

The Emerald Route

From Ljubljana to the Mediterranean coast

Code tour: SLO03C

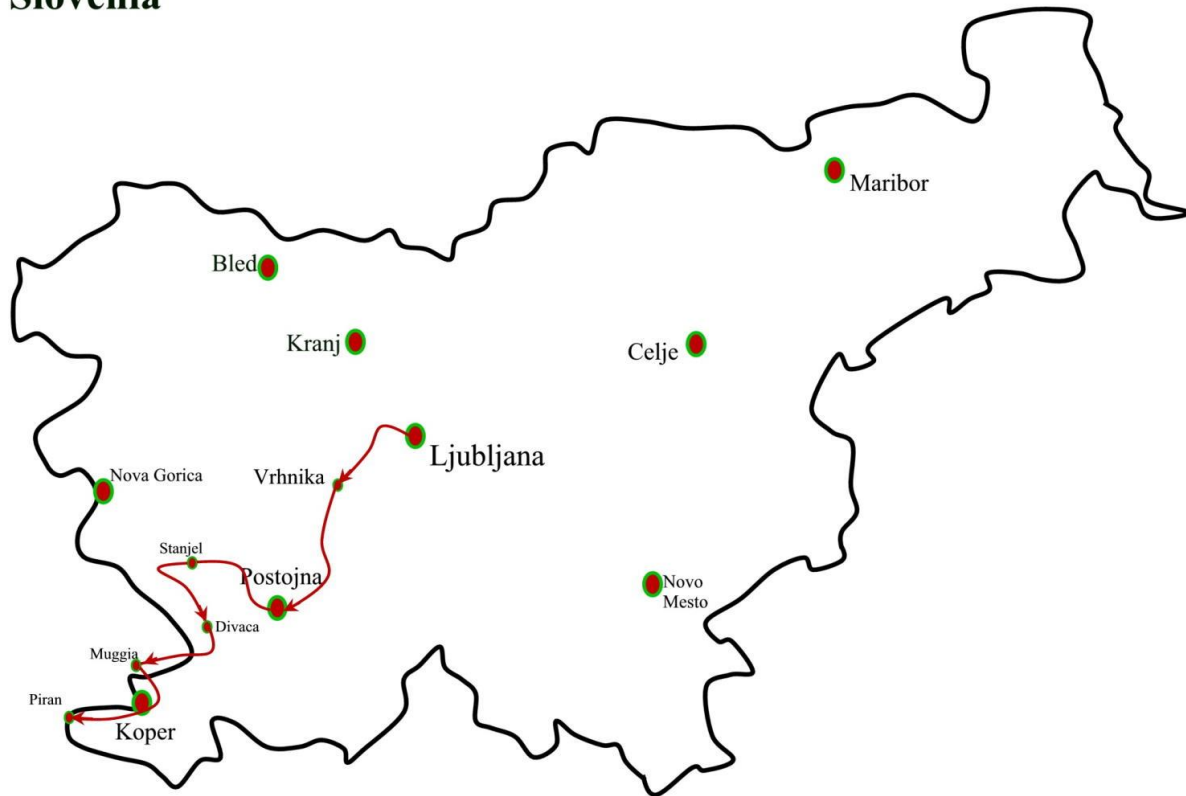


This cycle tour starts in Ljubljana, the capital of Slovenia, a beautiful and vibrant town where oriental and western culture meet and where the past lives in harmony with modern times. Ljubljana is a cultural town with many theatres, museums and art galleries. It has an old town centre with 'fin de siecle' buildings and a castle dominating the town. The river Ljubljanica and its bridges are dominating the town and you could consider a nice boat cruise to get a different view of the town centre.

During this cycle tour, you will follow a medieval trading route and you will cycle through the typical natural environment of the Karst Plateau and a slightly hilly landscape. You will cross the Ljubljansko Barje, which were once marshes, and will pass castles like the Predjama castle, the famous Postojna caves and authentic little Slovenian villages. The Postojna Cave Park is an amazing stop. The caves are a classic example of Karst with impressive stalactites and stalagmites. However, it is not only a tour full of art and nature. Slovenia has also a lot of tasty traditional foods and is a paradise for culinary adventurers: Kranjska Klobasa (Carniolan sausage), the filled dough Štruklji, the delicious

Kraški Pršut (the Karst Prosciutto) and some amazing cakes like the Prekmurska gibanica, a layered cake with different fillings. All this delicacies can be combined with a good Slovenian wine

