



CYCLE: Dolomites to Trieste Italy / Austria / Slovenia / Italy



Church of the Assumption of Mary, Lake Bled, Slovenia

Trip Title	Bike: Dolomites to Trieste	Total cycling distance	315 – 360km
Trip Code	BikeDT	Trip style	Self-guided cycle linear route
Total days	8 days	Accommodation:	3* and 4* hotels and inns
Cycling days	6 days	Min numbers:	Any number from 1 person
Grade:	Moderate	Min age:	14 years
Dates:	Arrival every Wednesday, Friday and Saturday from 9 May to 26 September 2026 Start on Sundays, Mondays, Tuesdays and Thursdays for groups of 6+ only on request. No arrival possible between 8-18 August inclusive. Contact us at info@trekmountains.com with your preferred dates		

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Highlights

- **Dolomites:** Cycle through breathtaking mountain scenery.
- **Lake Bled:** Discover the fairytale lake with its island church, and the alpine backdrop of the Julian Alps.
- **Slovenia's cycle paths:** sublime cycling !!!
- **Soča Valley:** Explore the emerald-green river valley, ideal for both outdoor adventurers and history enthusiasts.
- **Cividale del Friuli:** Walk the cobbled streets & Devil's Bridge
- **Discover** rolling vineyards, historic coastal castles and stunning sea views.
- **Trieste:** Elegant Habsburg architecture and seaside charm.



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Trip Overview

Cycle in 3 countries on this delightful journey through some of Europe's most captivating landscapes, from the soaring peaks of the Dolomites to the sparkling waters of the Adriatic Sea.

Beginning in the picturesque Hochpustertal Valley in Italy, you will follow the meandering Drau River through South and East Tyrol, taking in dramatic mountain scenery and charming Alpine towns along the way.

Cross into Austria and Slovenia, pedalling through serene valleys, past the Julian Alps, spend time at the romantic Lake Bled, and journey through regions rich with history and culture.

Explore the Soča Valley, savour the wines of the Collio Goriziano, and discover the heritage of Cividale del Friuli with its iconic Devil's Bridge.

Your route concludes along the scenic Karst Plateau, past historic castles, before arriving in the elegant coastal city of Trieste.

Each stage combines gentle cycling with opportunities to pause, explore, and immerse yourself in the region's natural beauty, culinary delights, and cultural treasures, making this an unforgettable adventure for the relaxed, curious traveller.



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Itinerary

Day 1 **Arrival in the Hochpustertal Valley**

Welcome to the beautiful **Hochpustertal Valley**, framed by the peaks of the **Dolomites**.

Check into your hotel and take some time to relax after your journey. Perhaps enjoy a short walk through the village or a quiet evening meal. A free public car park is available nearby.

In this part of Italy, the towns have both Italian and German names: Villabassa is also known as Niederdorf, Dobbiaco is also known as Toblach.

Overnight hotel in Villabassa, Dobbiaco or Sillian (over the Austrian border).

Day 2 **Italy to Austria - Cycle along the River Drau into Austria. Explore Lienz**

Your first cycling stage begins at the Toblacher Sattel, the watershed of the rivers Drau and Rienz. Follow the River Drau from Italy into Austria as it winds through South Tyrol and into East Tyrol, surrounded by the magnificent mountain scenery of the Dolomites. Stop to explore the charming town of **Lienz** before continuing along gentle paths to your overnight stay.

Approx. 70 - 75 km from Hochpustertal / approx. 60 - 65 km from Sillian

Overnight hotel Oberdrauburg or Kötschach Mauthe

Meals included this day: Breakfast

Day 3 **Austria - The Taital Cycle path, the Carnic Alps and Lake Pressegger**

A **short** transfer takes you to the Gailberg Pass, followed by a pleasant descent into the Gail Valley. The route leads along the peaceful **Gailtal cycle path** beneath the **Carnic Alps**, passing through meadows and charming towns like Hermagor. Take a refreshing break at **Lake Pressegger** before rolling into **Feistritz an der Gail** for a well-deserved rest.

