

Cycling Safaris

Slovenia – Emerald Route

Self-Guided tour 2025

243 - 270 km | 8 days / 7 nights



Slovenia was formerly part of Yugoslavia, gaining Independence in 1992. A relatively small country in terms of size and population (just two million) it has a very varied geography. To the north it is bordered by Austria, to the west by Italy, to the south by Croatia and to the east by Hungary. Culturally, these neighbours have exerted influences over the Slovenian peoples as it has changed hands between them, from the Roman Empire through to the Austro-Hungarian Empire and being behind the Iron Curtain. The geography of the country almost seems to reflect these influences too, with the Northwest predominantly Alpine, the South West Mediterranean and the East low lying plains.

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 ARRIVAL TO LJUBLJANA

Your journey begins in the Slovenian capital of Ljubljana. After settling into your hotel, take a stroll through the old town center with its beautiful bourgeois houses from the late 19th century, take a funicular ride to the city castle, or relax in a café by the Ljubljanica River that winds through the city.



Day 2 **LJUBLJANA - VRHNIKA** **39 km, ↑220m ↓230m**

A nice easy first day across the historic and richly diverse plains surrounding the capital.

As the morning sun begins to rise high in the sky, you will be cycling across an immense 160-square kilometer marshy plain. The Ljubljansko Barje was once a great lake until it dried up 6000 years ago, leaving an incredibly diverse landscape behind, that is now home to some of Europe's rarest forms of bird, plant and insect life. Along the way you can take a short walk into the picturesque Iški Vintgar gorge nature reserve, carved deep into a stunning limestone dolomite plateau, and visit the remnants of the world's highest railway viaduct in Borovnica. Just before arriving in Vrhnika, you can visit the Technical Museum of the Republic of Slovenia housed in Bistra Castle, where you'll find a great hunting collection and an interesting exhibition of Tito's cars. (Accommodation in 3* hotel)

Day 3 **VRHNIKA - POSTOJNA** **43 km ↑760m ↓510m**

On this day the roads will take you away from the main tourist routes and off the beaten track.

You can also take a short detour to the impenetrable fortress of Predjama castle, wedged tight into a crevasse halfway up a 123-meter cliff-face protruding dramatically into the surrounding basin. Here lived a vivacious and daring knight. Erasmus kept a whole army at bay by utilizing the secret of the Predjama Caves to sneak out for supplies, which included freshly picked cherries which he used to throw at his adversaries to taunt them. Take the tour and learn how Erasmus met his untimely demise in less than poetic circumstances, as he was literally caught with his pants down

Day 4 **POSTOJNA - ŠTANJEL AREA** **32 km ↑ 240m ↓630m**

Hilly, one long descend some hills afterward. Accommodation in 3* guesthouse.



So far nearly 30 million tourists have visited this stunningly beautiful underground Postojna cave formation, carved deep into the heart of the limestone hills. This is the most extensive cave system in Slovenia, covering a total of 21 kilometers. The 1 ½ hour tour will take you through a fairy tale world full of large and colorful stalactites and stalagmites, not forgetting the unique "human fish", a mysterious creature that lives in dark pools inside the caves. In the afternoon you head to first vineyards of Vipava region (Accommodation in 3* guesthouse)

Day 5 **ŠTANJEL - LIPICA - DIVAČA** **50 km, ↑630m ↓360m**

Rolling terrain with flat sections. Accommodation in 3* hotel.

First stop is at the lovely botanical garden in Sežana, then it's on to stud farm of Lipica, where you can visit these beautiful thoroughbred Lipizaner horses whose glistening white coats and gentle, graceful dancing have earned them a worldwide reputation. The history of the Lipica horses is closely linked to the Vienna riding school. Take a tour in a traditional carriage, watch them perform and visit them close up in their stables. This will be a day to remember. If you have the time for a couple of side-trips, you can also visit the unusual but very interesting "War Museum" set in the village tower of Lokev.

Day 6 **DIVAČA - MUGGIA** **39 km, ↑350 m ↓780m**

If you missed Postojna Caves, don't worry - this morning, you have the chance to explore the Skocjan Caves, a UNESCO-listed natural monument known for their stunning beauty and tranquility. Next, head to Socerb Castle, where you'll be treated to breathtaking views of Trieste. After a day of cycling, unwind with a delicious gelato in the town's historic center or relax in one of its inviting beaches. If you arrive early,

considerer a quick bus or boat trip into Trieste, a vibrant Italian city renowned for its rich history, cosmopolitan vibe and captivating atmosphere (Accommodation in hotel 4*)

Day 7 MUGGIA - PIRAN

35 km/48 km with a side trip ↑230m ↓240m

Accommodation in 4* hotel.

You will cycle on a new cycling path following a former railway line. Enjoy great vistas of Slovene coast and Trieste Bay. A coffee shop in the fashionable resort of Portorož is a must. The trip ends in the gorgeous Venetian little harbour village of Piran.



Day 8 DEPARTURE

After breakfast or extension of your stay.

On this tour you can visit the main tourist attractions of Slovenia. It is suitable for cyclists with average fitness.

2025 TOUR PRICE

Price per person in a double room sharing

Low season: 29/3 to 2/5 and 5/10 to 11/10: € 955

Medium season: 3/05 to 14/08 and 20/09 to 4/10: €1015

High season: 15/08 to 19/09: €1075

Single travellers: Applies when a person travels alone. Includes single room supplement

Low season €385

Medium season €400

High season €415

Single room: Applies when a person is travelling together with others persons in a party.

Low season: €275

Medium season: €295

High season: €315

2025 TOUR DATES

Self-guided tours: any day between 29/03 and 11/10.

WHAT THE TOUR PRICE INCLUDES

- 7-night accommodation in hotels 3* / 4* hotels and guesthouses in two bedded ensuite facilities room, on basis of bed and breakfast
- Luggage transfer - one piece per person, max 23 kgs / 50 lb. Every additional item is €60 payable on spot.
- Tour description and maps in GUIBO application electronic form; one download per room
- Local tourist and other taxes
- Backup service (hotline) during the trip

Discounts: Third adult person in a double room on auxiliary bed 10% discount. This discount only applies to third persons (not all persons in the party)

Optional Extras:

Extra nights:

	Low season A	Season B	Season C
Ljubljana 4* hotel	Double 105 Single 167	Double 115 Single 185	120 195
Karts area 3* guesthouse	Double 75 Single 110	Double 80 Single 115	92 125
Muggia 4* hotel	Double 85 Single 125	Double 98 Single 145	115 167
Piran 4* hotel	Double 120 Single 190	Double 140 Single 207	145 215

Bike rental:

Touring bike hire: €120 (Additional rental day €25)

E Bike: €285 (Additional rental day €50)

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 helmets can be rented for €12 each.
- 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 (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)

Transfers: Price per transfer, including bike transport.

Route	1-3 Persons	4-8 Persons
Ljubljana Airport to Ljubljana	€70	€90
Trieste Airport to Ljubljana	€210	€250
Piran to Trieste City	€105	€145
Piran to Trieste Airport	€165	€210
Piran to Ljubljana City	€215	€265
Piran to Ljubljana Airport	€245	€3