FROM TRIGLAV NP TO THE ADRIATIC COAST – self guided



Tour Description

UNFORGETABLE HIKING & CYCLING ADVENTURE
Active self guided holiday for active nature lovers! This program combines two trekking & four cycling days, in one of the most beautiful corners in Europe.

To start with the tour in **Triglav National Park**, means to start in the idyllic images of the pure and intact nature. Your starting point is magnificent **Lake Bled** in the immediate vicinity of the Triglav National Park, one of the oldest European parks, admired for its dynamic intact and picturesque nature, rich vegetation and numerous endangered animals. Hiking ends in splendid **Soča Valley** where cycling will start. On two wheels you'll be exploring charming Slovenian villages, fascinating **Karst region** with world class attraction **Škocjan Caves** (on UNESCO world heritage list), you will cycle through wine rich valleys, and you'll even cross border and spend some time in neighbouring Italy. *With no doubt we can write that the start of this **cycling & hiking tour** is magical and the finish simply glorious.* The closure of this active holiday, will take you through three **Slovenian coastal jewels** and seaside towns on the **Adriatic Sea**. Welcome!***Highllights***
Triglav National Park with **Lake Bled**
Soča Valley – Paradise for active vacation in nature
Italian historical towns **Cividale del Friuli** and **Gradisca D´Isonzo**
Oldest settlement in Karst region – **Štanjel**
Beautiful **Škocjan Caves** on UNESCO World Heritage List
Romantic **Slovenian Adriatic Coastline**

Tour Course

Day 1

Individual arrival to Bled.

Lake Bled, famous for its immense natural beauty, together with its surroundings is considered to be one of the most beautiful alpine resorts. It is a perfect start of this unique hike & bike holiday. We recommend you to come a day earlier and book an extra night here as you will love exploring this fabolous place. With its island in the middle of the lake and other natural and cultural sights, Bled

will surely amaze you. And do not forget to taste the world wide known Bled cream cake, one of the Symbols of Bled (Hotel 4* or a good 3* hotel).





Day 2

Mt Hut at Savica Waterfall – Mt Hut near Lake Krn (approx. 15 km, 1.150 m ascent, 450 m descent,

5-6 hours)

In the morning a short transfer will take you to the beautiful Bohinj Lake where you will start with your hike. Only a short detour can take you to the spectacular waterfall Savica, hidden amidst the steep walls of the Komarča. Your hiking trail for today continues all the way to the mountain lodge, located just a stone's throw away from one of the most beautiful Alpine lakes. Krn Lake attracts hikers with its wild beauty, nestled among towering mountains, the lonely Lake Krn truely is a picture-perfect 300 m-long and 150 m-wide lake overlooking Mt. Krn. *There are two mountain huts on your way where you can have lunch or a snack. (Mountain hut, meals included: breakfast)





Day 3

Mt Hut near Lake Krn – Mt Krn – Mt Kuhinja - transfer to Kobarid (approx. 11 km, 800 m ascent, 1.200 m descent, 5-6 hours).

Hiking around Krn Mountains is a real alpine hiking paradise. The highest point of the Krn Mountains is Mt. Krn (2,244 m) and although it doesn't stand out in terms of heights, as there are several higher peaks in Slovenia is a very popular mountain and its typical shape catches glances from far away. During World War 1, fierce battles were fought on Krn and Batognica and even today we can spot pieces of barbed wire, grenades and the havoc left by the explosion on top of Batognica. The whole tour offers beautiful views and descent towards Mountain Kuhinja (1.002 m) is relatively simple but a bit long because of the high altitude difference. You can find several rows of shepherd’s cottages, cheese making houses, dairy farms and barns on this mountain. *Just a short walk from the peak you will pass a mountain hut »Gomiščkovo zavetišče« where you can stop for lunch or a snack. (Hotel 4*, meals included: breakfast).







Day 4

Kobarid – Cividale – Gradisca D´Isonzo (Italy) (Approx. 60 Km And 340 M Ascent).

It is a scenic cycling tour, passing pretty little villages and idyllic rural country, leading you to

neighbouring Italy. Lunch break can be in a cozy little town, Cividale del Friuli, on UNESCO World Heritage List since 2011. Afternoon cycling is fabolous as well, the cycle route is taking you through charming typical Italian rural villages and countryside. Your final destination today is an attractive town Gradisca d´Isonzo, which was fortified by the Venetians as a bastion against Ottoman raids. (Hotel 4*, meals included: breakfast).







