

R I D E & S E E K



Rolling vineyards, lush, green forests and snow-capped mountains form the backdrop of this tour of Italy and Slovenia.

[www.rideandseek.com](http://www.rideandseek.com) | [www.tourissimo.travel](http://www.tourissimo.travel)



**PLUS**

FRIULI, ITALY & SLOVENIA

# Friuli and Slovenia Local Adventure **Itinerary**

## Plus Tours

Dylan and Beppe first worked together as guides back in 2001 and have remained friends since. Since then they have both built up their own businesses with a similar ethos of immersing guests in the places they visit. Together they conceptualised the PLUS concept which are week long adventures that focus on cycling, history and culture with the + element aimed at offering more to our clientele through collaboration. To date they work on Puglia, Provence, Friuli/Slovenia and Tuscany – Strade Bianche.



# PLUS



RIDE & SEEK  
BICYCLE ADVENTURES

**Tourissimo**  
ACTIVE TRAVEL IN ITALY

TOTAL DISTANCE:  
224km | 139mi

ELEVATION:  
2100m | 6900ft

DURATION:  
8 DAYS  
7 Nights



ITALY



SLOVENIA



Rome

ITALY

Austria

Fusine Lake

Bovec

Bled

Kpbarjd

Cividale Friuli

Cormons

Gorizia

Grado

Trieste

Ljubljana

Croatia

Adriatic Sea

EXTRA LOOPS  
ARE AVAILABLE  
THROUGHOUT THE TOUR  
FOR THOSE WANTING  
MORE DAILY RIDING AND  
ELEVATION



This tour perfectly fits our remit of searching out the road less travelled and takes pride and place as our first Ride and Seek Plus initiative in collaboration with Tourissimo. The bike is the central component of this tour but we also incorporate hiking and whitewater rafting to keep you on your toes! Split into two halves we start by exploring the beguiling region of Friuli Venezia Giulia in northern Italy, before crossing into the amazing country of Slovenia for the second half of the tour.

Rolling vineyards, lush green forests and snow-capped mountains form the backdrop for much of our riding along smooth uncrowded roads and bike paths. The views are just as spectacular when we are off the bikes enjoying a variety of multi-sport activities, including river rafting, hiking, and much more.

Crossing the border from Friuli to Slovenia you'll notice both the continuity and the diversity of this area that has been occupied by various European powers over the years. There's a lot of history involved in this cycling and multi-sport tour, with a focus on the years during and between the two World Wars. Our visit to the WWI Museum in Caporetto-Kobarid is the best way to get to know the history and the geography of these two regions.

Both Friuli and Slovenia are big wine producers, especially of white wines, and it's interesting to taste the same grape varietal cultivated in different soils and climates. Friuli's wine regions of Collio and Colli Orientali del Friuli will be the backdrop of our cycling ride towards Slovenia, and in Slovenia, we pass through the wine areas of Goriska Brda, Kras and Vipavska Dolina. You could witness the beginning of the grape harvest and the start of the wine-making process, with the help of some local wine producers.

