

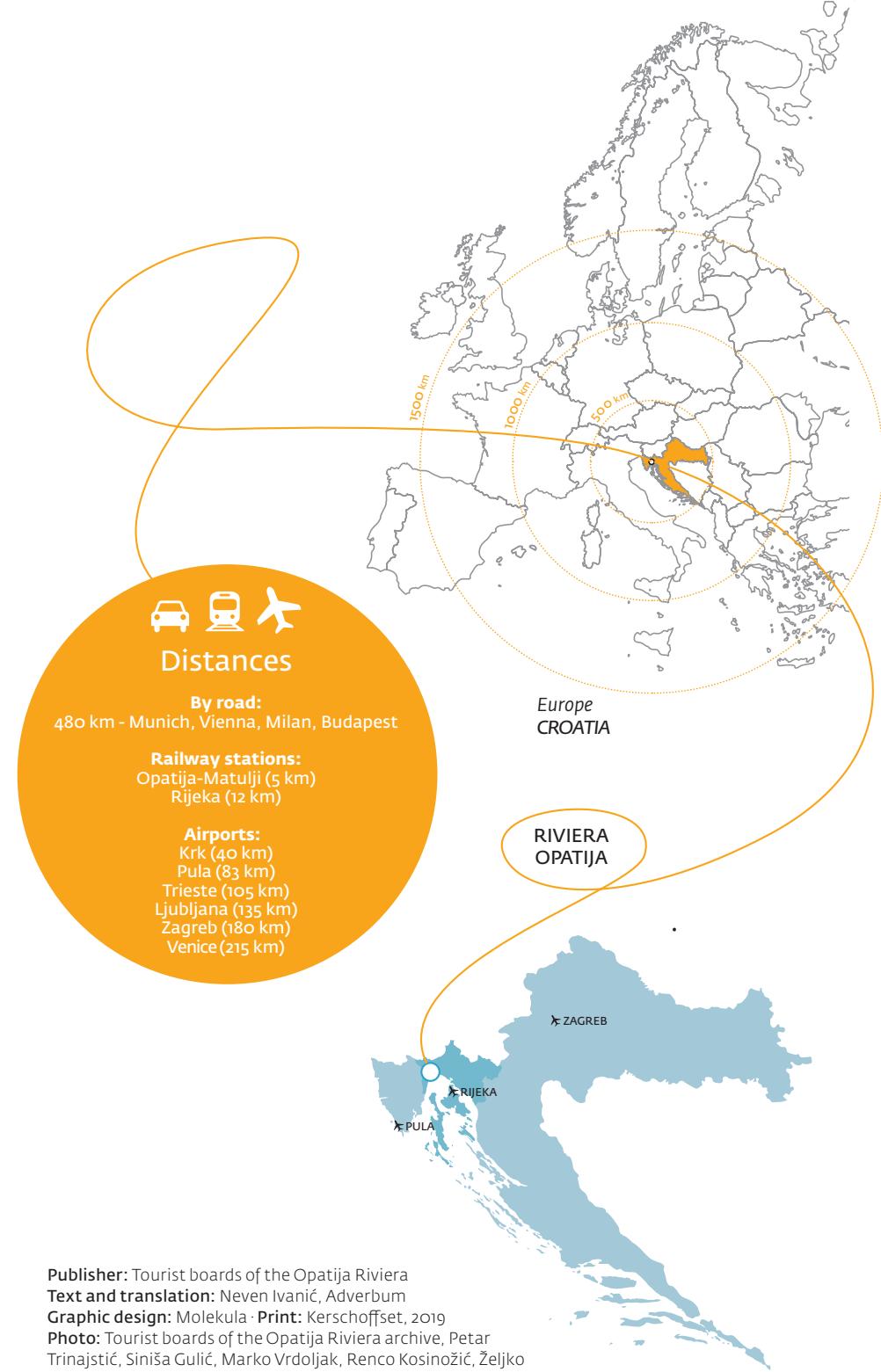
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OPATIJA RIVIERA



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**OUTDOOR
ACTIVITIES**



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The Opatija Riviera offers outstanding possibilities for various outdoor activities on both land and sea due to its varied landscape and close connection between the sea and the mountains.

Recreational and professional athletes will find quality services and facilities here, and also competitions and events that often combine sports activities and the opportunity to learn more about the history and culinary traditions of the area. Add to this the fantastic gastronomic experiences in traditional taverns and elegant restaurants, and the first-class relaxation in the numerous wellness centres, and it becomes clear that the Opatija Riviera is a great place to experience a perfect active holiday.





mountain

Cycling along forest paths with a view of the blue sea makes for an unforgettable experience. The trails in the hinterland of the Opatija Riviera are ideal for hiking and trekking, and the interpretation boards along the way provide the opportunity to learn more about the local history and traditions. Free climbers can look forward to trying out the attractive climbing routes.

Mountain biking is very popular nowadays, and the Opatija Riviera offers excellent opportunities on its forest roads and trails in the hinterland. The Učka Nature Park features eight marked trails, and there are also marked Hike&Bike trails in the hinterland of Matulji and in the Kastav forests of Loza and Lužina where the entire family can take part in recreational cycling tours in spring and autumn.

Cycling events in the Matulji area combine sports, local cuisine and carnival traditions, and there are also some more demanding competitions such as the **Giro di Marunada** in Lovran, the **MRAK BIKE** night-time recreational enduro race, the **MTB climb up Mount Učka** from Mošćenička Draga, and the **King of Učka** road cycling race, which leads from Ičići on the coast to the highest peak of Mount Učka along a blue-green route, which is also the queen stage of a renowned international cycling race.



mountain

Hiking and mountaineering have a long tradition in this area too. In the hinterland of the Riviera, there is the 45-kilometre-long **Opatija Mountain Trail**.

