

I FEEL
SLOVENIA

1

CYCLING IN SLOVENIA

Green. Active. Healthy.

www.slovenia.info

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www.hiking-biking-slovenia.com



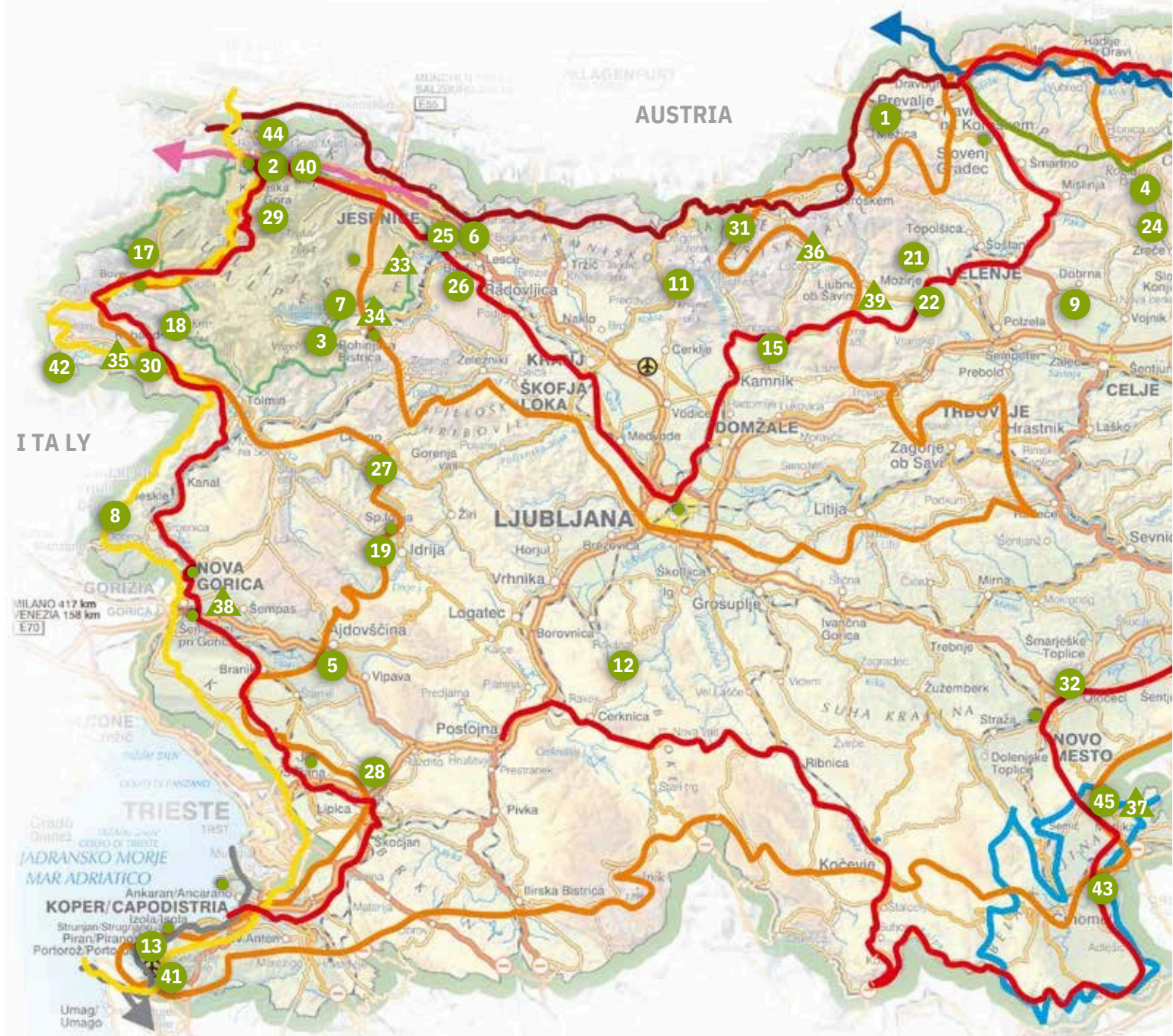
Slovenia is indeed a hidden gem for cycling enthusiasts, even though this authentic and diverse country has already been well explored from the handlebars by many visitors from all over the world. So let yourself wander – first through this catalogue and then on your next biking holiday. We offer a selection of some of the best cycling experiences in the region, and much more awaits when you visit each and any of Slovenia's cycling destinations.