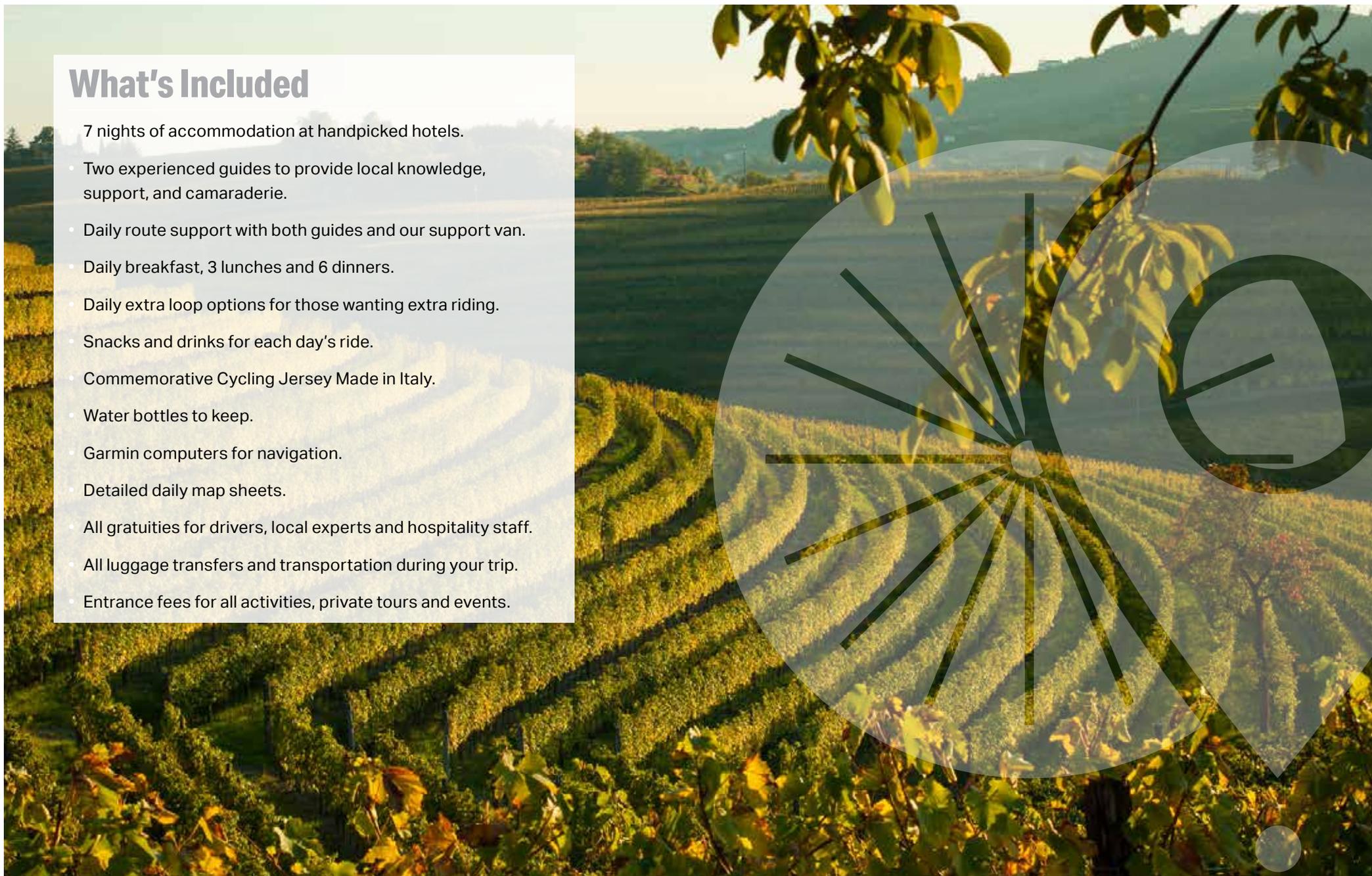
## Highlights

- Amazing mixture of Italian and Austrian/Slavic cultures.
- Cycle through the lush vineyards of Friuli's Collio wine region.
- Pristine nature with stunning rivers and the Alps as a spectacular backdrop.
- Feel the history of World War I in a truly tangible sense.
- Embrace the stunning beauty of Bled Castle on Lake Bled.
- Ride through scenery that inspired Hemingway, Freud and Joyce.
- Be a pioneer as one of the few cyclists to have explored the beautiful region of Friuli.
- Cycling to suit all levels with extra loops available everyday for those wanting extra riding.
- Visit the UNESCO Heritage sites of Ljubljana and Cividale del Friuli.
- Explore the enchanted Radovna Valley and Vintgar Gorge in Slovenia.



