



## SLOVENIA, AUSTRIA AND ITALY

### HIKING THE ALPE ADRIA TRAIL FROM SLOVENIA TO ITALY 9-DAYS

On this trip, we hike various sections of the Alpe Adria Trail, a long-distance hiking trail that spans 470 miles/ 750 km in the three countries of Austria, Italy and Slovenia. The trail passes through a diverse landscape of mountains, dense forest, glacier lakes and charming villages. After spending a day exploring the beautiful city of Ljubljana, we drive to Austria to begin the hiking portion of our trip. The hike starts at the Nockberge Biosphere Reserve, and from here we hike for 8-days finishing in the coastal town of Trieste, Italy on the Adriatic Sea. From here we hike for 8-days finishing in the coastal town of Trieste, Italy on the Adriatic Sea. This itinerary is perfect for those looking for a hiking adventure that includes a varied mix of local culture, beautiful and diverse natural scenery, and delicious food and wine.

## Day 1

### LJUBLJANA, SLOVENIA

#### ARRIVAL

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Upon arriving in Ljubljana, make your way to your hotel in the old part of the city. You have the remainder of the day free to explore before the welcome dinner in the evening. Ljubljana is a charming city that is one of the hippest and greenest in Europe, reminiscent of Salzburg or Prague – without the crowds. It's small enough to easily explore on foot walking along the willow-lined pedestrian path bordering the Ljubljanica River, or jump on a boat to admire the city from a different perspective. Lively with bars, cafes and art galleries, this “Green Capital of Europe” is worth a full day visit.

**Accommodation:** Hotel

**Meals:** Dinner



## Day 2

### NOCKBERGE BIOSPHERE RESERVE, AUSTRIA

#### HIKING

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We start our adventure with a transfer to the UNESCO Nockberge Biosphere Reserve in the Austrian state of Carinthia. This park is known for its diverse and unique natural beauty, including rolling hills, alpine meadows, dense forests, and crystal-clear lakes. We'll ride the gondola up the mountain above the Lanmgaltal for breathtaking views over the Nockberge Alps and then begin our hike from the top of the gondola. After the hike we descend into Bad Kleinkirchheim, a small village known for its beautiful mountains, thermal spas, and ski resorts. We check into our lovely and relaxing family-run hotel and have time to relax before dinner. In the evening be sure to try the homemade pastries and strudels which Austria is famous for.

**Hiking Distance:** 9.2 km / 5.7 mi

**Hiking Duration:** 4-5 hours

**Ascent/Descent:** +/- 382m (1252 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

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### Day 3

## MILLSTATTER ALPS & THE PATH OF LOVE, AUSTRIA

### HIKING

This morning, we transfer south to Millstatter Lake and the adjacent resort town of Millstatt. In the hills above town, we first stop at Lammersdorfer Hut, known for their local delicacies. We follow a dirt trail through idyllic cow pastures to Garnet Gate, where we are rewarded with a beautiful vista above the fjord-like lake. We continue our hike along the Path of Love and end back at Lammersdorfer Hut. There we enjoy a taste of local cheeses and cured meats before returning back down to the valley to Bad Kleinkirchheim for another night. Enjoy some free time in the afternoon to enjoy the spa or go shopping for lederhosen and dirndls.

**Hiking Distance:** 7.3 km / 4.5 mi

**Hiking Duration:** 3-4 hours

**Ascent/Descent:** +/- 430m (1411 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

### Day 4

## CARNIAN ALPS & OJSTRNIK LOOP, AUSTRIA & ITALY

### HIKING

This morning we transfer to the start of our next adventure – a circular hike on the Italian side of the Carnic Alps, stage 3 of The Alpe Adria trek. This hike is characterized by an impressive mountain backdrop and high mountain pastures. We first hike past shepherd villages at the foot of Mt. Osternig, enjoying majestic views over the Julian Alps to the south. Those eager to hike more can opt for an extension to the top of the mountain for 360 panoramic views over the Austrian, Slovenian and Italian Alps. In the afternoon we descend to Tarvisio, where we check-in to our hotel for the next two nights. The evening is free to discover the town's Piazza Unita d'Italia and learn the unique history of the Canal Valley in which the town is situated.

