



TOUR PROSPECTUS

This prospectus sets out the contents of the tour and together with the Booking Conditions and Booking Form is the basis of our contract with you.

Croatia – Istrian Peninsula and Islands ***6 – 19 September 2015*** ***Tour 1550***

The Istrian Peninsula, located at the head of the Adriatic between the Gulf of Trieste and the Bay of Kvarner, is shared by three countries, Croatia, Slovenia and Italy. It is an area of medieval hilltop towns, vineyards, olive trees, meadows and oak woods. A network of scenic minor roads with low traffic volumes makes this an ideal cycling destination. The Croatian Islands of Cres, Losinj and Krk have stunning coastal scenery, high peaks, lagoons and pine forests. The route goes through Slovenia's beautiful Soca Valley where the impossibly blue-green Soca river flows into the Lake of Most na Soci then southwards through the Cepovan Valley to Komen in the Karst and wine growing area of Slovenia.

Itinerary

Sun 6 Sept	Fly from London Gatwick to Venice on British Airways flight no BA2582, departing at 0740 and arriving at 1050. Transfer to hotel in Palmanova. Stay one night.
Mon 7 Sept	Cycle to Idrisko. 70kms. Optional visit to Kobarid's war museum and Italian Charnel House. Stay one night.
Tue 8 Sept	Cycle to Buzet via Divaca to visit the impressive Skocjam caves. 84kms. Stay one night.
Wed 9 Sept	Cycle to Komen. 85kms. Stay one night.
Thu 10 Sept	Cycle to Bale. 90kms. Stay two nights.
Fri 11 Sept	Cycle optional circular route from Bale on the Istrian Peninsula.
Sat 12 Sept	Cycle to Plomine. 65kms. Stay one night.
Sun 13 Sept	Cycle/ferry/cycle to Cres town on the Croatian Island of Cres. 38kms. Explore Cres town. Stay one night.
Mon 14 Sept	Cycle to Mali Losinj on the tiny island of Losinj. 67kms. Stay one night.
Tue 15 Sept	Cycle/ferry/cycle to Krk town on Krk Island. 86kms. Stay one night.
Wed 16 Sept	Cycle to Opatija on Croatia's Adriatic coast. 65kms. Stay one night.
Thu 17 Sept	Cycle to Komen. 96kms. Stay one night.
Fri 18 Sept.	Cycle to Palmanova in Italy. 78kms. Pack bikes. Stay one night.
Sat 19 Sept	Transfer by coach to Venice airport for return British Airways flight no BA2589 to London Gatwick, departing at 2100 and arriving at 2200.

Luggage carrying

A coach will be provided for the transfer of the group and bikes from Venice airport to Palmanova and from Palmanova to Venice airport. Luggage will be transferred between all accommodations.

Accommodation and meals

Accommodation will be in 2- or 3- star guesthouses and hotels, with en-suite facilities. Rooms are based on two people sharing. Breakfast and dinner are provided on nine nights and breakfast only on four nights. Vegetarian food is available but choice may be limited.



Price - £1450

The price is based on a minimum number of 14 participants taking part in the tour and is calculated at a rate of 1.27 Euros to £1 Sterling (based on exchange rates published on www.x-rates.com on 22 September 2014; (please note Booking Conditions, clause 4). If there are insufficient bookings by 28 June 2015, we will contact you and return all monies paid, though in certain circumstances the tour may still run at below minimum numbers but at the same price.

Price includes:

- Flights London Gatwick - Venice and Venice - London Gatwick
- Coach transfers between Venice airport and the hotel at Palmanova
- Vehicle for the transfer of luggage
- 9 nights hotels/guesthouses, half board, sharing rooms
- 4 nights hotels/guesthouses, breakfast only, sharing rooms
- CTC Cycling Holidays costs

Price does not include:

- Meals in transit
- Drinks with evening meals
- Lunches and daytime refreshments
- Dinner on 4 nights
- BA's additional hold luggage fee for bags in addition to your bike (approx. £40 per bag, each way)
- Entry fee to Skocjam caves – budget 16 Euros
- Gratuities for luggage transfer driver/tips in restaurants and hotels
- Any other personal expenses
- Travel Insurance

Payment schedule

A deposit of £250 per person must accompany the Booking Form. The final balance of £1200 per person is to be paid ten weeks prior to departure, by 28 June 2015.

Cancellations

Should you be forced to cancel your booking for any reason you must notify us in writing. Cancellation charges are as follows:

Written notice received:	Cancellation charge:
Before 28 June 2015	Deposit (£ 250)
28 June 2015 through to departure	100% (£1450)

To make a booking

Complete, sign and return the Booking Form and top part of the payment slip, together with the relevant part of the Insurance Declaration Form, **directly to the leader** (address on Booking Form). For Bank Transfer payments, contact the leader for further information.

Passports, Visas and Health

EU citizens must hold a passport that is still valid on the date of their return to their home country. Holders of non-EU passports are advised to check whether they require a visa.

There are no compulsory health-related requirements for UK residents, but you are strongly advised to check that your tetanus protection has not expired.

Travel Insurance

Clause 8 of our Booking Conditions stipulates that, for tours outside the UK, Travel Insurance is mandatory. Details of the level of cover needed and other conditions you should check are stated on the Booking Conditions.

