

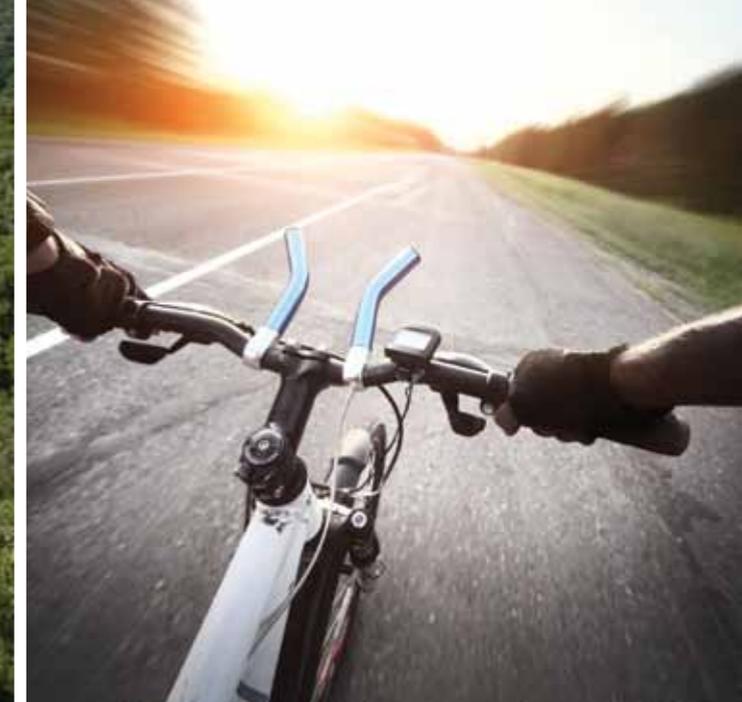


VALAMAR  
HOTELS & RESORTS

BIKING  
HIKING  
TENNIS  
DIVING

# ACTIVE HOLIDAYS

IN CROATIA



## VALAMAR HOTELS & RESORTS IN CROATIA

From stress to your ultimate adventure after only a few hours on the highway: While most of Europe is still drenched in gloomy and grey weather, Croatia and its sunny coast are just a few hours drive away. Its mild climate, beautiful landscapes and charming coastal towns are a beautiful backdrop for hiking, walking, biking, diving, sightseeing or just relaxing on its many beaches. The abundance of activities has never been more prominent than in the spring and autumn. Professional athletes and active holiday seekers are also provided with perfect accommodation choices courtesy of Valamar Hotels & Resorts in a stunning region of Istria, the renowned city of Dubrovnik or the charming island of Krk.



## MOUNTAIN BIKING

By choosing Croatia as your biking holiday destination, you can expect a fantastic selection of top distances and routes. Life in the saddle doesn't get much better than riding through endless olive groves and vineyards with the invigorating scent of the Adriatic Sea in the air. In oneday, you can tackle meter by meter of well known and undiscovered tracks either following the gentle hills to the mainland or the coastal panoramic trail with the glistening sea in the background. Istria and the island Krk offer great possibilities for mountain bikers: more than 2,000 km of marked Mountain bike trails or the famous Istrian Parenzana route stretching 77 km along the old railroad line from the Slovenian border to the city of Poreč. The Parenzana tour can also be undertaken as a trekking tour and it is the perfect way to get to know the inland and the coast.



## ROAD BIKING

Just one week of training in Istria or on the island of Krk during the spring will bring benefits to road bikers for the entire season. Favorable weather conditions that start weeks earlier than other biking destinations are perfectly paired with great external conditions making it no surprise that many bikers return in the autumn to extend the biking season. What comes as a great delight is the fact that the streets surrounding the area are never crowded and are often unused — you have to admit, it is the dream of every biker! You can enjoy an intense biking session, leisurely stroll with your sparring partner, philosophize about God and the meaning of life (or the biking routes of Croatia) or simply admire the picturesque villages inland and along the coast.