Transfer to the Gailberg pass + approx. 65 km

Overnight hotel Feistritz an der Gail or Tarvis

Meals included this day: Breakfast

Day 4 **3 countries in one day: Austria, Italy and Slovenia - Kranjska Gora and Lake Bled**

Today's ride crosses the border back into Italy and then on to Slovenia. Cycle through **Kranjska Gora**, a well-known ski resort, before continuing through tranquil countryside to **Lake Bled**, the jewel of the Julian Alps. With its fairytale island church and a medieval castle towering above the lake, Bled is the perfect place to unwind. If you prefer to shorten the route today you can take a short train ride.

You may also choose to spend an extra day at Lake Bled— see our extended stay in Bled variant which replaces the next stage (Bled - Cividale) with a second night in Bled (see amended route programme further down).

Approx. 55 - 65 km

Overnight hotel

Meals included this day: Breakfast

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Kranjska Gora, Slovenia © trekMountains



Lake Bled © trekMountains

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VARIANT: OPTION WITH 2 NIGHTS IN BLEED INSTEAD OF 1 NIGHT IN CIVIDALE DEL FRIULI

Day 5 Slovenia - Lake Bled free day

Enjoy a day off at the beautiful lake Bled situated in a picturesque environment, surrounded by mountains and forests.

Overnight hotel Bled

Meals included this day: breakfast

Day 6 Slovenia - Lake Bled – Gorizia – Gradisca d'Isonzo, Italy

This morning begins with a scenic train journey into the Soca Valley, famous for its emerald river and mountain views and a favourite playground for canoeists and outdoor enthusiasts.

The river accompanies you on the journey to the divided city of Gorizia. Cycling through the vineyards of the Collio you will reach Gradisca d'Isonzo, where you will spend the night.

Train ride + approx. 40 km

Overnight hotel Bled

Meals included this day: breakfast

Day 5 Slovenia - Bled to Cividale del Friuli, Italy

This morning begins with a scenic train journey into the Soca Valley, famous for its emerald river and mountain views and a favourite playground for canoeists and outdoor enthusiasts. Cycle through peaceful villages to Kobarid, where you can learn about the region's World War I history. reward yourself with delicious local food and wine as you continue south. Continue into Italy and end the day in Cividale del Friuli, a charming medieval town steeped in history — be sure to visit the iconic Devil's Bridge.

Train ride + approx. 50 km

Overnight hotel

Meals included this day: Breakfast



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Day 6 **Italy –Discover one of Friuli’s finest wine regions, Cividale del Friuli - Gradisca d’Isonzo and option to Udine.**

Today’s stage passes through the Collio Goriziano, one of Friuli’s finest wine-growing areas. Enjoy gentle hills, vineyards, and opportunities to taste excellent local wines — this is Italy, after all! After a few gentle climbs you will arrive in Gradisca d’Isonzo, your destination for the night. For a longer ride, take the alternate route through Udine, a lively town brimming with art, culture, and history.

Approx. 35 km – longer option through Udine approx. 65 km

Overnight hotel

Meals included this day: Breakfast

Day 7 **Italy - Gradisca d’Isonzo – Trieste**

Your final cycling day leads through the karst landscape toward the Adriatic Sea. Along the way, stop to visit the castles of Duino and Miramare, both offering stunning sea views. The journey ends in Trieste, a vibrant port city with elegant squares and a rich Habsburg heritage.

Celebrate your journey with a seaside stroll or a coffee on the Piazza Unità d’Italia.

Approx. 40 km

Overnight hotel

Meals included this day: Breakfast



Cycling into Trieste © trekMountains

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Day 8 **Departure**

After breakfast, your cycling holiday comes to an end — or, if you prefer, you may extend your stay and spend more time exploring Trieste or relaxing by the coast. Either way, you'll leave with wonderful memories of mountain air, lakeside paths, and the joy of discovering three countries by bike.

Meals included this day: Breakfast.

