

CYCLING GUIDE



Emerald Cycling Trails



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Emerald Cycling Trails

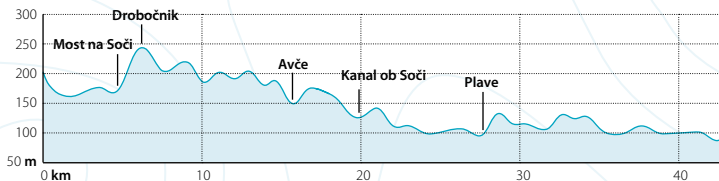
Only few cycling destinations provide such a diverse landscape on such a small area. Combined with the turbulent history and hospitality of the local population, this destination provides ideal conditions for wonderful cycling holidays. Travelling by bicycle gives you a chance to experience different landscapes every day since you may start your tour in the very heart of the Julian Alps and end it by the Adriatic Sea. Alpine region with steep mountains, deep valleys and wonderful emerald rivers like the emerald beauty Soča (Isonzo), mountain ridges and western slopes which slowly descend into the lowland of the Natisone (Nadiža) Valleys on one side, and the numerous plateaus with splendid views or vineyards of Brda, Collio and the Colli Orientali del Friuli region on the other. Cycling tours are routed across the Slovenian and Italian territory and allow cyclists to try and compare typical Slovenian and Italian dishes and wines in the same day, or to visit wonderful historical cities like Cividale del Friuli which was inscribed on the UNESCO World Heritage list. Because of its diversity and climate (mixture of the Alpine and the Mediterranean climate) this region allows longer cycling seasons and provides opportunities for all kinds of cycling. Mountain bikers can follow trails of the World War I and roads which lead to the most remote places, road cyclists can enjoy in shorter and almost traffic-free paved roads, whilst trekking cyclists can follow gravel roads which lead to the mountains or through beautiful valleys. Especially mountain biking conditions make this region one of the European hot spots, whilst cycling along the emerald beauties is overwhelming for everyone.



Peter Immich

I. 1 Tolmin–Nova Gorica

WHEN SOČA CALMS DOWN



Start
Tolmin

Difficulty level



Length
42.5 km

Tot. altitude difference
600 m

Duration
3.5–4.5 h

Surface



Sights along the trail:

- Confluence of rivers Soča and Tolminka
- Lake Most na Soči
- Babja jama Cave
- Kanal bridge and the Kontrada square
- Solkan stone bridge
- Kostanjevica Franciscan monastery
- Europe square
- Gorizia castle
- Piazza Vittoria square
- Coronini park
- Gorizia provincial museum
- Piuma-Isonzo park

This trail leaves the town of Tolmin at the area of the confluence of rivers Soča and Tolminka, which in summer turns into a popular festival stage, and continues along the cycling trail along the lake Most na Soči. The town of Most na Soči is located on an uneven terrace between the rivers Soča and Idrijca and belongs among the most important archaeological sites, whilst the area around the lake offers well-arranged hiking trails. In the centre of the town the trail turns on a side road towards the village of Tolminski Lom and crosses the river Idrijca. After a steep ascend, you will come to the small village of Drobočnik where you will turn right onto a ledge above the lower part of the lake and continue towards the village of Gorenji Log. Here, you will be faced with somewhat more demanding part of the trail which leads through the ravine of the Vogršček brook, past the Babja jama cave, and along the up-and-down road or cart track all to the village of Avče. From there you will descend into the central part of the Soča valley with the medieval town of Kanal with its stone square Kontrada fortified with tightly built houses above the river Soča.

Here, you will cross the stone bridge across the Soča gorge, which is the symbol of Kanal, and continue along the right bank of the river Soča. The trail then leads along the local road through the villages of Gorenja vas, Anhovo, Ložice, and Plave. At the bridge across the river Soča in Plave, you will turn left into the village of Prelesje and descend to the river Soča from where you will continue along the cycling trail, routed next to the accumulation lake all to the Solkan bridge with a view of mt. Sveta Gora. Before reaching the new Solkan bridge, you will cycle past the old railroad bridge with the largest stone arch in the world, as this cycling trail, all from Most na Soči, follows the Bohinj railway which used to connect the cities of Vienna and Trieste. Just behind the town of Solkan, the clear river Soča flows into Italy and is renamed into river Isonzo. At the same time it leaves the Alpine and pre-alpine area. Just like the river Soča turns away from Slovenia, the trail turns away from it and only



crosses it once again in the city of Gorizia when the trail turns to the Goriška brda and Collio region.

Along the narrow streets of Solkan, which is, unlike Nova Gorica, one of the oldest settlements in the Soča river basin, the trail continues to a lively city of Nova Gorica which has a mild climate and was constructed as a substitute for the city of Gorizia which was left behind the Yugoslav-Italian border after the World War II. Through Nova Gorica, which was designed as a park, the trail follows one of the streets which lead to the railway station. In the city of roses that has a lot of green areas we take the Erjavčeva street which includes the Alley of the Famous Men and leads to the Europe square and the railway station with Museum collection Kolodvor. In the vicinity you can also visit the Kostanjevica monastery with the resting place of the last heirs of the French royal family of Bourbons.

After crossing the former border on the Erjavčeva street, you can decide to visit the old city centre of Gorizia at the next junction as Gorizia can offer much more historical buildings than its younger sister. The mild climate and the numerous parks are the cause why the city was once also known as the Adriatic Nice. The trail then continues to the largest city square Piazza della Vittoria (Victory square) and the most distinctive shopping street Via Rastello which leads to the important Cavour square and to the Gorizia castle above. When the trail leaves the city, it continues in the direction of the village of San Floriano del Collio in the Collio del Friuli region, crosses the Piuma bridge over the river Isonzo, and continues past the Piuma-Isonzo park located on both banks of the river.