**Hiking Distance:** 8.7 km / 5.4 mi

**Hiking Duration:** 4-5 hours

**Ascent/Descent:** +/- 600m (1968 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch



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## Day 5

### LAGHI DI FUSINE & MONTE LUSSARI, SLOVENIA

#### HIKING

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After breakfast, we have a short drive to the start of stage 5 of the Alpe Adria trail. Today's hike is a loop and starts at Laghi di Fusine, a stunning pair of alpine lakes nestled in the Julian Alps. We'll set off into a lush forest and then make our way through meadows covered with wildflowers. It's a gentle ascent from Lago Inferiore to Lago Superiore, and if the skies are clear we'll see reflections of the towering peaks in the emerald waters. At the end of the loop we'll have a delicious lunch. This afternoon we transfer to the peak of Mt. Lussari for a gondola ride up – this is a historic pilgrimage site for Italians, Slavic and German believers since time immemorial. Be sure to enjoy an afternoon espresso and tiramisu in this mountain paradise before we descend back to the valley for another night in Tarvisio.

**Hiking Distance:** 4.2 km / 2.6 mi

**Hiking Duration:** 2.5-3.5 hours

**Ascent/Descent:** +/- 77m (254 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

## Day 6

### VRASIC PEAK & SOCA VALLEY, SLOVENIA

#### HIKING

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Our adventure continues with a transfer to the Vrsic pass, the highest pass in Slovenia at 5300 feet / 1615 meters. It was built in WW1 by Russian POWs who were captured at the eastern front by the Austro-Hungarian Army, which is why the road over the pass is also referred to as the "Russian Road". Once a strategic military access route, it is now considered one of the most scenic mountain passes in Europe. We hike a section of the old road and enjoy the 360° views at the top Mt. Vrsic. After lunch we continue across the pass to hike along the river Soca, legendary among hiking and whitewater enthusiasts alike for its emerald-green beauty. We end our day at a cozy local Agrotourism hotel, known for its sheep cheese and hearty stews.

**Hiking Distance:** 11.6 km / 7.2 mi

**Hiking Duration:** 4 hours

**Ascent/Descent:** + 84m (274 ft) / - 198m (650 ft)

**Accommodation:** Agrotourism Hotel

**Meals:** Breakfast, Lunch, Dinner



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## Day 7

### KOBARID, CIVIDALE DEL FRIULI & GORISKA BRDA WINE COUNTRY, SLOVENIA

#### HIKING & WINE TASTING

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Today we continue our journey with a scenic hike from Trnovo ob Soci to Kobarid. We hike along a rugged but lush trail alongside the Soca River as we make our way to the Kozjak waterfall. The hike ends in Kobarid for lunch and then we cross the border into Italy to the small town of Cividale del Friuli. Cividale is a charming medieval town with narrow streets and ancient architecture. After an espresso and gelato, we return to Slovenia to discover Goriska Brda Wine Country. The area is lush and fertile, producing not only wine and olive oil but also figs, cherries, apricots, and peaches. The day ends in Smartno, another medieval town. Before dinner we visit a local wine producer to learn about wine production (and taste) in the region.

**Hiking Distance:** 6.8 km / 4.3 mi

**Hiking Duration:** 2.5-3.5 hours

**Ascent/Descent:** + 116m (381 ft) / - 192m (630 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

## Day 8

### TRIESTE, ITALY

#### HIKING & SIGHTSEEING

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This morning we leave the rolling hills of "Slovenian Tuscany" and cross flatlands into Italy to the city of Trieste, located at the tip of the Mediterranean. Trieste has a unique mix of Italian, Slovenian and Austrian influences. On the way we hike a coastal section of the Alpe Adria Trail, with views that contrast the high alpine landscapes we experienced just days before. We check-in to the hotel early afternoon and have free time to explore the city. Trieste has so many wonderful things to discover including a fascinating history, famous coffee culture, and diverse continental-Mediterranean cuisine. We meet again in the evening for a Mediterranean style farewell dinner.