Slovenia



Program in short:

Day 1: Arrival at Ljubljana

Day 2: Ljubljana - Vrhnika 39 km / 24,2 mi

Day 3: Vrhnika - Postojna 34 km / 21,2 mi and optional 10 km / 6,2 mi

Day 4: Postojna to Štanjel or surroundings 42 km / 26 mi and optional 6 km / 3,7 mi

Day 5 Štanjel -Lipica-Divaca 38 km / 25 miles

Day 6 Divaca - Muggia 38 km / 25 miles

Day 7 Muggia - Piran 37 km / 24 mi and 11 km / 6,8 mi

Day 8 departure after breakfast

Starting days: daily between 23 March and 12 October 2024 (last starting date). High season from 04/05 to 20/09/2024.

Participants: minimum two people (solo traveller on request)

Level: 2,5 medium

Long stages of flat terrain (high-plain) alternated a landscape with gentle rolling hills. The steeper climbs are short and the longer ones not too steep. Often the choice between longer

and shorter daily distances. Cycling along quiet country roads: dirt and asphalted. Cycle experience is needed. Suitable for cyclist of average fitness.

Daily Kilometers: min. 34 km / 21,1 mi – max. 48 km / 19,8 mi

Total km: min. 234 km / 144 mi – max. 272 km / 169 mi

Average ascent/descent: between 150 and 700m

Road type: 80% country roads, 13% cycle paths and 7% main road (approaching the towns)

Road surface: 95% asphalted and 5% gravel roads

Program day by day

Day 1: Arrival at Ljubljana

Individual arrival in Ljubljana, handing over of bikes (if rented) and tour information.

Ljubljana has an interesting old town centre, in Baroque and Art Nouveau style. There is a lot to see. You could go on a tour of the castle on the hilltop, admire the picturesque Triple Bridge and Dragon Bridge which pass over the Ljubljanica river and visit the churches of St. Nicholas and St. Francis.

Overnight stay in **** hotel in Ljubljana

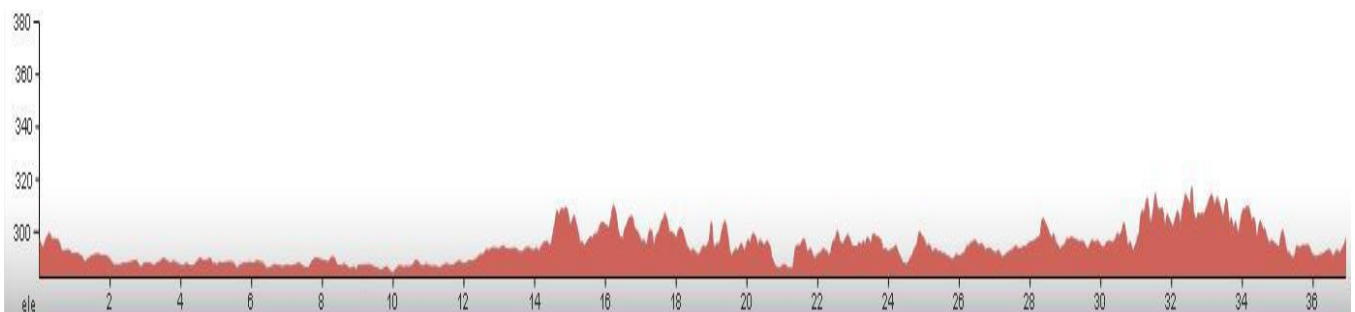
Day 2: Ljubljana - Vrhnika

Today's route is easy and crosses the Ljubljansko Barje flats of 160m², a former marshland surrounding Ljubljana, and the Karst Plateau with a rich flora and fauna. The Ljubljansko Barje was once a great lake until it dried up 6000 years ago, leaving behind an incredibly diverse landscape that is now home to some of Europe's rarest forms of bird, plant and insect life. An attraction is what is left of the world's highest railway viaduct in Borovnica. In hot summer months you could even fresh up in a typical Carst Lake of Podpec. Visit also the Technical Museum in Bistra Castle. The museum has a rich collection of agricultural and textile machinery and an exhibition of Tito's cars. The gardens of the museum are beautiful, with a pond and a nature trail through the woods. Today's ride ends in Vrhnika, nestling on the left bank of the Ljubljanica.

Overnight stay in *** hotel with breakfast in Vrhnika.