- Typical biking statistics are shown above, but may vary depending on the availability of accommodation.
- Whilst we expect that the trip will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.



Exploring the coast near Trieste by bike © trekMountains

Optional extra nights

We can arrange extra hotel nights for you at the start of your trip, or at the end of your trip in Trieste.

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What is a Self-Guided trip?

Self-Guided: We offer this trip on a self-guided basis. You will be provided with a navigation app for your phone and detailed trip notes. GPX files can be provided if requested if you prefer to use your own mapping software. The accommodation bookings and transport bookings necessary for the trip will be made for you. You will be provided with vouchers for your accommodation and for any transfers involved.

Not sure if you'll be ok self-guided? Please email or call us – we consider it very important that you find the right trip for you, and we pride ourselves in our ability to help you find the most appropriate trip.

How difficult is the trip?

The tour goes along bike paths or very quiet side roads, through small villages and picturesque landscape. The tour to Trieste is a varied tour; the last two stages are a bit hilly. E-bikes can be hired if you prefer. The tour is suitable for children over 14 years.



The cycle paths are delightful! © trekMountains

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Explore 3 countries in one trip © trekMountains

Accommodation

You will stay in inns and 3* and 4* hotels on a bed and breakfast basis.

A single supplement will apply to solo travellers or for those requiring single rooms. See our website for prices.

Solo travellers

We **DO** accept bookings for people travelling on their own.

Changes to your booking

Please note that changes to your booking up to 28 days prior to departure may incur a processing fee of €100 per booking. Thereafter, changes will be treated as a cancellation and rebooking. Our cancellation charges would apply. The re-booking of a different tour is only possible in the form of a cancellation.

Preparing for your trip

Please see our document “Preparing for your trip to Italy” at <http://trekmountains.com/pre-trek/> for all the advice you need about visas, insurance, money, equipment, and medical matters.

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What are the benefits of booking your holiday with trekMountains?



We are Dolomites experts - we've led the way in organizing trips in the Dolomites area since 2010, and we're constantly extending our range of trips to this exciting region to suit a wide range of customer requirements.



The trips we offer are very good value. We will hand-pick lovely accommodation for you and book all the accommodation for you, saving you from the difficult task of trying to book a whole string of different accommodation providers on consecutive nights, and saving you from having to send booking fees off to each one in euros.



You'll receive an app with your route and trip information. GPX files can be provided if you want them.



You will have expert help available for any unexpected problem (this is an adventure holiday, so the unexpected does sometimes happen!)



We are responsive and professional – we take pride in ensuring you have the best holiday possible.



Feedback from our clients has always been that their holiday was thoroughly enjoyable and value for money. You can see the reviews we have received at <https://www.trekmountains.com/about-us/reviews/>



After days of cycling you can justifiably savour the famous Bled Cream Cake - Blejska Kremšnita © trekMountains

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Rental bikes

The following bikes are available to rent – see price table for current prices



Trekking bike:

Aluminium,
water bottle holder, Shimano / Alivio / Deore 21-gear
freewheel, royal saddle,
sizes S-XL
(male & female models available)



Top Bike:

Aluminium,
Shimano Deore XT 21-speed gears, freewheel,
Unisex model, male model on request.
Sizes S-XL



E-bike.

Bosch performance line motor.
500W battery.
Range approx. 100km using middle / constant speed.
Charger supplied.
9-gears.
Unisex model

Rental bikes liability - In case of total breakage, theft, loss or damage the customer must pay € 500 for the trekking bike 21 gears; and €1,500 for the E-bike, mountain bike, racing bike or tandem.

In case of inadequate care and/or vandalism to the rented equipment, the customer must compensate the rental company for any damage caused to the vehicle or parts of it according to the repair price list in force.

In case of theft, the customer is required to report it to local law enforcement.

A Bike Rental Disclaimer is available – see price list for details

The traveller is responsible for damages and theft when renting a bike. When the Rental Bike Disclaimer is paid, the travel organizer assumes responsibility in case of damage or theft of the rental bike (when properly used and secured).