Slovenia in Europe



LONG-DISTANCE CYCLING TRAILS

- TRANS SLOVENIA
- TRANS KARAVANKE
- POHORJE CYCLING TRAIL
- DRAVA CYCLING TRAIL
- PARENZANA
- JURE ROBIČ CYCLING TRAIL
- SLOVENIAN ALPINE CYCLE-TOURING TRAIL
- VIA BELA KRAJINA
- PETROL CYCLING
- TRANSVERSAL



A GREEN CYCLING PARADISE IN THE HEART OF EUROPE

“Let the masses head out to the Alps. When it comes to mountain biking, Slovenia is Europe’s best-kept secret. Brothers and sisters we have seen the light, we know that the country is a mountain biker’s paradise, and we’ve been chomping at the bit to get back there ever since.” – Singletrack Magazine, UK.

TEN REASONS TO VISIT SLOVENIA BY BIKE

1

It’s green! A well-preserved natural environment, ruled over by mighty forests, fresh air and clean water. “Feel Green” is not just a gimmick, it’s a feeling you experience when you come to Slovenia.

2

Diverse landscape – Slovenia is a meeting point of different geographical regions, and it is only right and proper for this cycling catalogue to align with the natural world. In terms of contours, climate and vegetation we merged the cycling destinations into five cycling regions, making it easier for you to choose your next holiday ays:

- **THE ALPS**
- **ALPINE FOOTHILLS**
- **KARST UPLANDS AND PLATEAUS**
- **VINEYARD HILLS AND EASTERN PLAINS**
- **MEDITERRANEAN SLOVENIA**

3

Slovenia is all within reach! This is a small but varied and in many respects rich country, whose diversity can be experienced even in a long weekend of cycling, but to really engage with the natural world and people here you will need a week or more on holiday. And then you’ll want more!

4

The friendliness of the local people and the strong cycling culture – Cycling is

deeply rooted in the Slovenian environment, in terms of tourism, sports and simply as a way of getting around. The locals will happily tell you about this or that great trail or help you get oriented, and in every town you will find local bikers that you can team up with to really discover the land.

5

Travelling by bike in Slovenia is full of positive surprises, and at the same time this is one of the safest countries in Europe.

6

Nature is accessible – When you turn off a Slovenian road into the forest, you will not be stopped by any “no trespassing” signs, you will be welcomed by the refreshing shade and free access to almost all the country’s forests and uplands. There are some restrictions in Slovenia on wheeled vehicles in the natural environment, but they will not stop you having wonderful experiences.

7

In Slovenia you can bike in all seasons, with the cycling season in most places starting in April and ending in November, but in Istria you can bike all year given the Mediterranean influence.

8

Parts of Slovenia are still home to wild game animals, and you might see a sign saying “Caution, bears!” (it will actually read: “Pozor, območje medveda!”). But you have nothing to fear, the protected

wild animals stay off the trails and are more afraid of you than you are of them, so it is almost impossible to encounter them.

9

Rich history and culture – In Slovenia you can explore ruins going back to Roman times, tour medieval castles or get to know some of the still very active master craftspeople.

10

Cycling almost has to end (or perhaps begin) with the “tastes” of Slovenia – in authentic local inns, with a glass of superlative Slovenian wine and one of the traditional dishes and desserts.

In Slovenia you will learn that the “perfect trail” is not just enjoying some awesome wilderness path or conquering a serpentine ascent, it is enjoying a ride that is woven into the environment, the people, the natural world, culture, cuisine and surprises around each bend.

DID YOU KNOW?

The oldest known wooden wheel and axle were discovered close to the capital city Ljubljana. It is some 5,200 years old, evidence that people “rode” around here back in pre-history.



SLOVENIA
Green. Active. Healthy.



THE ALPS

Top 5

- Exploring the Soča river valley and the mountains and meadows above the emerald river, ideal for combining with nature-based recreation.
- Unique underground cycling in a former mine below Peca, and enjoying the single trails of Koroška.
- Photographing the views from the Solčavsko Panoramic Route.
- Traversing the Karavanke by mountain bike.
- An epic Alpine stage for road bikes featuring the passes of Vršič and Predel and the climb to Mangart; one of the most stunning in Europe.



