

Cycling Safaris

Slovenia – Mountain Passes

SPORTIVE Self Guided tour 2024

553 km | 8 days / 7 nights



Slovenia is an amazing country from its fairy-tale Alpine North down to the Adriatic Sea. On this tour you rise to the challenge of the country's **seven highest mountain passes** as you ride 90-100kms per day. An Alpine landscape of sweeping vistas, gushing rivers and waterfalls, lush meadows, shimmering alpine lakes and mountain peaks whose majestic beauty will spur you onward even at the toughest of moments. Along with the natural beauty, you can also take time out to visit some fascinating castles, eat great food, drink sumptuous wine, and much more in this small but wonderfully diverse country.

The stunning beauty of the country is certainly a good reason to come and visit, but for many, the friendliness of the Slovenians would be reason enough in itself. Many speak impeccable English (as well as other languages) and are delighted to share their country with foreign visitors.

TOUR ITINERARY

Day 1: ARRIVE IN LJUBLJANA 4* Hotel.



Once settled in, you can spend the rest of the day strolling around the lovely historic old town, and take a short walk or ride up to the Ljubljana Castle. Perched on a hill and standing guard over the old town, this is Ljubljana's most distinctive feature. From its tower you get a commanding view of the capital's heart and soul.

As the sun goes down you can relax with a drink in the many outdoor bars/cafes beside the Ljubljana River, or take an evening stroll, enjoying the lights and vibrant sounds of the city.

Day 2: LJUBLJANA - LOGARSKA DOLINA

74 km, elevation gain 1300 m, drop 2200 m, max gradient 19%

Into the Alps: Today you leave the city and head north to the beautiful Kamnik Alps, stretching from Slovenia right the way to Austria. The soaring peaks of Grintovec (2558m) and Storžic (2132m) will dominate your view as you cycle first to the historic little town of Kamnik. Visit the two ruined castles here and have a coffee in the old town.



From here you'll continue **cycling** on deep into the heart of the Kamnik Alps and into the exquisite Logar Valley (Logarska Dolina), a peaceful alpine glacial valley where you'll spend the night.

Day 3: LOGARSKA DOLINA - BLED

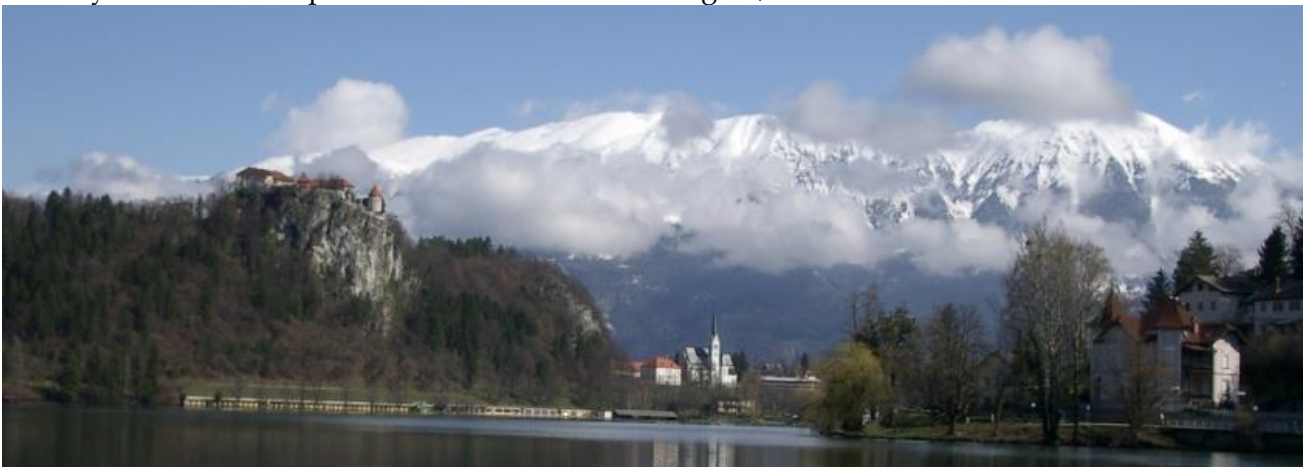
92 km, elevation gain and drop 2050 m, max gradient 20%

Over the hills and far away: Leaving the tranquillity of the Logar Valley, you will cycle off to a fairy-tale lake via the Pavlic Pass.



Along the way, you'll visit the lovely alpine lake at Jezersko and the equally beautiful artificial lake at Predddvor, both blessed with beautiful backdrops. Either is a good choice for lunch.

The day will end at the pearl of Slovenia's northern region, Lake Bled.



Day 4: BLED - BOHINJ - BLED

87 km, elevation gain 1900 m, drop 840 m, max gradient 17%



Lake Bled, with its beautiful church sitting on an island in the middle of the lake and guarded by a medieval hilltop castle, is the stuff of fairy tales. Start or end your day here with a boat ride to the island and a ride up to the castle for a panoramic view of the lake and glacial valley.

Your **cycling day** will take you to the old village of Kropa, where you can visit the iron forging museum dedicated to the town's blacksmith trade, and the iron-smelting town of Zelezniki.

