

HeartCycle Bicycle Touring Club

BEST OF CYCLING IN SLOVENIA, ITALY & CROATIA

- Dates:** Orientation September 24, 2023 at 3pm. Early arrival to Ljubljana strongly suggested for 9/23 or earlier.
Biking 9/24/2023 - 10/2/2023. Departure 10/3/2023.
- Leaders:** Cindy Dore (HeartCycle coordinator). Two experienced local guides will accompany us on the tour. Two air conditioned vans will provide support as needed.
- Miles:** Daily mileage 17-39 miles with options. There are several steep and beautiful climbs on this tour.
- Rating:** Intermediate
- Riders:** 20 (includes tour coordinator)
- Price:** \$4,400 (Double occupancy). \$1,000 at registration. Balance due by June 10th, 2023. Single Supplement \$1000 (limited single supplements on this tour due to smaller inns and hotels)
- Cancellation:** \$300 non refundable (unless Heartcycle can replace you), then [Standard Cancellation Policy](#). *Travel insurance is strongly advised, both trip and medical.*



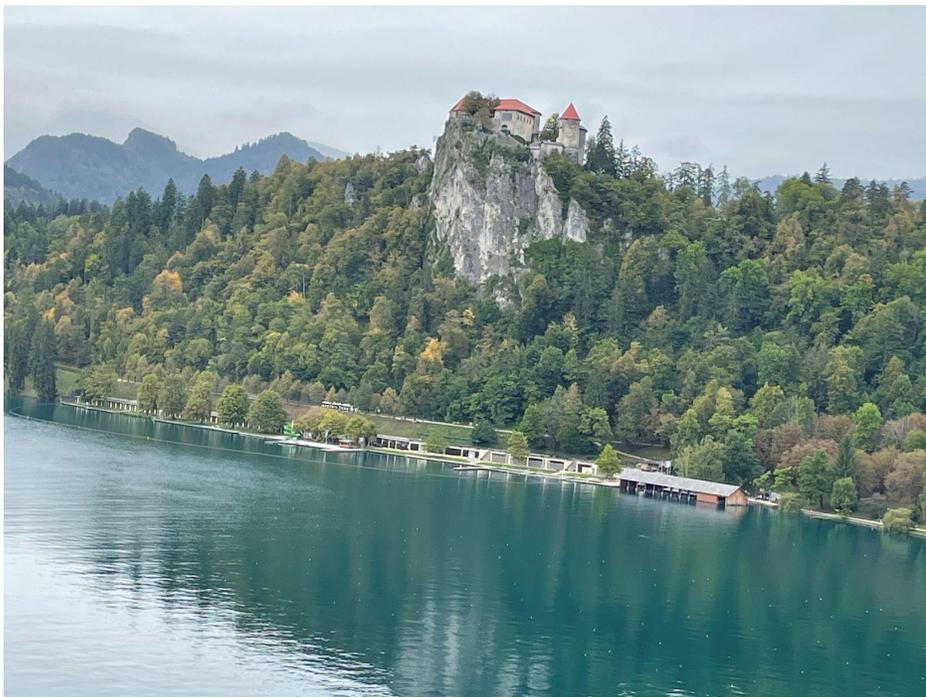
OVERVIEW

A 9 day fully supported and guided tour, this tour consists of 8 riding days. The route begins in Slovenia with a ride through Triglav National Park valleys and lakes with stunning views of the Julian Alps. From Slovenia we cross the border on the Alpe Adria cycling path into Italy. From Italy we move to Istria, the largest Croatian peninsula where the scenery is continuously changing from green rolling hills, pine forests, vineyards and olive groves to the sparkling Adriatic Sea coast. We have contracted with a local touring company who has the expertise to show us the beauty of this area.

Detailed route maps, cue sheets and GPS files will be provided to tour participants. Routes include the following (several days have options for more riding). Rental bikes available, see Notes at end of tour description for choices. The cost of the tour includes 25 meals – 8 gourmet dinners with drinks, 8 lunches with drinks and all breakfasts, Wine tasting, Olive oil tasting, Oyster and mussel tasting.