Distance: 39 km / 24,2 mi

Ascent/Descent: + 220m. - 230m



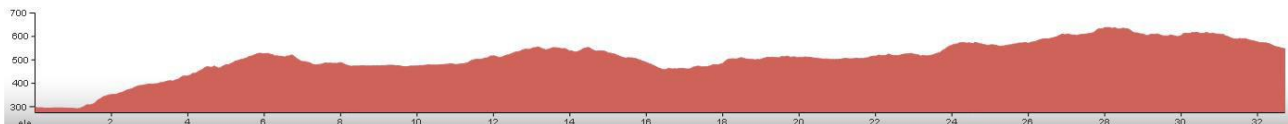
Day 3: Vrhinika - Postojna

This is a hilly day pedalling alongside roads. At first, you cycle along quiet country roads with some uphill sections, but then on the Carst polje (field) the terrain levels out. The Carst is well-known for its underground network of caves and the small rivers that flow above ground, disappear underground and after kilometres reappear from nowhere. Today you will discover the real Slovenian countryside, far away from the main tourist routes. You will cycle along the Napoleon Road, which as the name indicates dates back to the Napoleonic Age and which, with its 290 lime trees, is the longest tree-lined lane in Europe. You can stop for a picnic lunch in the Rakov Škocjan nature reserve, where the Rak River has carved out a stunning gorge containing some of nature's most incredible landscape formations, including two natural bridges.

Overnight stay in **** hotel with breakfast in Postojna

Distance: 34 km / 21,2 mi and optional 10 km / 6,2 mi to visit the nature reserve Rakov Škocjan.

Ascent/Descent: +590m - 350m



Day 4: Postojna to Štanjel or surroundings

This morning you will have enough time to visit the caves of Postojna, which are part of a 21km long karst cave system. The caves are especially beautiful because of their natural decoration with the whimsically shaped stalactites and stalagmites. To visit the caves a 1½ hour tour will take you through this fairy tale world with the unique "human fish", a mysterious creature that lives in dark pools inside the caves. Today's cycling is through a hilly landscape with one long descent followed by some easy climbs in the end. You can

choose to make a short detour that will take you to the impenetrable Predjama castle, wedged tight into a crevasse halfway up a 123m 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. Make the guided tour and learn how Erasmus met his untimely demise in less than poetic circumstances, as he was literally caught with his pants down. You will have an overnight stay in the picturesque Štanjel, well known for its old town centre with Romanesque and gothic houses and alleys that lead to tiny squares with characteristic fountains.

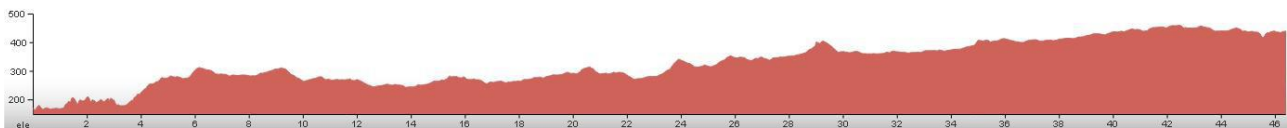
Overnight stay in *** guesthouse with breakfast in Štanjel / surroundings
 Distance: 42 km / 26 mi and optional 6 km / 3,7 mi to visit Predjama Castle)
 Ascent/Descent: + 635m -1010m



Day 5 Štanjel -Lipica-Divaca

The landscape today is predominantly that of the high plateau. There is only one climb, which is long but gradual. You will pass the botanic gardens in Sežana, home to 198 species of trees and bushes and more than a 100 exotic pot plants. The palmarium, herbarium and the geological and archaeological collection are all worth a visit. The war museum in the village tower of Lokev is unusual and very interesting. Lipica is famous for its stud farming. These light grey horses were brought to fame through the Spanish Riding School of Vienna and are renowned worldwide.