The Customer is required to incur a deductible in the amount of 95€ for the trekking bike and 195€ for E-bike, racing bike or mountain bike.

In case of theft, the customer is required to report it to the local law enforcement.

Loss of keys, batteries, and chargers, as well as damage caused by intent or gross negligence, are excluded from the disclaimer.

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Rental bikes include:

- **A high-quality saddlebag** (per bike):

This waterproof rear pannier has a roll closure that allows you to customize the size of the bag and seal it so that it's watertight. Thanks to the symmetrical construction, it can be mounted on either the left or the right side.

- **A handlebar bag** (per room)

This waterproof handlebar bag is perfect for securely storing essentials you want readily accessible. Key features include a detachable map compartment, a Klickfix attachment for easy mounting, and a convenient shoulder strap for added versatility.

- **Bike foam** (per room)

- **Pump** (per room)

- **Bicycle computer** (per bike): easy-to-use bicycle computer which keeps track of average speed, distance, time

- **Wheel-lock** (per room)

* Carry bags are added to the MTB exclusively upon request.

Using your own bike

If you prefer to use your own bike, you are welcome to do so. Bring the appropriate repair tools and a spare tube.

We recommend you equip your bike with the necessary equipment for your multiday journey. A saddle bag is useful for bringing a snack and the necessary for a day.

If you have booked your return transfer by minibus at the end of your journey, we can also transport your bike (see price list).

The transport of travellers' own bicycles – during the tour and on transfer journeys – is only possible at the owner's risk. We would also like to point out that the bike mounting and transport facilities are set up specifically for our rental bikes. It is then possible that minor damages can occur to bicycles during transport. We cannot accept any liability for this. This limitation of liability also applies to third-party transportation and foreign trips.

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Travel

By plane: low-cost flights are available to Treviso, Venice Marco Polo, Trieste Ronchi dei Legionari and Innsbruck.

Coaches connect these airports with Cortina d'Ampezzo, and then local buses connect to Niederdorf/Villabassa, Toblach/Dobbiaco. We can help you with travel logistics.

By train: take the train to Franzensfeste/Fortezza.

Change the train to the valley Pustertal/Valle Pusteria - Lienz and get off either at Niederdorf/Villabassa, Toblach/Dobbiaco or Sillian depending on the location of your hotel. Timetable available on: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.

By car from Italy: on the Brenner/Brennero motorway (A22) to Brixen/Bressanone – take the exit “Brixen-Pustertal”, then through the valley Pustertal/Valle Pusteria (SS49) to Niederdorf/Villabassa, Toblach/Dobbiaco or Sillian, depending on the location of your hotel

By car from Austria: drive along the Felbertauernstraße to Lienz in Eastern Tyrol (Austria) and then further into Italy through the valley Pustertal/Valle Pusteria to Toblach/Dobbiaco, Niederdorf/ Villabassa or Sillian, depending on the location of your hotel.

Parking: Free, unguarded car parks are available close to the starting point of the bike ride.

Return Transfer: available on request on Wednesdays and Saturdays from Trieste to Hochpustertal (Toblach/ Dobbiaco or Niederdorf/Villabassa)/Sillian see price table for current prices.

Public transport back to start point: SAF – Bus from Trieste (daily at approx. 6:40 a.m.) to San Candido / Innichen (no bicycle transport possible; duration: approximately 5 hours).

Timetable and details on www.autostazionetrieste.it.

What do I need to take with me on the bike?

A luggage transfer will move your bag / suitcase from your hotel to the next one each day.

This means you can travel light, with just the things you'll need on the ride each day – water, snacks, money, valuables, phone, suncream, clothing for sunny/hot/wet/windy conditions.

