



## SLOVENIA & CROATIA

THE ALPS TO ISTRIA  
BY BIKE, SEA KAYAK, & FOOT  
8-DAYS

Buckle up for an outdoor multi-sport adventure from Slovenia to Croatia. We begin with an unmatched trekking experience in Triglav National Park, known for its brilliant waterfalls, gorges, and turquoise lakes. Here we overnight in a mountain hut, surrounded by nature in the Julian Alps. Next we make our way to Croatia on bikes – cycling past vineyards, castles, and small villages. Once in Istria, we explore by bike, kayak, and foot, witnessing the region’s geological beauty and turbulent history. This whirlwind itinerary showcases the best of Central Europe’s mountain and coastal excitement.

## Day 1

### LJUBLJANA

#### Arrival

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Your adventure will begin in Ljubljana. You will be greeted at their airport by a Bikehike Adventures representative and transferred to the old part of Ljubljana City where you will stay overnight in a comfortable hotel.

**Accommodation:** Hotel

**Meals:** none

## Day 2

### BOHINJ - JULIAN ALPS - TRIGLAV NATIONAL PARK

#### Trekking

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After a hearty breakfast, we set off to Triglav National Park, a nature reserve known for its numerous gorges and waterfalls. We will drive to one of the trailheads and begin a full day of trekking high above the village of Bohinj. The path ascends high through an evergreen forest, eventually reaching the heart of the craggy Julian Alps. We tramp along soft golden pastures filled with curious cows following our path. We reach the highest elevation of the day at a viewpoint of the Seven Triglav lakes. It is a spectacular panorama of turquoise waters, limestone peaks, and giant boulders scattered across the surrounding area. Set in the middle is our mountain hut, where we spend the night in dormitory-style lodging.

**Hiking Duration:** 6 hours

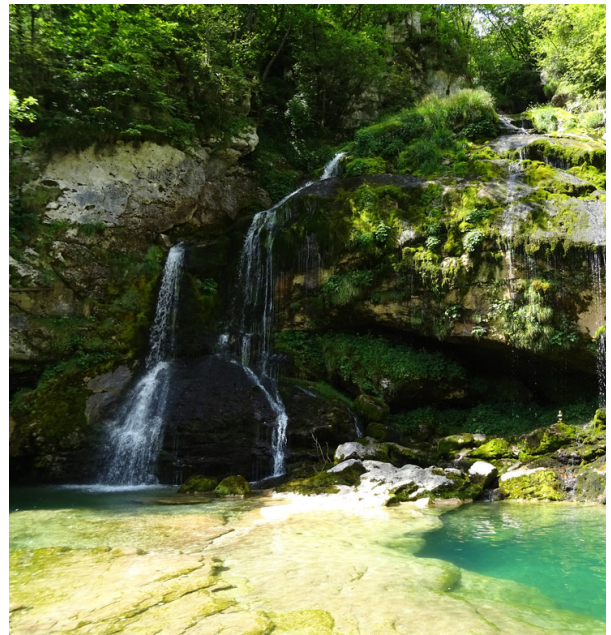
**Hiking Distance:** 8 km / 6 mi

**Ascent:** +1,100 m / 3,609 ft

**Descent:** -150 m (490 ft)

**Accommodation:** Cabin

**Meals:** Breakfast, Lunch, Dinner



## Day 3

### JULIAN ALPS - TRIGLAV NATIONAL PARK - BRDA

#### Trekking

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We start the day with a high-energy breakfast at the mountain hut, then lace up our hiking boots for a second day traversing through the pristine Triglav National Park to Bohinj Valley. We meander along undulating paths with wide-open views of the green pastures and surrounding Julian Alps. The final part of the trek is through an evergreen forest. After the trek, we transfer by car two hours to Brda, a land of castles, vineyards, and small white churches, often situated on the top of the hills overlooking the village. Overnight in a comfortable hotel in Brda.

**Hiking Duration:** 5.5 hours

**Hiking Distance:** 7 km / 4 mi

**Ascent:** +100 m (330 ft)

**Descent:** -1,300 m (4,265 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)



## Day 4

### SLOVENE TUSCANY - ITALY - BRDA

#### Biking

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This morning we rise early, feast on a healthy Slovenian breakfast, and hop back on our bikes. Today we are cycling on e-bikes through the Brda wine region known as "Slovenian Tuscany." Electric bikes are popular in Europe and they will help us tackle the hills while giving us time to admire our surroundings. We'll pedal from village to village experiencing the natural and cultural heritage of this area. The farm roads here crisscross the national borders between Slovenia and Italy, and we'll journey from one country to the other tasting wines from both sides as we go. Overnight at the same hotel in Brda.