Overnight stay in *** hotel with breakfast in Divica.
 Distance: 48 km / 29,8 miles
 Ascent/Descent: +630m -370m



Day 6 Divaca - Muggia

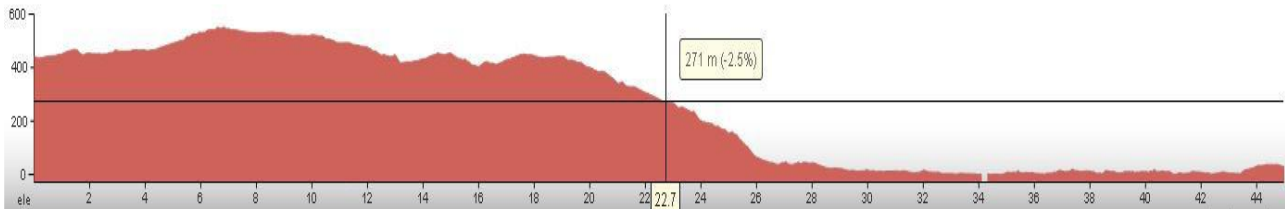
This day begins with a rolling landscape and will be followed with a lovely descent from the Karst plateau to the seaside. If you did not have time to visit the Postojna caves, today you can make a stop at the Skocjan Caves, which are not less interesting. It is possible to make a short extra ride to visit the town of Trieste in Italy, once an important harbour. It is a town full of life and there is a lot to visit like the castle, cathedral and Piazza Unita central square. Trieste was once part of Slovenia whilst under the rule of the Austrian monarchy. Make a relaxed stop to enjoy a cappuccino or hand-made gelato in one of the

many old-fashioned cafes. You continue cycling along the coastal cycle path until you reach Muggia, where you can relax on the beach and enjoy the sea.

Overnight stay in **** hotel with breakfast in Muggia.

Distance: 38 km / 25 miles

Ascent/Descent: +280m -700m



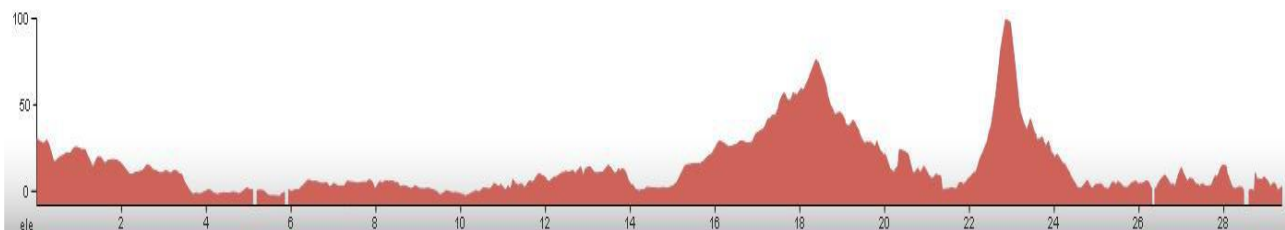
Day 7 Muggia - Piran

Today an easy ride along the new cycle path along the coast, an ex-railway line. You can make a coffee stop in the fashionable resort of Portoroz. A detour will bring you to the salt pans of Seca. This cycling holiday ends in the little harbour village of Piran, famous for its gorgeous Venetian architecture.

Overnight stay in **** hotel with breakfast in Piran.

Distance: 37 km / 24 mi and 11 km / 6,8 mi an optional side tour to salt pans of Seca

Ascent/Descent: +320m.- 330m



Day 8 End of the tour after breakfast

Today is the last day! After breakfast, prepare for departure or book an extra night to enjoy the sea.

Hotels:

*** or **** star hotels or *** Guesthouse

Bicycles: Trekking bikes o E-bikes

Prices per person:

Low season (23/03 to 03/05 and 21/09 to 12/10/2024)

In double room € 885

In single room € 1.150

Solo Traveller in single room € 1.345

High season (04/05 to 20/09/2024)

In double room € 940
In single room € 1.230
Solo Traveller in single room € 1.400

Extra: welcome meeting and bike fitting at your arrival € 30 per meeting

Supplement for upgrade to **** hotel in Ljubljana
In double room € 80
In single room € 120

Bike rental:

Trekking bikes € 90
E-bikes € 230
Extra day rental bike € 25

Supplement to be paid on spot

Paper map and road book € 30
Extra odometer € 20
Extra baggage stuk: € 60 per koffer, lokaal af te rekenen

Included in the price

- 7 nights with breakfast
- Luggage transportation from hotel to hotel – one piece p.p. max 23 kg. With supplement extra luggage can be transported (€ 60 per bag, to be paid locally)
- Per booking 1 digital road book in English, Dutch, German or French (App Guibo)
- On request with supplement you can ask for a paper road book
- Local tourist information
- Local tourist taxes Telephonic helpline

Not included in the price

- The trip to and from Slovenia
- Transfer from and to airport
- Lunches and dinner
- all what is not mentioned under “included in the price”

How to reach

Start/End: Ljubljana / Piran



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