ITINERARY

Sunday, September 24th 45 minute van transfer from Ljubljana to Lake Bled and the 4 star Rikki Balance Hotel, where we will stay for 2 nights. The group will meet at 3p.m. for bike fitting and a 6 mile ride around Lake Bled. The “Welcome Meeting” with guides will provide detailed information on the tour and time to meet the rest of the group will be scheduled at the hotel bar. We will enjoy an Alpine inspired dinner at a Bled restaurant. Transfer from airport to initial hotel included. If staying in Ljubljana prior to the start of the tour, you will be picked up at the hotel and transported to Lake Bled.

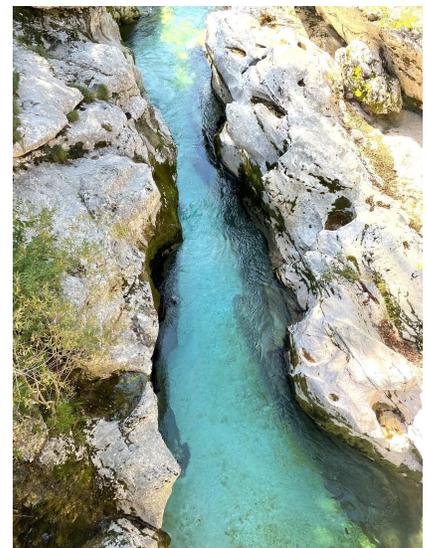


Monday, September 25th 31 mile ride to Lake Bohinj. Passing through the alpine village of Studor with a sampling of the famous Bohinj cheese and Struklji. Dinner at a Bled restaurant overlooking the Lake.

Tuesday, September 26th 34 mile ride through the Triglav National Park and the Radovna Valley making a short stop at a local farm. We will end at Kranjska Gora, a ski town in Slovenia where we will have a pizza lunch. We will stay at the Hotel Ski Pass 4 star hotel. Dinner will be at the hotel restaurant.



Wednesday, September 27th 39 mile ride on the Alpe-Adria Cycle Trail from Kranjska Gora towards the town of Resiutta in Italy encountering more than 20 tunnels and bridges. Lunch will be at a train station. We will stay once again at the Hotel Ski Pass with dinner at a Kranjska Gora restaurant.



Thursday, September 28th 33 mile ride up to Vrsic Pass or transport by van. This is a challenging and beautiful climb. We will descend to the Soca River and limestone peaks of Triglav National Park. Lunch is at a Soca River Valley restaurant, Our hotel will be in Italy, Hotel Franz Friulli 4 star hotel. Dinner will be in a Michelin Star restaurant.



Friday, September 29th 27 mile ride in the Goriska Brda wine region. We will stop to taste the best known red wines at one winery and stop at another for white wines from the Collio region. Lunch will be at a great local restaurant. We will then have a van transfer to our hotel in Novigrad, Croatia, the Hotel Palazzo, 4 star hotel. Dinner will be in a local restaurant.

Saturday, September 30th 38 mile ride through the ancient town of Porec with historical sites and magical mosaics. We continued biking toward the quiet Istrian interior en route to Rovinj. We will stop to taste Istria's best known wine, Malvasija, at a local winery. Lunch at an Oyster and Mussel restaurant. Hotel is the Hotel Eden, a 4 star hotel. Dinner will be at a local tavern



Sunday, October 1st 37 mile ride from Rovinj to Pula. We will visit an olive oil mill and also a prosciutto tasting as we continue towards Pula, home of the famous Roman amphitheater. We will stay again at the Hotel Eden 4 star hotel. Our farewell dinner will be in a Rovinj restaurant.

Monday, October 2nd We start with a short van transfer to Buje and then start our 31 mile cycling day towards Groznanj. We continue along a ridge with stunning vistas over the surrounding towns on the hilltops. We will stop for lunch in the Motovun Forest and enjoy a truffle tasting. We end the day with a walk through Motovun, the best known town in central Istria. The tour ends with a transfer to Ljubljana, the lodging is not included for this night.

Notes: You will have your choice of the following bicycles to rent: Trek Domane + Electric Bike \$400, Breezer Greenway electric bike \$250, Trek Domane SL7 Disc race bike \$400, Trek Emonda ALR 6 \$200. Tour coordinator will be gathering requests for bikes and sizes to communicate to the tour company, price will be added to your final balance due. Bike box storage available if you bring your own bike.

Single Supplements accepted. A single supplement on this tour is considered 1 person in a room. However, if a non-rider companion comes, both rider and non-rider would have to pay a full double occupancy rate.

For questions contact:

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