

SLOVENIA

Salzburg to Ljubljana (2019)



SIERRA

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Slovenia – the land of majestic rivers, lakes and mountains!

This adventure through Slovenia also includes an initial three nights in Austria and Italy. From Salzburg the cycling route heads over the Grossglockner pass which is in the top 10 highest European mountain passes (2504m), the highest in Austria and offers the most spectacular glacial views. From here it is a short trip into Friuli region (Italy) to spend two nights at the base of the infamous Monte Zoncolan. With the Grossglockner and Zoncolan steeped in Giro d'Italia history the trip is already off to a flying start.

The arrival into Slovenia over the Pre-Alpes Giulie and cycling alongside the fast flowing waters of the Soca River is a once in a lifetime experience. Slovenia is one of the most stunning countries in Europe for its well preserved natural environment, mighty forests and emerald rivers! This tour also passes over the Julian Alps with mountain views of the Triglav National Park and onto the picture perfect views of Lake Bled. The cycling finishes in Ljubljana the capital city of Slovenia! Post-tour feel free to join us in the vans through to Venice.



TOUR HIGHLIGHTS

- Cycle through Austria, Italy and Slovenia passing three Alpes (Tauern National Park, Parco Regionale Giulie & Julian Alpes)!
- Ride epic climbs including Hochkonig Pass (Austria), Grossglockener (Austria), Monte Zoncolan (Italy), Passo Carnizza (Italy), Vrsic Pass (Slovenia), Predel Pass (Slovenia) and Mangart Saddle (Slovenia)
- Experience views that will last a lifetime including the 9km Pasterze glacier, the emerald waters of the Soca River, the majestic island castle located in Lake Bled and the remote mountain landscape of Mangart Saddle
- Enjoy the first class hospitality and Slovenian cuisine!
- Test yourself on the famous Giro d'Italia climb – Monte Zoncolan!

ITINERARY

DAY ONE – Friday 28 June 2019 – Salzburg to Zell am See (Austria)

We will be available to meet you at Salzburg Train Station at approximately 9am. There will be a 1.5hr van transfer to Zell am See. Here we will prepare the bikes and get things ready for a fantastic cycling route. The ride follows the lake shoreline with the Tauern National Park mountain views in the background. Towards the lakes southern edge we detour in search of the Hochkonig Pass. This is a great introductory climb as its 11km with an average gradient of 4% will get the leg muscles firing again!

Tonight there will be a tour briefing and welcome dinner with the Sierra guides.

Meals: Dinner

Destinations: Zell am See

Today's Ride: 75km / 800m elevation gain

Accommodation: Maishofen (Austria)



DAY TWO – Sat 29 June 2019 – Grossglockner (High Alpine Road)

The initial 20km include a good warm up before arriving at the base of the Grossglockner. In Austria this is known as the 'High Alpine Road' and it is the 7th highest mountain road in Europe (2504m). At the top of the pass the views to the enormous 3798m adjacent peaks and Pasterze and Johannisberg glaciers are simply inspiring. The climb today measures 21.5km with an average grade of 8.3%. The climb though needs to be ridden in two parts; an initial 7km with an average grade of 5% and a final 14km with a constant average grade of 10%. The reward at the top will make the effort all the worthwhile! What goes up must go down and there are 26km down to the opposite valley floor. This is a long descent on one of the best engineered roads in Europe and that said the World! The descent also has two 'climbs' which total 4.5km in length!

Meals: Breakfast

Destinations: Grossglockner

Today's Ride: 90km cycling / 2000m elevation gain

Accommodation: Ovaro (Italy)



DAY THREE – Sun 30 June 2019 – Monte Zoncolan (Giro d'Italia)

Today you will be initiated on the Zoncolan climb! With climb statistics that put it in the same league as Mortirolo (Italy) or Angliru (Spain) it is one 'out and out' challenge. The western approach is considered the most difficult – 10.5km with an average grade of 11.5%. The final 6km though average 15% with a maximum ramp of 20%. The eastern approach is not that much easier, however, its 13.5km with an average grade of 9% look a lot more achievable on paper. The final 3km though average 13% and an 80m ramp of 27% still lurks only 1.5km from the top. With the support van following closely it will be a great chance for everyone to test themselves on an authentic Italian wall.