Free climbing enthusiasts will be amazed by the fantastic views from the attractive limestone towers in Vela Draga in Učka Nature Park and from the climbing areas in the hinterland of Mošćenička Draga and Medveja.

forest

Apart from the coastal promenade, the Opatija Riviera offers a variety of opportunities for walking tours in the wooded hinterland, and also for active recreation activities such as trekking, Nordic walking and horseback riding.



forest



The Opatija Riviera is best known for its **Lungomare coastal promenade**, which stretches from Volosko via Opatija to Lovran and represents one of the main attractions of the area. However, the area also offers great opportunities for activity holidays in wooded surroundings: there are **walking and mountain trails** leading from the sea into the hinterland that offer a completely different atmosphere from the coastal promenade and represent a great alternative, especially during the hot summer days.

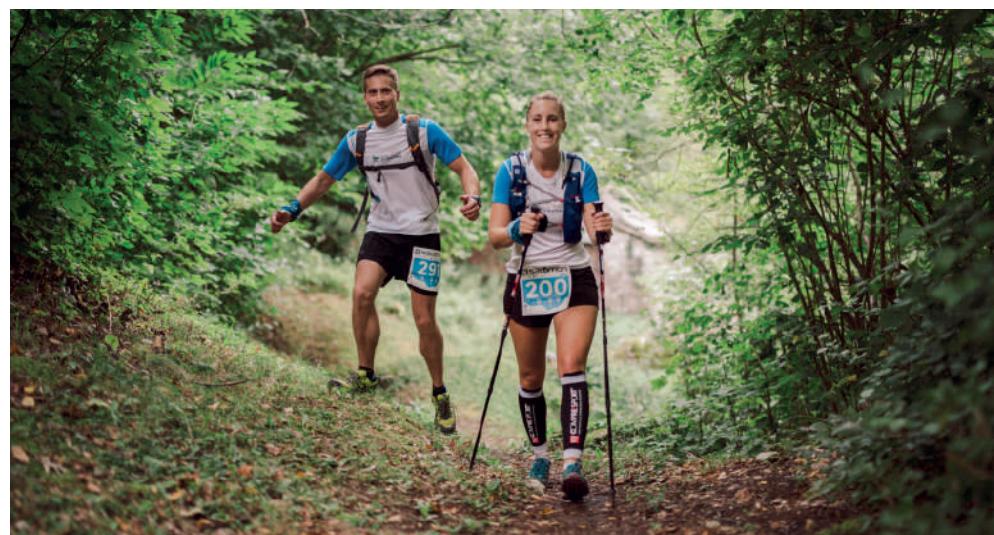
They are also excellent for sports like **trekking, Nordic walking and horseback riding**.

Učka Nature Park features several themed educational trails that offer visitors new intellectual and emotional experiences.

Nordic walking is a very popular recreational activity. Guests can participate in guided tours in Opatija and its hinterland.

Active and professional athletes can participate in events such as the 100 Miles of Istria Ultra-trail Race or the Učka Trail.

All those who want to try horseback riding can do so in Učka Nature Park and in the surroundings of Kastav.





beach & sea

White pebbles, fine sand on the seabed, a vibrant town beach or a quiet secluded cove – on the Opatija Riviera, everyone can find just what they need to relax or engage in their favourite sports activity.



Thanks to the immediate vicinity of the sea and the mountains in the hinterland, the landscape of the Opatija Riviera is characterised by **beaches** that were formed long ago when torrential streams – which today still flow after heavy rainfall – brought along pieces of rock that accumulated on the coast and were shaped into round pebbles by the waves.

The beaches offer a variety of **sporting options**, such as **diving centres** and **pedal boat**, **kayak** and **beach canoe** rental, or even attractive **parasailing** for those who want to admire the fantastic view of the Opatija Riviera from a bird's eye view wearing a parachute that's being towed by a speedboat. For more adrenaline rushes, there's **water skiing** and **jet-ski** rental. The beach in Ičići is also popular among **beach volleyball** enthusiasts.



beach & sea

Apart from its long tradition of **sailing** and hosting **regattas**, the Opatija Riviera has excellent conditions for **windsurfing** in Preluk Bay thanks to the **tramontana wind** that blows from the land towards the sea. It usually does so rather early in the morning, so local surfers have to be early risers, because they can surf only until 9 o'clock in the morning. However, the view of the Opatija Riviera from the sea at the break of dawn is definitely worth it!

A sport that has been increasing in popularity for some time now is **stand-up paddling or SUP**. Its advantage compared to windsurfing is that you can practise it at any time of the day here, provided that the sea is calm and there is no wind.



air

To soar up in the sky and admire the view from a bird's eye perspective has been man's eternal dream and one that can come true to some extent thanks to sports such as hang gliding and paragliding.

A view from the **hang gliding** and **paragliding** take-off ramp on Vojak, the highest peak of Mount Učka at 1,400 metres above sea level, is simply awe-inspiring: what looks like a tumble into an abyss to the inexperienced observer, for a skilled flyer is a great opportunity to rise on the thermals and enjoy a flight over Istria and Kvarner Bay. Those who have experienced it say that not many things can compete with the feeling of flying as freely as a bird. And those of us who prefer to have both feet on the ground can only observe them with admiration.





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