Day 5

Gradisca D´Isonzo (Italy) – Štanjel – Divača (57 km and 805 m ascent).

A bit more demanding cycling day but so rewarding! You will be pedaling through old, quiet and

charming Slovenian villages, passing many vine fields. Views on beautiful landscape will help you overcome some climbs to the picturesque village of Štanjel (312 m). It is one of the oldest settlements in the Karst Region, known for its old village centre. Once on top, you will enjoy in splendid views over wine rich Vipava Valley. (Hotel 3*, meals included: breakfast). *Photo of Štanjel: Archive of www.slovenia.info







Day 6

Divača – Škocjan Caves – Muggia (Italy) (approx. 37 km and 420 m ascent).

What a day! First you will cycle to the beautiful Škocjan Caves, which have been included in the UNESCO World Heritage List since 1986. After visit (optional) of these spectacular and amazing caves, cycling continues around the colourful Karst landscape. The villages of Karst are true »food« for the eyes. Full of historical sights and specialties. Your destination is charming Bay of Muggia, the only Istrian town remained to Italy. Its picturesque harbour and small squares stir that charming Venetian atmosphere. (Hotel 4*, meals included: breakfast). *Photos: Archive: www.park-skocjanske-jame.si, Photographer: Borut Lozej




Park
Škocjanske
jame
UNESCO
United Nations
Educational, Scientific and
Cultural Organization
Škocjan Caves
inscribed on the World
Heritage List in 1986
VAUDE



Day 7

Muggia – Koper – Piran (approx. 42 km and 490 m ascent).

Scenic and just glorious cycling stage from Italian to Slovenian coast - a perfect finish of this unique active tour. The route will take you through three Slovenian picturesque and historical Mediterranean towns which we are sure, will not leave you indifferent. (Hotel good 3* or 4* (depends on availability), meals included: breakfast). *Photo of Piran: Archive: www.portoroz.si, Photographer: Jaka Ivančič







Day 8

Departure or extension. Extra nights on request. (Meals included: breakfast).

**first two hiking days only with day luggage (whatever you carry with you). The rest of your

luggage will be delivered to your hotel on Day 3.

Price per person:

Price per person (sharing a double room):
1.395 € per person (15.6. – 15.9.2027)

Price includes:
6 overnights with breakfast in Hotels 3* & 4* with en suite facilities
1 overnight with breakfast in Mountain Hut (shared beds, bedding included, no shower/bathroom in the room)
Quality classic trekking bike Sub Cross 30 with one bike (back) pannier. Bike rent includes Bicycle Repair Tool (puncture kit, spare inner tube, one set of Allen keys, one odometer, pump and one simple lock) – one set for two bikes.
Gps files and orientational maps for each hiking and each cycling day
All transfers as described in tour programe
Luggage transfers between the hotels (to Mountain Hut no luggage transfer)
Personal welcome meeting and bike fitting (if you rented bike with SloActive)
Telephone assistance during the trip
Organization and VAT

Optional supplements:
Single accomodation 330 € (only in hotels, in Mountain Hut shared beds)
Single travel occupancy 255 € (only 1 person on a tour)
Electric bike 220 € (+ bike (back) pannier)
Helmet 12 €
Mountain guide for the climb to Mt Triglav on request
Airport & city transfers on request

What’s not included;
Arrival / departure to / from first / last hotel
Flight tickets
Travel insurance
Lunch’s, dinners, drinks
Entrance fees
All other expenses that are not mentioned in what’s included description

Accomodations;
Mixture of 4* and 3* hotels & private guesthouse’s with en suite facilities, 1 Mountain Hut with shared beds and no shower / bathroom

Category & Key information: Moderate difficulty. Self guided tour, for people with good fitness level. Well marked mountain hiking trails, for the one´s able to hike / trekk for round 5, 6 hours with climbs and descents. Cycling is also moderate with some climbs, mixture of asphalt and gravel road

Date:
Daily from 15th of June until 15th of September

Duration:
7 nights / 8 days

*Extra nights before / after tour on request. We would be happy to assist you with booking extra

nights.BookInquiry