## HIKING

You don't need much in order to return home with a backpack full of memories — just your own two feet and a bit of stamina. Perfect hiking conditions can be found in Istria, on the island of Krk and all around the city of Dubrovnik, especially during the times of the year when the Alps are still covered with snow and occupied by avid skiers. The feeling of warm sun on your skin and the fragrant aromas of the Mediterranean in the air are two key ingredients for an inspiring hiking holiday in Croatia during the spring and autumn. You have to admit, the opportunity to have a snack surrounded by the panoramic sea views is a treat that hikers just don't get to enjoy every day.



## TENNIS

Tennis aficionados are well aware of the great conditions and services available in Istria, Dubrovnik and on the island of Krk to keep them coming to Croatia for years. In Istria alone, there are 430 clay courts, and Valamar's facilities are equipped with some of the best tennis courts in the above-mentioned destinations. The effects of a great climate and the soothing feel of the sea breeze are equally loved by professional and recreational players, giving them all the extra energy to keep pounding the little yellow ball over the net. Furthermore, if you're not exactly a tennis ace, but have the desire and drive to improve your game, there are plenty of renowned professionals ready to help you.



## DIVING

Seeing the depths of the sea through a pair of goggles is a feeling beyond compare from a dive into the big blue sea is an entry into a whole new world. Divers find the seas around Dubrovnik, Istria and around the island of Krk to be an endless source of inspiration and discovery. Abundant marine life, reefs, ship wrecks and other witnesses of Croatia's exciting past can be explored even in shallow seas while experienced professionals from the Diving Centers offer all the necessary help and courses for those taking their first steps in this fascinating sport or share the very best diving locations and experiences with other experienced divers.



## ISTRIA – AN IDEAL DESTINATION FOR A SPORTS HOLIDAY

Grab your bike, take a leisurely paddle along its long coast, or in just few minutes find yourself following one of many inland trails on the surrounding hills and look down at the endless view of the Adriatic and its islands. After a great workout, recharge your batteries with renowned Istrian specialties in the numerous taverns and homesteads along the way. All the riches of Croatia are perfectly summed up in Istria: warm climate, crystal blue sea, breathtaking landscapes and culinary delights — truly a dream. These experiences are not only limited to bikers, they are equally intense and memorable for all sporting options: hiking in aromatic Mediterranean air is pure relaxation, tennis rackets are always readily available if you forgot to pack them, while the diving excitement is not just available to the experienced thanks to the numerous professional diving schools. Istria offers another bonus: because of its excellent infrastructure and road connections, you can be there in no time, whenever you are feeling spontaneous and want to escape for a weekend.