## What's Included

- 7 nights of accommodation at handpicked hotels.
- Two experienced guides to provide local knowledge, support, and camaraderie.
- Daily route support with both guides and our support van.
- Daily breakfast, 3 lunches and 6 dinners.
- Daily extra loop options for those wanting extra riding.
- Snacks and drinks for each day's ride.
- Commemorative Cycling Jersey Made in Italy.
- Water bottles to keep.
- Garmin computers for navigation.
- Detailed daily map sheets.
- All gratuities for drivers, local experts and hospitality staff.
- All luggage transfers and transportation during your trip.
- Entrance fees for all activities, private tours and events.



## DAY 1 - Grado - Aquileia Warm Up



A private shuttle will take you to our hotel on an island-village on the Adriatic. Grado is Friuli's lagoon city, a town with 1600 years of history, which can still be experienced by strolling the

calli (streets) of the ancient city center. Grado was the first port of entry for ships headed upstream to nearby Aquileia, a powerful Roman city on the river Natisone.

After some lunch and presentations, we ride inland to Aquileia. The colony was founded in 180BC and served as a strategic frontier fortress at the northeast corner of Transpadane (on the far side of the Po river) Italy.

Back at the hotel, you will receive an overview of the tour program followed by dinner.

## DAY 2 - Collio Hills



After fine tuning our bikes some more, we ride along the Natisone river and we reach Gorizia for a short visit and some lunch. Once a favorite spot of the Hapsburg nobility,

since 1947 Gorizia has been split in two, with Nova Gorica developing on the other side of the Italian–Slovenian border. We are in the dramatic Carso area with its limestone formations, grottoes, and underground rivers. La Subida is a charming country hotel and the hospitality of the Sirk family is legendary. Tonight, we will have dinner at l'Osteria, which is part of the La Subida Estate. La Subida is a place that makes our guests feel at home and relaxed. It's unique.

## DAY 3 - Cividale Loop



Today's ride leads us northward to Cividale del Friuli (UNESCO site). We will be pedaling through the Collio and Colli Orientali del Friuli wine area over easy and rolling terrain.

Cividale del Friuli will be our lunch stop and then we will head back to La Subida from a different road. Before reaching the hotel, we will stop at a local winery for lunch and wine tasting. The family-owned Grillo winery is in the center of the Schioppettino wine production (very rare and hard to find anywhere else in Italy). Relax back at La Subida before dinner.



## DAY 4 - Bovec



Today's ride takes us out of Friuli, heading northeast to the border of Slovenia. We will notice the landscape

changing as we ride through the lowest mountain pass of the Alps, a long, easy smooth climb that takes us to the former border between Italy and Slovenia. Entering Slovenia we will find ourselves in a lush, green landscape with the typical vegetation of a mountain region, with rivers, waterfalls, and forests. Silence and very few cars make this and the next rides heavenly. Our lunch stop is Caporetto/Kobarid and we have planned a visit to their WWI museum. The people from Caporetto have collected pictures and objects through which they tell the history of WWI as it was lived by the soldiers and civilians in that valley where we bike during our tour. In the afternoon we cruise to Bovec following the Soča river valley. You'll have time to explore Bovec on your own and to enjoy a cold beer while watching the sunset behind the high mountains that surround the valley where Bovec is nestled. A short walk to the center of Bovec and we will find our dinner table ready at a local Gostilna, a simple, typical 'trattoria' style restaurant where we can enjoy our Slovenian meal.



## DAY 5 - Bovec



Bovec is known as the adventure capital of Slovenia, and we have a full day here to rest and enjoy a wide range of outdoor activities: kayaking, rafting, canoeing, paragliding, mountain biking, hiking and more. Kayaking in the emerald waters of the Soca River

while immersed in the landscape of high peaks, forest and waterfalls is an unforgettable experience not to be missed. For those who like hiking there are some interesting trails with historical traces of WWI and WWII just outside of Bovec, with a war cemetery, two old forts and some bunkers and tunnels dating back to the Napoleon era and WWI. A bike ride will also be available if you want to explore the countryside up to the edge of Triglav National Park, in a remote little valley where only sheep and cows are witnesses to our slow-paced ride through paradise. Dinner is on your own.