You'll weave your way back to Bled through forests, along rivers and, time permitting, you can also stop by the beautiful Vintgar Gorge.

Day 5: BLED - AUSTRIA - KRANJSKA GORA

101 km, elevation gain 2405 m, drop 2010 m, max gradient 39%

Leaving Bled, you will first **ride your bike** to the little village of Begunje, famous for being the birthplace of Slovenia's folk music legend: Slavko Avsenik. As well as the Avsenik restaurant and museum, you can also visit Kamen Castle and the well preserved Robacnek Mill. Here you will leave Slovenia temporarily and head **into Austria** via the centuries-old Ljubel Pass, running close to Mount Stol (the highest peak in the Karavanke Alps), and then loop around back into Slovenia via the Koren Pass. Podkoren is located close to the lovely alpine town of Kranjska Gora, a great place to spend the evening.



Day 6 : KRANJSKA GORA - TOLMIN

96 km, elevation gain 1950 m, drop 2610 m, max gradient 21%

Today you will ride from the Slovenian Alps to the **Italian Alps**. You'll cross the border and head to Tarviso. Encircled by the Julian, Karavanke and Canal Alps, Tarviso is the perfect place to take a rest, sip a cappuccino and soak up the sunny views before tackling the amazing Predel Pass, running between Mt Mangart and Mt Kanin.

On the other side, you'll glide back down into Slovenia via the glistening emerald Soca Valley through the villages of Kobarid and Tolmin.



Day 7: TOLMIN - LJUBLJANA

103 km, elevation gain 1950 m, drop 1850 m, max gradient 22%

Your route today will eventually take you back to the Slovene capital. Get up early enough and you can visit the Tolmin Gorge, the lowest and southernmost entry point into Triglav National Park. Visit the thermal springs under Devil's Bridge. Your **cycling route** to Ljubljana will take you through the Cerknjo Hills, where you'll ride from the alpine region to the Dinaric Karst region of the southwest.

Day 8: DEPARTURE from Ljubljana.

After breakfast your tour ends. However, you can of course prolong your stay in Slovenia.

2024 TOUR PRICE

€1035	per person sharing (low season: April 27 to May 18 and September 21 to October 12)
€1290	per person sharing (High season: May 19 to September 20)
€290	Single Supplement (if traveling with others)
€460	Solo Traveler Supplement (if traveling alone)
€245	Road bike hire

2024 TOUR DATES

Tour can start any day from April 27 to October 12

Low season: April 27 to May 18 and September 21 to October 12

High season: May 19 to September 20

WHAT THE TOUR PRICE INCLUDES

- 7 night accommodation in hotels 3* / 4* hotels and guesthouses, on basis of bed & breakfast
- Luggage transfer – one piece per person, max 23 kgs / 50 lb (Lufthansa dimensions)
- Tour description and maps in GUIBO application electronic format
- Local tourist and other taxes
- Welcome meeting and bike hand over
- Backup service (hotline) during the trip

Not included:

- €245 Road bike rental (Emonda ALR 4 Disc)
- Entrance fees
- Lunches
- Dinners
- Drinks with meals
- Saunas and massages in hotels

Optional Extras:

- Upgrade to Ljubljana city historic centre 4* hotel: €100 per person in double / €130 in single room
- Printed information package in English incl. route notes and corresponding maps, delivered upon arrival: €30 per set

Additional nights

4* Hotel in Bled: €140 per person sharing / €180 single room

4* Hotel in Ljubljana historic centre: €120 per person sharing / €200 single room

BIKE RENTAL & FITNESS**Road racing bikes**

Road bikes of different brands are equipped with 18/24/30 gears.

One cycling meter, pump, lock and a set of Allen keys with basic puncture repair kit to be shared by two participants

Sportive tours such as this one require a good level of fitness. There are a number of mountain passes to take on. You will be rewarded with magnificent scenery but effort is required!

WHAT TO BRING

- We would recommend that you bring padded cycling shorts or even a gel saddle cover to make your days cycling more comfortable (if you wish to bring your own saddle this is no problem). Cycling gloves are also a good investment.
- Although it is not obligatory to wear a helmet we highly recommend that you wear one. If you own a bicycle helmet please bring it, otherwise helmet rental is included.
- Don't forget sun cream, sunglasses and sun hat.
- If you wish to use toe clips we advise you to bring your own pedals with toe clips, as the pedals on our bikes do not accommodate them.
- We do not provide rain gear so be sure to bring your own lightweight waterproofs.

GENERAL INFORMATION

What is the currency?

Slovenia uses Euro.

What is the Language?