Meals: Breakfast & Dinner

Destinations: Monte Zoncolan

Today's Ride: 85km cycling / 1750m elevation gain

Accommodation: Ovaro (Italy)

DAY FOUR – Mon 1 July 2019 – Italy to Slovenia - Passo Carnizza

This morning there is a 30 minute van transfer to the edge of the Parco Naturale Regionale delle Prealpi Giulie (Italy). The cycling into Slovenia is amazing! There are no less than 5 climbs today all ranging from 3km to 7km in length. The majority of the climbs range between 6-8%, however, Passo Carnizza which is our first climb of the day needs to be treated with the upmost respect. The climb is only 6km but the final 2.5km range between grades of 12 and 18%. The Soca River in north western Slovenia is where the ride finishes today and its emerald waters have been a favourite for past Sierra cycling guests!

Meals: Breakfast

Destinations: Soca River

Today's Ride: 105km / 2400m elevation gain

Accommodation: Bovec (Slovenia)

DAY FIVE – Tues 2 July 2019 – Predel Pass & Mangart Saddle

Leaving the hotel in Bovec we will cycle along the Soca valley before setting off up the Predel Pass (10.5km, 640m elevation gain, 6% average grade). At the top the highest road in Slovenia to Mangart Saddle at 2040m elevation is available. It is a 'dead end' but truly one of the most stunning places in Europe! From Mangart we will descend 20km back down to Bovec. From hotel to hotel today's route only measures 65km but don't let the relatively low km distract you. These two climbs rival some of the best in Europe!

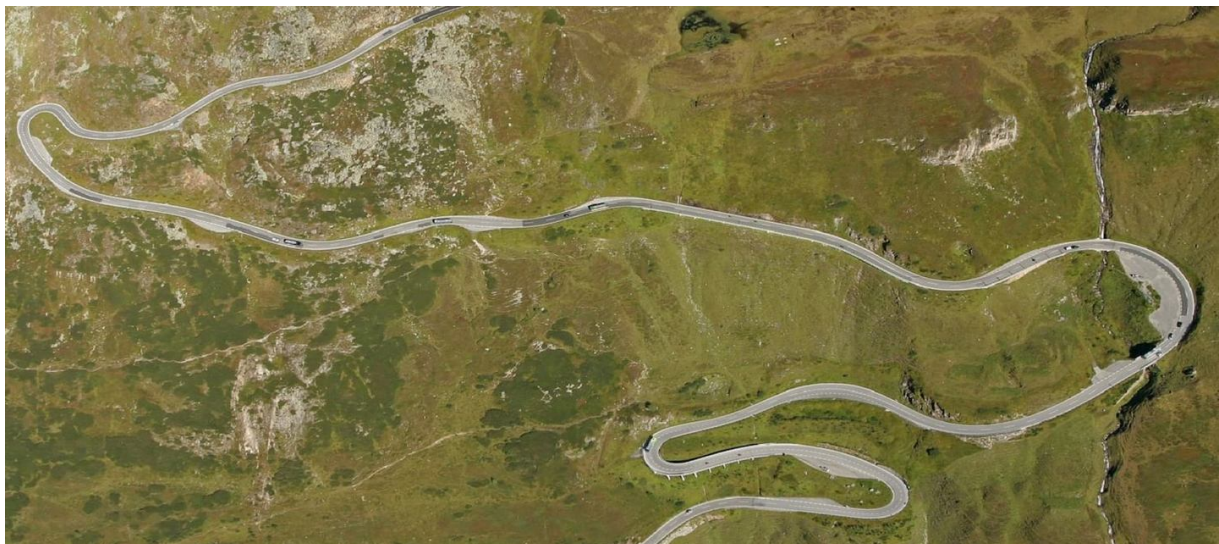
For those who would like some more we can continue cycling from the hotel alongside the flowing waters of the Soca River. We will ride to the historic Napoleon Bridge which spans an impressive gorge before returning to Bovec. During the evening we will feast on famous Bovec cheese, traditional frika omelettes and sweeten things up with some famous regional dumplings!

