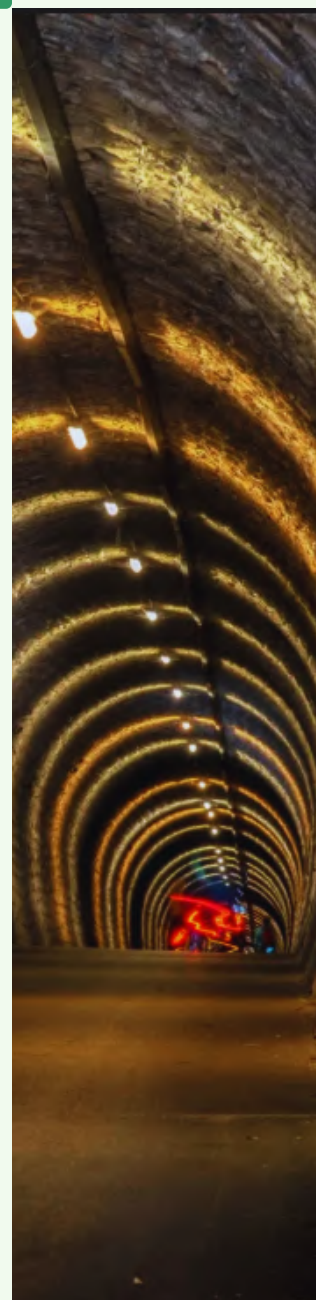
STAGE 5: Rovinj - Fažana

- Distance: 25 km
- Elevation: 130 hm
- Paved: 45%
- Unpaved: 55%

STAGE 6: Fažana - Medulin

- Distance: 40 km
- Elevation: 360 hm
- Paved: 50%
- Unpaved: 50%

TOTAL: 260 km - 2600 hm



B&B/Hotel package

We always provide the best B&Bs and hotels along the road in Croatia, carefully selected for their location, service and attention to detail, ensuring a memorable and comfortable stay.

****Additional nights can be booked on request****



Picturesque places



Comfortable B&Bs



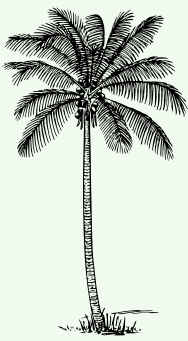
Delicious breakfast



Awesome views



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What's included

Parenzana Grand Tour

B&B/Hotel Package

Start in Muggia/Trieste

Start your journey in Muggia, a small fishing town nestled south of the vibrant city of Trieste in Italy.



B&Bs/Hotels on route

We have selected the best and most beautiful B&Bs/hotels along the route with breakfast included in the morning.

Navigation App/GPX

Navigation map with POI and detailed route plan. Use of 'Ride with GPS' App or GPX for your own navigation system.



24/7 bike assistance

In case of major breakdown or issues that can't be fixed by yourself, we have a 24/7 bike service ready.

Transfer to starting point

At the end of your cycling journey, we provide a transfer from Medulin back to Muggia or to Trieste airport.



EUR 999 per person

6 nights @ B&B/Hotel + Breakfast
Detailed roadbook with GPX
24/7 bike assistance
Transfer to starting point

Eat Ride Sleep Repeat
We take care of the rest





ZenCycle Croatia



Upgrade your experience

Fully guided

Technical support + Luggage transfer

Pack + € 375 p.p.

Luggage transfer

Pack + € 225 p.p.

Luxury upgrade

Spacious room + Sea view + Pool

Pack + € 300 p.p.

Single pack

Pack + € 300

Bike rental

€ 35-55/day

Visit National Park Brijuni

€ 55 p.p.

Extra nights

On request