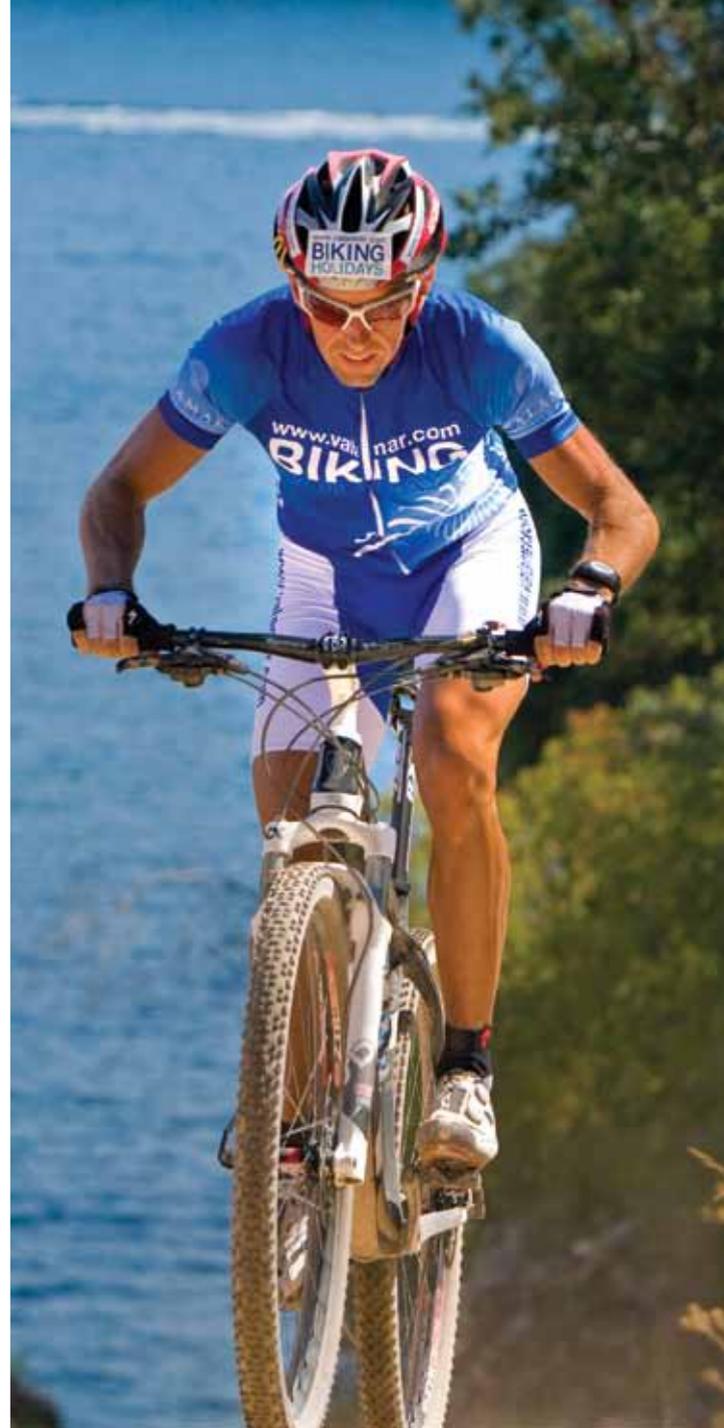
## KRK – A DREAM ISLAND FOR ACTIVE HOLIDAYERS

The arrival to Krk is an experience in itself as you cross a monumental bridge and set your eyes on Croatia's largest island. The scenery that unfolds before you makes it easy to leave all your worries behind. It's all about you, the island and your favourite sport or activity since every hill and corner offers a new thrill and a brand new discovery. The size of the island ensures that there is no room for boredom; even the natives keep finding new and previously undiscovered gems, paths and trails. Biking and hiking routes are clearly marked, while many diving spots and tennis facilities let you enjoy an active holiday.



## DUBROVNIK – AS ACTIVE AS YOU WANT TO BE

Dubrovnik is known all over the world for its stunning seaside and enchanting Old Town, but that is only a small part of its allure. Other, less known but equally appealing features are its fantastic surroundings, numerous hills and exciting hinterland, perfect for every activity under the sun. If you are looking for an adventure, just take your backpack and start walking. Around noon, stop and try some great seafood and other typical dishes of the region in any of the local taverns and inns. After you return in the afternoon, enjoy a great game of tennis with a friend. When you are done for the day, do what hikers love to do most — relax your feet by soaking them in the crystal clear Adriatic Sea. And judging by the great Croatian weather, especially in the South, this is a perk you'll be able to enjoy almost any time of the year.



Valamar Koralj Hotel 3\*



Valamar Club Tamaris 4\*



## VALAMAR SPORT-HOTELS

For more information on biking hotels go to:  
[www.valamar.com/biking](http://www.valamar.com/biking)

For more information on all other hotels go to:  
[www.valamar.com/sport-holidays](http://www.valamar.com/sport-holidays)

Hint:  
Bowling  
in Poreč

HOTEL	Destination	Mountain biking	Road biking	Trekking	Triathlon	Hiking	Tennis	Diving
Valamar Diamant Hotel 4*	Poreč, Istria	X	X	X	X	X	X	X
Valamar Club Tamaris 4*	Poreč, Istria	X	X	X		X	X	X
Valamar Pinia Hotel 3*	Poreč, Istria	X	X	X	X	X	X	
Hotel & Casa Valamar Sanfior 4*	Rabac, Istria	X	X	X		X	X	X
Allegro Hotel 3*	Rabac, Istria	X	X	X		X	X	X
Valamar Koralj Hotel 3*	Krk, island Krk	X	X	X		X	X	X
Valamar Club Dubrovnik 3*	Dubrovnik					X	X	X