You must complete the enclosed Insurance Declaration Form and return it with your Booking Form. CTC Cycling Holidays & Tours Ltd can accept no responsibility for any costs that may be incurred due to insufficient insurance cover.

LEADER'S INFORMATION SHEET

The information below is given by the tour leader to help enquirers decide if the tour is suitable for them.

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The area covered by the Tour

The Istrian Peninsula in North West Croatia is dotted with medieval hilltop towns connected via quiet scenic roads ideal for cycling.

After transferring from Venice to Palmanova, a small Italian town, we will cycle across the border into Slovenia to Idrisko, a settlement close to the town of Kobarid in the beautiful Soca River Valley. Kobarid is known for the 1917 Battle of Caporetto, where the Italian retreat was documented by Ernest Hemingway in his novel *A Farewell to Arms*. There will be time to visit the evocative war museum and the Italian Charnel House, where over 7,000 soldiers are buried.

Next day we will cycle south to Tolmin, following the beautiful Soca river valley, then through the little-visited Cepovan Valley to the tiny town of Komen, set on a hilltop amidst Karst scenery. Before crossing into Croatia, there will be time to visit Slovenia's famous Skocjanc Caves en route to Buzet on the Istrian Peninsula.

Three days will be spent exploring the Istrian Peninsula. We will then take the ferry to the island of Cres. Stunning bays and pebbly beaches, some spectacular scenery and inhabited by the largest bird in Europe, the endangered griffon vulture, often seen gliding in the clear skies. We will cycle the length of the island, crossing via a bridge to the tiny island of Losinj. The next island we visit is Krk, Croatia's largest island. Known as the "Golden Island", its scenery is a gorgeous combination of rocky and dramatic in the north and lush, green shores in the south and west.

Crossing onto the mainland via a bridge, we will cycle to Opatija on the Adriatic coast, known as the Pearl of the Adriatic, for our last glimpse of the sea before cycling back into Slovenia. From there, one day's biking, mostly via a cycle path, will take us back to Palmanova in Italy where the cycling ends.

Rides and rest days

The riding will be quite challenging at times as the terrain is hilly. Most of the route is paved, but there are some unmade sections on the cycle track on the last ride. This tour is best suited to experienced cyclists who are happy to ride an average of 50 miles on consecutive days. There is an optional day off the bikes at Bale, a medieval town at the foot of the Istrian Peninsula, and some shorter days to allow time for sightseeing at Kobarid, Skocjanc and Cres. You will be free to ride at your own pace, and you will be riding unladen, as luggage will be transferred for you.

Accommodation / Meals

The guesthouses and hotels we use are reasonable, generally equivalent to our 2- 3-star with private facilities. Breakfast will be taken at hotels, and dinner will be either at the hotel or a local restaurant, where included. There will be four nights when you will be free to make your own arrangements for dinner. Istrian/Croatian cuisine is based on fresh, locally produced ingredients, seasonal vegetables, seafood, fish and truffles, accompanied by excellent wines.

Group information

The maximum group size will be 20 including the leaders.

Weather and Clothing

Daytime temperatures should be warm with the risk of some rain. Evenings will be cool. Bring appropriate warm clothing, wet-weather cycling gear and sun cream.



Cycles / Equipment

Touring, ATB or hybrid cycles will be suitable if well maintained and fitted with good wheels and fairly wide road tyres. Low gears are advisable. You will not need to carry luggage, but a bar bag or rack-top pack will be useful for spare clothing, camera, sun cream, snacks etc. You should be able to carry a water bottle. It is advisable to fit a calibrated cycle computer, as this will aid navigation. Lights will not be necessary. Each participant will be expected to carry sufficient spares and tools to deal with punctures and minor repairs. Helmets are not mandatory, but if you do not intend to wear one, please check that your travel insurance will cover you in the event of a claim.

Money

The Euro is the currency in Italy and Slovenia, and the Kuna is the currency in Croatia (approximately 10 Kuna = £1)

Maps

We will be supplying a photocopy of maps showing an outline of the route, route sheets and files for Garmin if requested.

Travel Insurance and Advice

Make sure you have read Clause 8 in the Booking Conditions. In addition to travel insurance, EU nationals should carry a European Health Insurance Card. This enables you to take advantage of emergency medical services free or at a discount under a reciprocal provision that exists between EU member states. Your travel insurer may refuse to meet the extra costs of medical treatment if you do not carry this Card.

Before booking you should check the Foreign Office 'Travel Advice by Country' at www.fco.gov.uk or on 0845 850 2829.

About the leaders

We are both enthusiastic cyclists and have been CTC members for 23 years. We have led tours to many worldwide destinations, and each year we look forward to the reunion with regular travelling companions but also get great satisfaction from introducing new members to the unique camaraderie of CTC holidays. We do not have a set style of leadership but adapt to suit the needs of the group. We encourage all prospective participants to contact us to talk through the tour prior to booking.

We have organised several tours in Slovenia, Croatia and Montenegro, but this will be our first visit to the Istrian Peninsula and Croatian Islands. We will be exploring this area with you.

John and Pat Ashwell

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