THE SOČA VALLEY: BOVEC, KOBARID, TOLMIN

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CYCLING TOURS AND TRAILS

Total length	2,666 km
Number of all tours	90 18
Marked trails	
Lowest and highest points	167–2,040 m above sea level

Under the high Julian Alps, on the edge of Triglav National Park, lies a picturesque valley, and winding through it is the emerald River Soča. Nature, which is virtually unspoiled here, is richly adorned and harbours an abundance of treasures: Alpine peaks and green hills, crystal clear rivers, enchanting waterfalls, pools and gorges, therapeutic springs and mysterious caves. There are countless points along the way that stop you in your tracks and fill you with wonder.

The valley offers all kinds of outdoor activities, and it is especially simple and fun to explore this semi-hidden world by bike, while the more difficult terrain offers plenty of challenge for well-trained bikers. Mountain bikers can sweat and sunbathe on the steep slopes of the Julian Alps high above Bovec, Kobarid and Tolmin, enjoy the views from Kolovrat and explore the lovely Šentvid plateau, the remote villages above Baška grapa or the picturesque borderland

area of Slavia Friulana. Road bikers should not miss the climb over Vršič (1,611 m), the highest road pass in Slovenia, while an even bigger challenge might be the climb up the highest road in Slovenia, which leads to the Mangart saddle (2,040 m). If you feel like an easier time on the pedals, try the routes along the Soča, Koritnica, Nadiža, Tolminka, Idrija and Bača river valleys. Combine cycling with discovering and learning about the rich cultural and natural heritage of these areas, and the local remnants of the First World War offer a real trip into the rich history of the valley and its surroundings. We invite you to visit

the source of the River Soča, Kozjak and Boka waterfalls, the Tolmin gorges and the big gorges of the Soča, Kluže fortress, Kobarid Museum and the Memorial Church of the Holy Spirit at Javorca. Along the way you should treat yourself to some famous Bovec cheese, a frika omelette with native Tolminc cheese and sweeten up with some Bovec kرافي dumplings and sweet Kobarid dumplings.





KRANJSKA GORA



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CYCLING TOURS AND TRAILS

Total length	around 200 km
Number of all tours	17 15
Marked trails	
Lowest and highest points	810–1,640 m above sea level

You can check out the area around Kranjska Gora at a great pace by bike. You can opt for an easy rhythm on the pedals or for more challenging excursions into the heart of the Alpine valleys.

To this end we have made up a map with marked cycling routes in the Upper Sava Valley, showing more than 200 km of signposted routes. The map also offers friendly pointers to special features worth visiting, and offers a thorough and probably the most pleasing way of getting to know this part of Slovenia. You can pick one up at any of the tourist information centres in Kranjska Gora, Mojstrana and Rateče. On the tri-country cycling route starting

at the triborder with Austria and Italy you can also hop down to Bled through the Radovna Valley. And you can take off into the wilderness at many points from the maintained trails. Meanwhile the real bikers will not want to miss the climb to Slovenia's highest road pass, 1611 m high Vršič. You can also bike tour around the Julian Alps. A circular cycling route leads from Kranjska Gora via Bled, Bohinj, Tolmin, Kobarid, Bovec and Vršič back to Kranjska Gora. The entire loop, which is 232 km long, can be done in five stages or five days. There is also a bike park in Kranjska Gora for anyone seeking adrenaline thrills.



BOHINJ

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CYCLING TOURS AND TRAILS

Total length	420 km
Number of all tours	15
Marked trails	5
Lowest and highest points	512–1,400 m above sea level

The long-disappeared glacier cut deep into the Julian Alps and gave us Slovenia's biggest lake, and next to it magnificent mountains and Alpine meadows that seem tailor-made for all imaginable water and land sports in the natural environment, with cycling at the forefront. Tranquillity, a wonderful natural setting, tradition- and specialities and refreshment at each step – all this awaits you in Bohinj.