## DAY 6 - Fusine Lake to Bled



Today we'll go across the Alps to reach Tarvisio, a town on the border where Italy, Austria and Slovenia meet. A bus will shuttle us and our bikes over a mountain pass and down to the enchanting Fusine lakes where an easy and flat bike path starts. We'll follow

the bike path along the valley, once again immersed in a beautiful forest and with mountains all around us. Past the town of Kranjska Gora we'll leave the main path and enter a secondary valley, now riding on an unpaved (but smooth) bike path. This valley, the Radovna Valley, is the most beautiful, magical and enchanting place of the whole tour. Streams, small waterfalls, tall trees, water mills, a few old farmhouses and some cows are what we will see during the almost 10km of riding in this heavenly valley. Once we leave the valley we will be very close to Bled and if time and weather permit we can take a detour to admire the Vintgar Gorge, a canyon carved by the Vintgar River. A boardwalk runs along the gorge and from there we can view waterfalls and rapids.

Bled is our final destination today. We'll bike along the lakeshore to reach Hotel Astoria in the center of Bled. Dinner will be at a castle overlooking Lake Bled. If time allows it, you can visit the interesting museum inside the Bled Castle.

## DAY 7 - Ljubljana - Rest Day

Today we'll transfer by private bus (about 1 hr) to Ljubljana. Upon arriving, you will have a guided visit of the town center of this UNESCO-recognized gem. You will have some free time in the afternoon to explore on your own and to do some shopping. We will enjoy our final dinner at one of the finest restaurants in town.

## DAY 8 - Ljubljana, Departure Day

After breakfast, we'll provide a transfer to the Ljubljana airport.



## Memorable properties, castles, boutique spa hotels and historic treasures.

We carefully select the places where we stay based on their personality and the hospitality of our hosts. Be it a hotel in the historic part of Ljubljana that has been welcoming guests for 400 years or the unique La Subida in Friuli, we seek to connect you with the places we travel in through the accommodations we choose.



### Villa Bernt

Villa Bernt is just a 2-minute walk from the beach of Grado. The hotel is housed in a historic building with an elegant facade that perfectly blends into this part of town.

### La Subida

Nestled amongst the beautiful landscape of Friuli near the Italian border with Slovenia, La Subida offers a picture-postcard setting amongst vineyards, as well as a warm welcome from the Sirk family and Michelin-starred dining from chef Alessandro Gavagna.

### Hotel Alp

Conveniently situated next to the main square in Bovec this friendly hotel is perfectly positioned to explore the picturesque Soca valley.

### Hotel Astoria Bled

This upscale hotel is a 5-minute walk from the shore of Lake Bled and a short walk from Bled Castle. Featuring wood furnishings, spa facilities and an amazing breakfast spread it is a great spot.

### Allegro Garni Hotel

On a cobblestone street, this extremely charming hotel is a short walk from all city landmarks and a short walk from Ljubljanski grad castle. Cosy rooms and suites are individually decorated with traditional furnishings.

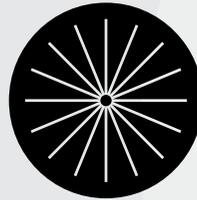
## WANT MORE INFORMATION?

Go to our website at:

[www.rideandseek.com/tour/friuli-italy-and-slovenia/#tab-overview](http://www.rideandseek.com/tour/friuli-italy-and-slovenia/#tab-overview)

to find out more information, a recommended reading lists, testimonials and much more.

Alternatively, contact us on [info@rideandseek.com](mailto:info@rideandseek.com) or **+61 (0) 2 8007 3161**



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