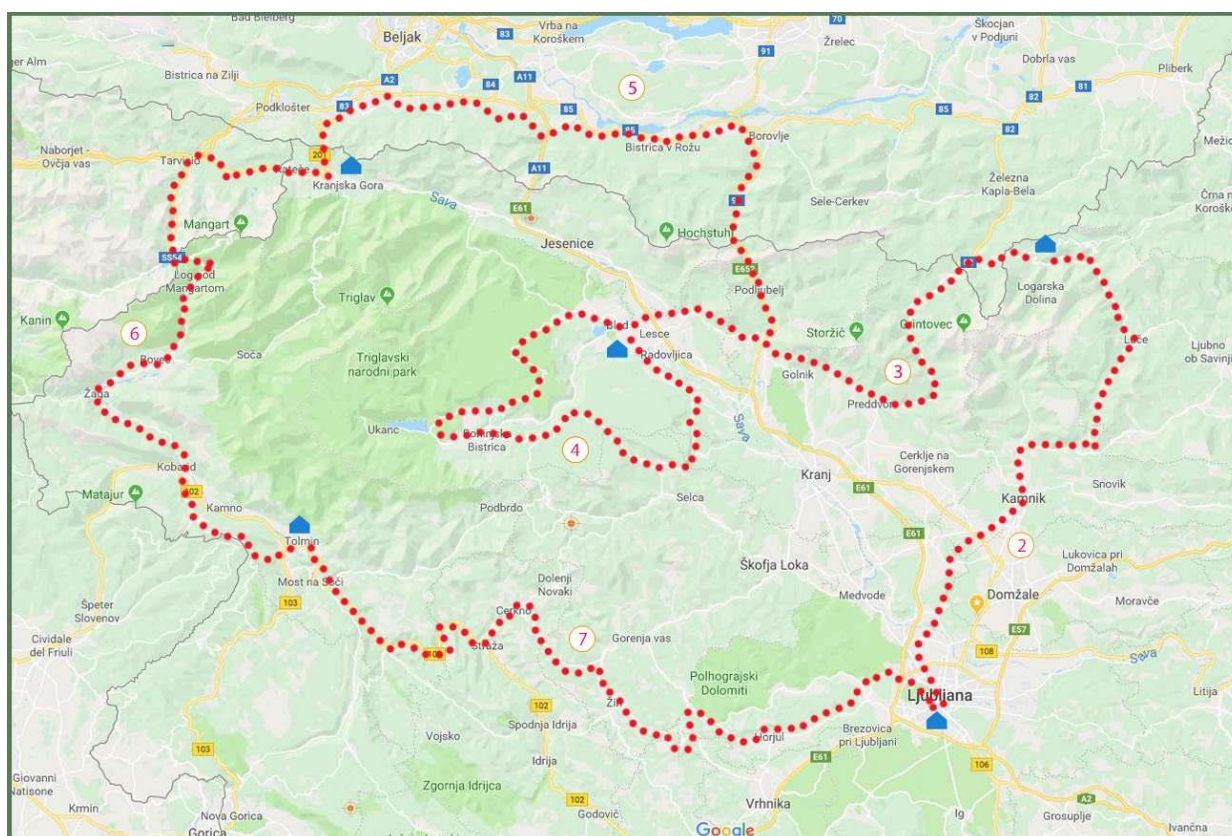
The official language is Slovenian. Most Slovenians speak good English and many speak German and Italian as well! Lots of places will have menus in several languages and, if not, the ever-helpful locals are more than happy to explain. The guide is, of course, fluent in English.

What happens if I am delayed on the first night?

If you know in advance that you will be late please contact our office. If you are unexpectedly delayed you should call the meeting point on Saturday evening and leave a message as to what time you expect to arrive.

What is the weather like?

Slovenia is a small country that enjoys a varied climate based around its distinct regions – Alpine, Continental and Mediterranean. It is known for being on the sunny side of the Alps. The summer days can be extremely warm (30 C) and sunny with rainfall occurring late into the afternoon (5.00 pm or thereabouts).



TRAVEL INFORMATION

Slovenia is a relatively small country with a small dispersed population (around 2 million inhabitants). Therefore the entry/exit points are fairly limited and it is often better served by places outside of the country.

The main access point is to fly into Ljubljana (LJU) (the capital).

The national airline is Adria Airways and it has a number of direct flights to major European cities including London (Gatwick), Manchester and Dublin (depart Dublin Friday Nights/returning Saturdays only). For more information check (www.adria-airways.com).

Easyjet fly daily into Ljubljana from Stansted (www.easyjet.com)

There are also many alternatives connections through other European hubs such as Frankfurt, Paris, Prague and Budapest with most of the major European Flag Carriers.

Ryanair (www.ryanair.com) fly to Trieste on the Italian side of the border where again you can take a train to and from Ljubljana. The airport is actually called Ronchi and is some 30km outside the city, which is actually closer to Gorizia (which is one of the trains stopping points).

All the details for the above train journeys are on the website

<http://reiseauskunft.bahn.de/bin/query.exe/en>

We can pre-order taxis for you from various locations on request, so please contact us well in advance of the tour if you would like help.

The approximate cost per transfer each way: (price per person each way)

Route	1-3 Persons	4-8 Persons
Ljubljana Airport to Ljubljana	€70	€80
Trieste Airport to Ljubljana	€190	€230
Piran to Trieste City	€100	€130
Piran to Trieste Airport	€155	€190
Piran to Ljubljana City	€190	€230
Piran to Ljubljana Airport	€200	€250