You can also experience Triglav National Park by bike, and there is no better starting point for this than Bohinj. The valley, dominated by its ever-clear and fresh lake, offers a wide choice of trails running from the lowlands all the way to the high mountains and pastures way above the lake. This area is etched with a full 420 km of cycling trails for all types of bikers, and the trails lead you to all the best-known attractions, both natural and cultural. You can of course rent a bike and gear at several locations, and you can set out to explore the Bohinj area accompanied by local guides. A day of cycling in Bohinj should also involve trying some delicious traditional dishes, and of course the obligatory jump into the lake. Given the wide variety of options and combinations of cycling and other activities, from hiking to all kinds of water sports on the lake and River Sava, you could spend a week or two in Bohinj without running out of fascinating places that will surprise you with their unique features.

Stretching out above Bohinj is the well-known Vogel ski centre, which now boasts a bike park (www.vogel.si), distinguished by its high altitude, and of course the views of the most majestic Julian peaks.



BLED

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CYCLING TOURS AND TRAILS

Total length around 330 km 10 10 500–

Number of all tours 1,180 m above sea level

Marked trails

Lowest and highest points

Lake Bled is the icon of Slovenian tourism, while with its location close to Triglav National Park it is an ideal starting point for all kinds of cycling tours, taking you through the rich cultural and natural heritage of the location and its surroundings.

Blejski kot is an ideal spot for cycling, be it for older guests wanting to take it easy, families or dedicated recreational cyclists. The varying roads and trails between the villages in the area around Bled are ideal for short cycling excursions, while the dense network of forest roads at Jelovica, Pokljuka and Mežaklja will satisfy the most demanding mountain bikers. There are several agencies that rent out bikes in Bled, and you can also hire a guide.

CYCLING TOURS

The routes in the Bled area are laid out along little-used roads, and mainly on unpaved roads. Most famous of these routes is of course the trail around the lake, which at 6 km in length and minimal inclines is ideal for families with small children. Numerous routes lead from the lake, and one of the more attractive ones is the Radovna cycling trail running through the valley of the River Radovna and through Triglav National Park. It is 16 km long and runs along unpaved roads, and in addition to cycling you will be able to check in at numerous information points. The Little Bled Loop tour takes you through the surroundings of Bled, and while it is 30 km long, you can stop at any point and return to Bled. The route sets off towards the canyon of the River Sava Dolinka and leads to the famous Vintgar gorge, through typical Gorenjska villages and along the River Sava Dolinka. Bled is also an outstanding starting point for more challenging road and mountain tours, with routes leading all the way to Bohinj and the slopes of Triglav National Park, and by crossing what is here the very narrow Ljubljana basin you are quickly at the Karavanke foothills.



RADOVLJICA

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CYCLING TOURS AND TRAILS

Total length	440 km
Number of all tours	11
Marked trails	11
Lowest and highest points	400–1,180 m above sea level

SYSTEM OF MARKED CYCLING TRAILS



3

5



Even the town and municipal crests of Radovljica depict a man with a bicycle, so it should be no surprise that Radovljica, positioned in the north-western part of the Ljubljana basin, on a terrace above the River Sava, between the Karavanke and Jelovica and just a stone's throw from the Julian Alps and Pokljuka, is a perfect starting point for cycling, where there is no doubt that everyone will find an excursion to suit their wishes and abilities.

Radovljica is a lively medieval town with a magnificent preserved old town centre. Each year it offers a rich programme of cultural and sporting events, and its green surroundings offer countless opportunities for sport and recreation. A special feature is the network of cycling signposts, directing bikers on their routes to specific locations. The signposts include the distance and difficulty level, as well as interesting features in

the area. You can plan your own route, and can make use of printed and digital maps. Radovljica is an ideal starting point for short and long bike excursions. Lake Bled is just half an hour away by bike, while Bohinj is more suited to an all-day ride. More robust bikers can pedal off to Kranjska Gora and then on to the highest road pass in Slovenia at Vršič. Shorter but no less attractive cycling routes run from Radovljica up to Jelovica, along the Karavanke foothills or through surrounding villages, which offer plenty of natural and cultural features of interest. The local roads have no heavy traffic, so are mostly ideal for family outings. There are also countless possibilities on the unpaved roads and hiking trails on the terraces above the River Sava and surrounding slopes. For serious mountain bikers we recommend hiring a local guide, who will tailor a tour to your wishes and show you some of the finest spots in the country.





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