Meals: Breakfast & Dinner

Destinations: Slovenian/Italian Border

Today's Ride: 65km cycling / 2100m elevation gain

Accommodation: Bovec (Slovenia)



DAY SIX – Wed 3 July 2019 – Vrsic Pass (Triglav National Park)

After a short warm-up the first challenge awaits, the Vršič Pass, which at 1611m elevation is the highest mountain pass in Slovenia. As well as providing amazing natural landscapes and mountain views this part of Slovenia also provides an epic story from World War I. The pass is known as the Russian Road in honour of the Russian prisoners of war that were forced to build it during 1915. As you tackle the 12km climb with 800m of elevation gain (7% average grade) you will have plenty of time to admire the Triglav National Park. After descending 24 switchbacks the cycling continues through to Bled. This back road cycling experience heads through quiet forests before finishing with amazing views down to what is Slovenia's most well known lake and castle island!



Meals: Breakfast

Destinations: Kranjska Gora & Lake Bled

Today's Ride: 85km cycling / 1500m elevation gain

Accommodation: Bled (Slovenia)

DAY SEVEN – Thur 4 July 2019 – Bled Loop Ride

After a long week of challenging rides we will see how everyone is feeling today. Bled is the perfect place for a rest day to enjoy both water and land based activities! Cycling from the hotel though there are also plenty of options and we have a fantastic 85km cycling loop designed. The course is undulating but without major climbs. Attractions include passing through medieval towns, gorges, castles, forests and war monuments!



Meals: Breakfast & Dinner

Destinations: Radovne Valley, Pokljuka Gorge & Bohinj Lake

Today's Ride: 85km / 1000m elevation gain

Accommodation: Bled (Slovenia)

DAY EIGHT – Fri 5 July 2019 – Bled to Ljubljana

From Bled we ride through to Ljubljana today the capital of Slovenia. The highlight is cycling in the foothills of the Polhograjski Dolomiti. This is Slovenia's version of the Dolomites and its close proximity to Ljubljana is a bonus!

Following what has been an epic journey over three European Alps tonight will be a grand celebration and dinner in the Slovenian capital!