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2026 Dates and Prices

Season Dates:	
Arrival every Wednesday, Friday and Saturday from 9 May to 26 September 2026	
Season 1: arrivals on 9 May and 26 September 2026	
Season 2: arrivals from 10 - 22 May, and from 12 - 25 September 2026	
Season 3: arrivals from 23 May to 11 September inclusive	
No departure possible from 8 August to 18 August 2026 inclusive	
Self-Guided tour	
Season 1: Package price per person in a double room incl. breakfast	€879
Season 2: Package price per person in a double room incl. breakfast	€995
Season 3: Package price per person in a double room incl. breakfast	€1029
Single Room surcharge, per person	€249
Additional services	
Rental bike: Trekking	€99
Rental bike: TOP	€169
Rental bike: E-bike	€269
Extra nights in Hochpustertal / Sillian	
Per person per night in a double room incl. breakfast - season 1 + 2	€89
Per person per night in a double room incl. breakfast - season 3	€95
Single Room surcharge, per person, per night	€39
Extra nights in Trieste	
Per person per night, double room incl. breakfast	€89
Single Room surcharge, per person, per night	€49
Return Transfer: available on request on Wednesdays and Saturdays from Trieste to Hochpustertal (Toblach/ Dobbiaco or Niederdorf/Villabassa)/Sillian, (reservation & payment upon booking).	€96 per person €45 per own bike
Bike Rental Disclaimer – trekking bike.	€ 24 per bike
Bike Rental Disclaimer – TOP bike / e-bike / mountain bike.	€ 49 per bike.

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What's included:

- ✓ Hotel accommodation in inns, 3* and 4* hotels, subject to availability.
- ✓ All breakfasts
- ✓ Daily luggage transfer from hotel to hotel
- ✓ Transfer from Oberdrauburg to the Gailberg Pass
- ✓ Transfer by train from Bled to Most na Soci/Kanal ob Soci (option with 2 nights in Bled)
- ✓ Video briefing
- ✓ Well planned routes
- ✓ Detailed documents (maps, route description, places to visit, important telephone numbers)
- ✓ Telephone service hotline for the entire tour
- ✓ Navigation app
- ✓ GPX files on request to use on your preferred mapping software.

Not Included:

- × International flights.
- × Travel to the starting point and from the end of the tour
- × Drinks and any extras
- × Tourist taxes – charged in some accommodation, typically between 1.50 and 4 euros per person per night.
- × Lunches, Dinners
- × Rental bikes and travel insurance
- × Anything not expressly mentioned under “What’s included”

Optional extras:

See the price list for optional extras

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How to book

Step 1: Complete a booking form for each participant at <https://www.trekmountains.com/booking-form/>

Step 2: Pay a deposit of €400 euros per person

- **To pay the deposit by debit or credit card:**

- a. Use this link: <https://www.wetravel.com/trips/dolomites-deposit-trekmountains-21962319>
- b. Click on BOOK NOW
- c. Choose the date you would PREFER to arrive at the starting hotel
- d. Under SELECT PACKAGE, adjust the quantity to show the number of people you are paying for.
- e. Keep the currency shown by the country flag next to Your Booking in the currency of your card. The correct amount will automatically be deducted from your card in euros. (€400 per person plus card fees).

- **To pay the deposit by bank transfer:**

Use the **bank details below** for your payment in **Euros**.

If you are making an international currency transfer, please note the following:

- Please ensure the costs of all currency and transfer costs are met by yourself.
- For international transfers, please instruct your bank the total amount of the final currency the payment will be made in (Euros). To avoid inaccuracies in the transfer total, do not make the calculation yourself from your own currency.
- For international transfers, we strongly recommend using wise.com (formerly known as transferwise.com) which many of our international clients find is a cost-effective and transparent and easy way to transfer currency, and much cheaper than the traditional banks.

trekMountains € EURO bank details are:			
Bank name:	HSBC		
Account name:	trekMountains (some banks match it as Ann Patricia Foulkes / trekMountains)		
Account number:	76875809	Sort code:	401276
IBAN number:	GB49HBUK40127676875809	Swift /BIC code:	HBUKGB4B
Bank address:	HSBC, Market Square Penrith CA11 7SN United Kingdom		

Our booking conditions can be found at <https://www.trekmountains.com/how-to-book/booking-conditions/>

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