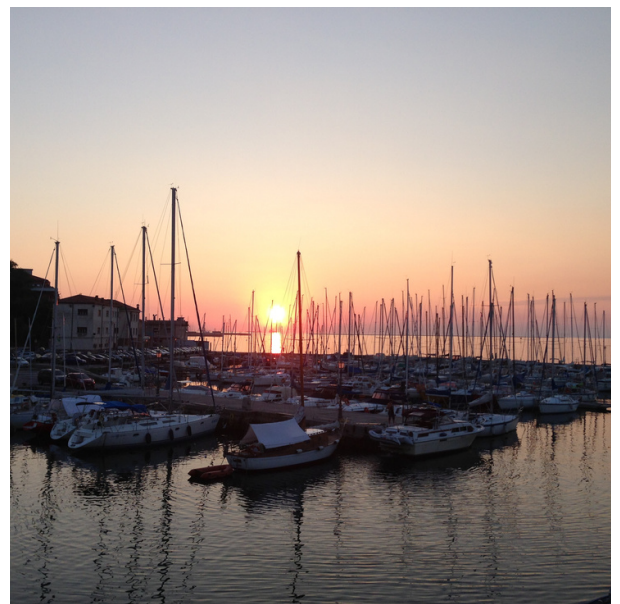
**Hiking Distance:** 7.9 km / 4.9 mi

**Hiking Duration:** 2-3 hours

**Ascent/Descent:** +/- 215m (705 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner



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## Day 9

### TRIESTE, ITALY

#### DEPARTURE

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Make your way to either Venice or Ljubljana for your international flight back home. There are also regional flights within Europe that depart from the Trieste airport. If you'd like to book an extra transfer to one of the airports let us know and we'll give you a quote.

**Meals:** Breakfast

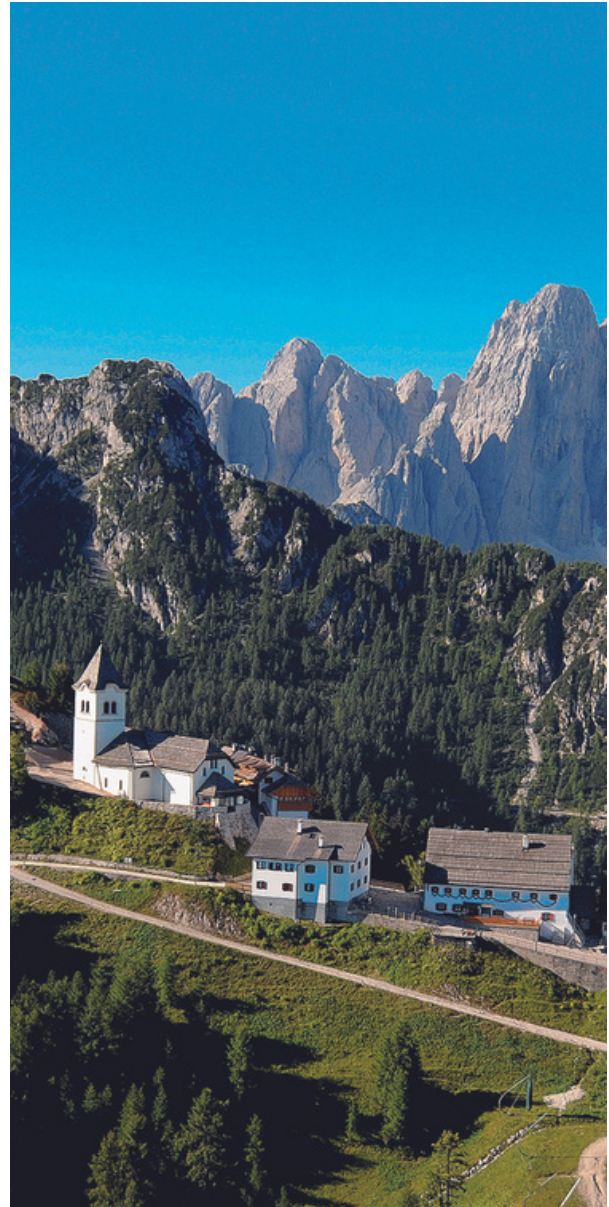
## TRIP INCLUSIONS

### Trip Includes

All accommodation (twin shared), meals as indicated (B=breakfast, L=lunch, D=dinner), all internal transportation, equipment and English-speaking guides.

### Not Included

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



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