**Biking Distance:** 23 km / 14 mi

**Biking Duration:** 4 - 5 hours

**Ascent:** +700 m (2,297 ft)

**Descent:** -700 m (2,297 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner



## Day 5

### POKLON (CROATIA) - UČKA - BUZET

#### Hiking

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After breakfast, we will transfer to Poklon where we begin hiking to the top of Učka mountain, which is the biggest mountain in Istria at an altitude of 1401m (4596 ft). The path is through an oak and chestnut forest that provides a refreshing hike on hot summer days. Reaching the summit (Vojak) is worth the extra climb as the view is a stunning panorama over Kvarner Bay, including coastal towns and mountains in the background. If visibility is really clear, we'll be able to look out towards Venice and the Alps. We'll rest for a picnic lunch before descending the same way back down to Poklon before transferring back to the hotel in Buzet.

**Hiking Distance:** 7 km / 4.5 mi

**Ascent:** +479 m (1,571 ft)

**Descent:** -479 m (1,571 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

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## Day 6

### GROZNIJAN - MOTOVUN

#### Biking

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After breakfast, there is a short 30 minute transfer to Groznanj, one of the area's most interesting medieval hilltop towns.

Groznanj is a jewel in the heart of Istria, with a 14th century medieval Venetian fortress, sitting atop a hill, towering over the Mirna river valley below. From Groznanj, we proceed biking along the legendary route of the Parenzana, a former narrow-gauge railway line which travels deeply into the Istrian peninsula, connecting from Porec to Trieste and to 33 Istrian cities. Passing through magnificent rolling landscapes and lively Istrian vineyards, this journey is referred to as the railway of wine. During a pleasant and exciting ride from the charming medieval town of Groznanj to Motovun, we will pass through many tunnels, over old bridges and stop along the way in a few places to take in the incredible views. Our bike ride finishes at a wine cellar where we will have the opportunity to taste white (Malvazija) and red (Teran) Istrian wines, accompanied by Istrian hams and cheeses. Our day's biking adventure will then end in Motovun, an ancient little Istrian town located atop a 277 m / 90 ft high hill. Tonight, dinner will be on your own but your guide will help you with suggestions. Overnight in a comfortable hotel in Motovun.

**Biking Distance:** 26 km / 19 mi

**Biking Duration:** 3 hours

**Ascent:** + 440 m (1,440 ft)

**Descent:** - 530 m (1,740 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

## Day 7

### LIM FJORD - VR SAR

#### Sea Kayaking

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After breakfast there will be a short 20 minute drive to Lim, where we will start our sea kayak adventure along the protected area of Lim fjord. We will enjoy paddling along the bay, with its steep banks, passing beside the cultivation of mollusks and fish to the end of Lim Bay. While paddling, we will make a stop at a beach to swim, snorkel and have a picnic lunch on one hidden beach. This part of the adventure ends in small fisherman town, Vrsar, where we will take a transfer to our last destination, Porec. Porec's centuries of history is clearly visible as you walk around the town's squares and streets, especially in the old town core. Luxurious palaces of former noble families have become galleries and museums, though some continue to be occupied by people. Some of Porec's town squares date back to the period of the Roman Empire. Our Istrian adventure will ultimately come to an end this evening in Porec, with a final farewell dinner in a local restaurant. Overnight in a comfortable hotel in Porec.

**Sea Kayaking Distance:** 14 km / 9 mi

**Sea Kayaking Duration:** 3 hours

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

## Day 8

### POREC - LJUBLJANA AIRPORT

#### Departure

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After breakfast you will be transferred back to the Ljubljana airport for your flight home. Please make sure you book a flight that departs after 5:00pm.

**Meals:** Breakfast

*NOTE about Ascent/Descent numbers:*

*The ascent/descent numbers are usually generated using Ride with GPS. The numbers are TOTAL ascent/descent for the day and these numbers do not suggest altitude. There are usually multiple small ascents and descents added up throughout the day to reach this total ascent/descent for the day. (While our numbers are generally consistent with Ride with GPS, depending on the mapping technology used, numbers may vary).*



## TRIP INCLUSIONS

### **Trip Includes**

Meals as indicated all accommodation (twin shared), all internal transportation, mountain bikes, airport transfers to and from Ljubljana (please make sure your departure flight is after 5:00pm on day 8 of the trip), and English-speaking guides.

### **Not Included**

International airfare, airport taxes, gratuities, meals not included, and items of a personal nature.

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