




## ROAD BIKE: DOLOMITES – TRIESTE


A three-countries-tour through Italy, Austria and Slovenia





**self-guided tour**

**road bike** 

**DIFFICULTY: medium** 

**DURATION: 8 days / 7 nights** 

**DISTANCE: approx. 600 – 605 km** 

### DESCRIPTION

Take in three countries in one week by bike. Italy, Austria and Slovenia will present their best features to you. You will witness varying and unique mountain ranges; untouched natural landscapes; crystal clear lakes; soft wine lands embedded against the hillsides and above all, extraordinary sought out stages provide the ideal backdrop for a sporting race bike holiday. This tour facilitates a combination of sprinting and comfortable coasting on the various legs. Your sporting efforts will be rewarded by the range of culinary delights accompanied by a drop of wine. A spectacular final stage continues along the Adriatic coastline to Trieste formerly the harbour city of the Habsburg Empire.

### CHARACTERISTICS OF THE ROUTE

A sporty-racing-bike trip on streets aside of the big traffic (except during high season – July / August).

## A DAY BY DAY ACCOUNT OF THE ROUTE

### Day 1: Arrival

Individual arrival at the starting hotel in the Upper Puster Valley (Villabassa/Dobbiaco). Free, unattended public parking area near the hotel.

### Day 2: Upper Puster Valley – Oberdrauburg /Kötschach-Mauthen (approx. 85 km, ascent approx. 1,200m difference in altitude)

The first kilometres from the Upper Puster Valley to Abfalterbach in East Tyrol (Austria) will warm up your muscles. The following ascents will demand ambition from every cyclist. In the Lesachtal Valley and the Gailtal Valley you will be rewarded with a marvellous rural landscape, traditions and customs and lots of cultural sites. A last ascent over the Gailbergsattel and a rapid downhill ride will take you to Oberdrauburg.

### Day 3: Oberdrauburg/Kötschach-Mauthen – Feistritz an der Gail (approx. 70 km, ascent approx. 390m difference in altitude) or variant via Lake Weißensee (approx. 75 km, ascent approx. 1,000 m difference in altitude)

Following the river Gail you continue heading south, passing small typical villages. Soon you will reach Lake Pressegger See. With up to 28°C water temperature, the “bathtub of the Gailtal Valley” is one of the warmest lakes in Austria and is one of the first to open the swimming season in Carinthia. If you like the athletic challenge, you can choose the more challenging option via Lake Weißensee. Just right after the start the first steep ascent towards Lake Weißensee is waiting for you (as an option to shorten this part you can use a boat ride – ticket not included). After a while you will reach Lake Farchtensee, following the valley and passing small villages you arrive in Feistritz an der Gail.

### Day 4: Feistritz an der Gail – Bled (approx. 125 km, ascent approx. 2,200 m difference in altitude)

Shortly after Carinthia you reach the border and continue towards Tarvis. After a comfortable introduction to this stage, you will start to scale up to Passo del Predil. The pass serves as border between Italy and Slovenia and the deserted border station signifies the end of the ascent before dipping speedily downwards. By looping back and forth, you work your way up to the Vrsic. The journey through the Triglav National park in the Julian Alps and passing by Kranjska Gora and Jesenice will direct you through some of the most unique landscape; settings offering clear lakes, foamy rivulets, thundering waterfalls, undisclosed ravines and the Triglav Mountain, the highest in Slovenia and namesake of the eponymous National Park. The day fades away at the romantic lake Bled.

### Day 5: Bled – Cividale del Friuli (approx. 120 km, ascent approx. 1,700 m difference in altitude)

The farewell at Bled could prove to be a little gloomy, but the valley in Bohinj will soon enough replace the mind with euphoria as you take in its wide and breathtaking grandeur edged by the jagged cliffs and peaks of the Julian Alps. You will encounter the first challenges of the day as you cycle through the saddle of Mount “Bohinjsko Sedlo”. Again and again, you are rewarded with exceptional views of the summits crowning the Triglav massiv and the Savatal Mountains. As you cycle down the other side at a racy speed into the Soca Valley, you will catch a glimpse beyond the mountains towards the onshore. As you bypass Tolmin and Kobarid, it will be a sign of your departure from Slovenia. Your energy store will be replenished at dinner with pasta and wine in Cividale del Friuli.

### Day 6: Cividale del Friuli – Gradisca d'Isonzo (approx. 110 km, ascent approx. 1,500 m difference in altitude)

Close to Cividale del Friuli and near to the Slovenian border, you will find the Castelmonte Abbey, one of the oldest places for Christian Pilgrimages in Italy. Continue through the Collio Goriziano the best known wine region in Italy. As you cycle up and down the hills and dales, you will leave behind a myriad of wine estates. The fragrant perfumes of the vines tempt a sampling of the pressed nectar at the numerous wine cellars along the route.