Meals: Breakfast & Dinner

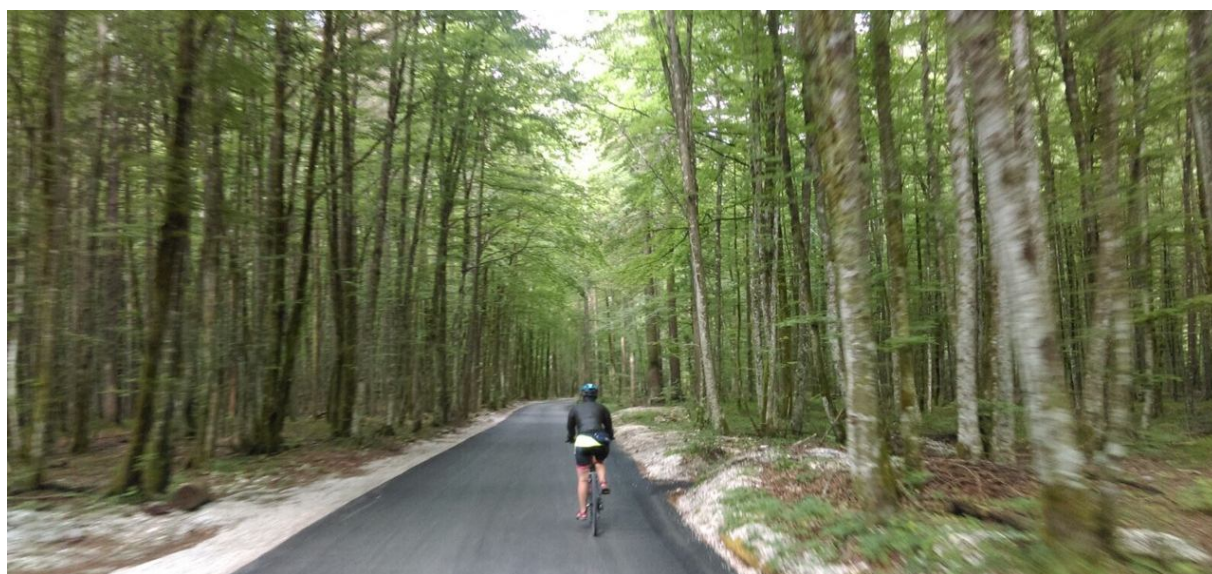
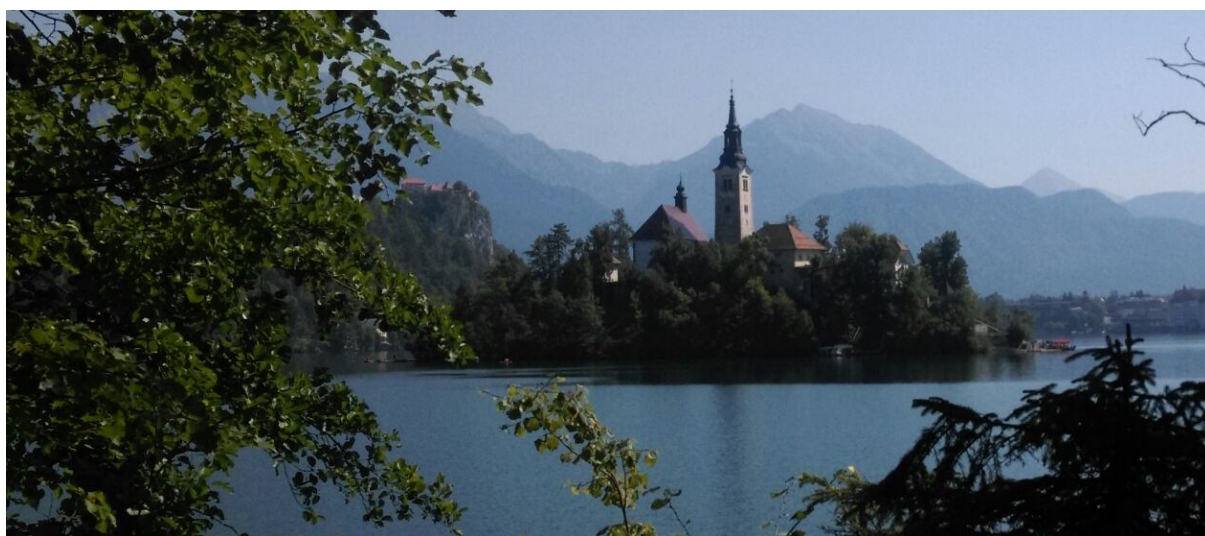
Destinations: Polhograjski Dolomiti

Today's Ride: 100km / 1250m elevation gain

Accommodation: Ljubljana (Slovenia)

DAY NINE – Sat 6 July 2019 – Goodbyes

Following breakfast you are free to continue your own travels. Our Sierra guides will also be able to transfer you to Venice if you like. This is a 2.5 hour transfer back into Italy. We hope you had a great time discovering the magical Slovenian rivers, lakes and mountains!



TRIP DETAILS

REGION: AUSTRIA, ITALY, SLOVENIA

PRICE: 3100 € p.p. (twin share)

LEVEL: BEGINNER+

TOUR DATES: 28 JUNE – 6 JULY 2019

SINGLE SUPPLEMENT: 500 €

HOTELS: Maishofen (x1), Ovaro (x2),
Bovec (x2); Bled (x2), Ljubljana (x1), 3-4
star hotels

OPTIONAL EXTRAS:

Carbon Road Bike Hire: 350 €

DURATION: 9 DAYS / 8 NIGHTS

PAYMENT:

Option 1: In Euro to our nominated Spanish bank account (via international bank transfer)

Option 2: In \$AUD to our nominated Australian bank account.

INCLUDED

Arrival & Departure transfers
8 nights accommodation including breakfast
5 dinners with beer & wine included
8 guided cycling stages with van and mechanic
Food & drinks during cycling stages
Sierra cycling tour jersey & welcome pack

NOT INCLUDED

Airfares
Pre or post Tour Accommodation