### Day 7: Gradisca d'Isonzo – Trieste (approx. 90 km, ascent a. 850 m difference in altitude)

From a distance your face will be caressed by a soft sea breeze proclaiming the ever nearing Adriatic Sea. The hinterland dotted with Karsts formations, is a region made up of white broken limestone cliffs housing countless caves leaning towards a slightly bizarre appearance. Where the high Karsts plateaus submerge into the deep blue water and the white precipices tower vertically towards the sky the coastal road trails through evocative resorts such as Duino, Sistiana, Miramare and Barcola. Time should be allocated to visit Castle Miramare nestling in the middle of a beautiful park perched high above the bay of Grignano. Over the Gulf of Trieste you will spend a night in the city bearing the same name and past times, the harbour metropolis of the Habsburg Empire.

### Day 8: Departure

Individual departure or possibility to extend your stay.

## GENERAL INFORMATION

Classification of the cycle tour: self-guided tour

Duration: 8 days/7 nights

Distance: approx. 600 – 605 km

Starting point: Upper Pustertal valley (Villabassa/Dobbiaco)

### ARRIVAL

**By car:** Via the Brenner/Brennero motorway (A22) to Brixen/Bressanone – exit “Franzensfeste, Pustertal” – through the Pustertal valley (State road SS49) to Niederdorf/Villabassa or Toblach/Dobbiaco (depending on the location of your hotel) or drive along the Felbertauernstraße to Lienz in Eastern Tyrol and further to Italy to the Upper Pustertal valley (Niederdorf/Villabassa or Toblach/Dobbiaco, depending on the location of your hotel).

**By train:** From Innsbruck over the Brenner/Brennero to Franzensfeste/Forzezza. Change the train to the Upper Pustertal valley (train station of Niederdorf/Villabassa or Toblach/Dobbiaco, depending on the location of your hotel). Timetables: [www.deutschebahn.de](http://www.deutschebahn.de), [www.oebb.at](http://www.oebb.at), [www.trenitalia.com](http://www.trenitalia.com)

**By plane:** Airports Treviso, Venice Marco Polo, Ronchi dei Legionari (Trieste) or Innsbruck. We organize transfers from the airport to the starting point of the cycle tour on request.

### ACCOMMODATION

Inns and hotels in 3-, partly 4-star-category // Attention: Tourist tax – if requested – has to be paid on the spot.

### PARKING

Free, unattended parking facilities for the duration of the bicycle tour at a nearby public parking area.

### TRANSFER

**Every Saturday (additionally every Sunday from 24/05/2023 to 05/07/2023):** Return transfer from Trieste to the Upper Pustertal valley (Niederdorf/Villabassa or Toblach/Dobbiaco) by shuttle bus – €89.00 per person + €29.00 per own bike (reservation and payment upon booking).

**ALTERNATIVE SAF – Bus from Trieste (daily at approx. 06:40 AM) to Innichen/San Candido – approx. €23,00 per person (no bicycle transport possible; duration approx. 5 hours). Timetable and details: [www.autostazionetrieste.it](http://www.autostazionetrieste.it).**

### RENTAL BIKES

Pinarello Prince Carbon Mod. 2020 – Shimano 11V (on request; limited availability) or similar.

## INCLUDED SERVICES

- Accommodation in inns/hotels in 3-, partly 4-star-category
- Breakfast buffet or full breakfast
- Personal tour information
- Luggage transfer from hotel to hotel
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour
- Navigation app

## NOT INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Not mentioned entries
- Rental bikes and travel insurance
- All not expressly mentioned under the item “Included services”

## STARTING DATES 2023

### ARRIVAL

**Every Friday and Saturday:** 13/05/2023 (first available date) to 30/09/2023 (last available date)

**Additionally every Wednesday:** 17/05/2023 (first available date) to 28/06/2023 (last available date)

**DISABLED DATES (no start possible!)**

11/08/2023 up to and including 18/08/2023

### NON SCHEDULE ARRIVAL DATES

Minimum of 5 persons upon request!

## PRICES 2023

SELF-GUIDED TOUR	
Package price per person in a double room incl. breakfast – Season 1*	€ 749.00*
Package price per person in a double room incl. breakfast – Season 2**	€ 799.00**
Package price per person in a double room incl. breakfast – Season 3***	€ 899.00***
Single room surcharge, per person	€ 199.00
ADDITIONAL SERVICES	
Rental Bike (on request; limited availability)	€ 249.00
Special road bike on request	on request
EXTRA NIGHTS IN NIEDERDORF/VILLABASSA OR TOBLACH/DOBBIACO	
Per person and night in a double room incl. breakfast – Season 1* and Season 2**	€ 79.00*/**
Per person and night in a double room incl. breakfast – Season 3***	€ 89.00***
Single room surcharge, per person	€ 25.00
EXTRA NIGHTS IN TRIESTE	
Per person and night in a double room incl. breakfast	€ 89.00
Single room surcharge, per person	€ 35.00

\* Season 1: arrival dates 13/05/2023 and 30/09/2023

\*\* Season 2: arrival dates from 14/05/2023 up to and including 16/06/2023 and from 16/09/2023 up to and including 29/09/2023

\*\*\* Season 3: arrival dates from 17/06/2023 up to and including 15/09/2023

We suggest travel insurance. Changes in the offer as well as errors, printing errors and arithmetic errors reserved!