The Tolminka Valley

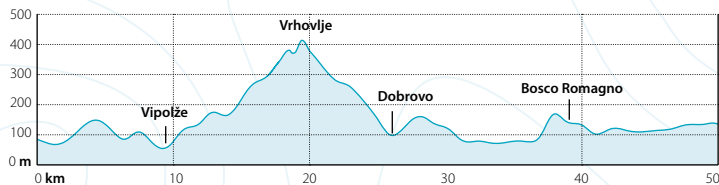
This valley is a part of the protected Triglav National Park area which at its lowest entrance includes the confluence of two rivers which created the picturesque Tolmin gorges. Besides the gorges, you can also visit the memorial Church of the Holy Spirit in Javorca, which is regarded by many people as the most beautiful monument of the World War I, whilst along the way you can also taste the local Tolminc cheese and curd.

Nova Gorica and Gorizia

After World War II, this meeting point of several cultures was divided by fence into two cities – Gorizia and Nova Gorica. The area of the last east-European border which once divided the Transalpina square where the railway line of the same name was routed and included the railway station, is today rearranged into the Europe square with the museum which unites all people of this area. After the war, the border also cut the aforementioned railway line to Trieste which is why today both sister cities, Nova Gorica and Gorizia, try to write the future together without border crossings and in even greater symbiosis with each other.

I. 2 Gorizia–Cividale del Friuli

WINE ROADS OF SLOVENIAN AND ITALIAN GORIZIA HILLS



Start

Gorizia

Difficulty level



Length

50 km

Tot. altitude difference

620 m

Duration

4–5 h

Surface



Sights along the trail:

- Village Šmartno
- Outlook tower in Gonjače
- Dobrovo castle
- Village Medana
- Castle of Gramogliano
- Bosco Romagno park
- Villa Nachini - Cabassi
- Unesco's city Cividale del Friuli:
 - Basilica of St. Mary of the Assumption
 - National Archaeological Museum
 - Squares Piazza del Duomo and Paolo Diacono
 - Devil's bridge
 - Christian museum
 - Longobardo temple

After visiting the cities of Gorizia and Nova Gorica you will cross the river Isonzo and continue cycling along the Italian territory across the southern outskirts of the Gorizia hills region which is in Italy called Collio del Friuli and includes the hilly area with villages located on smaller risings and is no longer divided by the national border. Just after you will cross the Piroma bridge, one of the oldest bridges across the river Isonzo which is important for the Slovenians from the foothills of the Goriška brda region, you will first turn left and only later towards the village of San Floriano del Collio (Števerjan). In the small village of Bucuie (Bukovje) located at the middle of the ascent you will turn and continue through the village of Valleris (Valerišče) towards the village of Giasbana (Jazbine). After a short descent through the vineyards and after crossing the former border crossing you will turn right and pass the villages of Gornje and Dolnje Cerovo. In the village of Vipolže you can decide to continue along an easier trail towards the city of Cividale (Čedad) by turning towards the town of Dobrovo or the village of Plešivo (Plessiva). The round trip along the Goriška brda region, where you can taste exquisite wines and local delicacies, begins by cycling past the Vipolže castle and offers cycling along the narrow and winding roads and sightseeing villages, but also includes many ascents.

The trail keeps ascending past the long village of Košana and further to the most beautiful village of the wider area – the village of Šmartno. From its sightseeing tower, the neighbouring village of Gonjače offers the most magnificent views of the Dolomites mountain range all to the Gulf of Trieste. When you will leave the tower, you will reach a junction where you will turn towards the village of Plave, whilst in the village of Vrhovlje you will turn from the main road towards the village of Lig and mt. Korada. After you will reach the highest point of the Goriška brda region you will make another turn and cycle towards the village of Višnjevik which is known as the birth place of the Rebula wine. From there, you will descend through the villages of Krasno, the aforementioned Višnjevik, and Drnovk all to Dobrovo which is the centre of this wine-



growing district where you will continue your tour past the prominent castle towards the picturesque village of Medana where top-class wines are produced by numerous renowned winemakers.

From Medana you will descend past the village of Ceglo and after crossing the former border crossing in the village of Plessiva turn right towards the town of Corno di Rosazzo where you will start cycling along the region of Collio orientali del Friuli. Before approaching the city of Cividale from the southern side you will have plenty of opportunities to admire the endless vineyards along the trail. Instead of cycling directly to Cividale you can also decide to visit the nearby city of Cormons (Krmín). If you decide to go directly to Cividale you will first pass the Park Plessiva in the south and later the hill with the small village and a castle called Ruttars, where you will cross the bordering river Judrio (Idrija). Along the side field trails between the small villages of Gallo and Gramogliano you will pass Corno di Rosazzo where you will be faced with the last ascent before reaching Cividale leading over the San Biagio hill. From there, you will descend into the Bosco Romagno park whose name is of Lombard origin and which was of strategic importance throughout the history. Today it represents a perfect resting spot with meadows and numerous tree species.

From the northern park entrance the trail leads along the lower parts of the village of Spessa through grain fields and vineyards, parallel to the road Corno–Cividale. Between the church in Spessa and the village of Gagliano you will follow the cycling road which literally winds along the lowland vineyards, fruit tree groves, olive groves and grain fields. In the direction of the village of Prepotto (Prapotno), the countless grape vines cover the never ending hills and slopes, whilst on your left you can admire the Rocca Bernarda castle and wine cellar. From Gagliano you will continue cycling along the side roads to the village of Rualis where you will join the main road and through which you will enter the city of Cividale and reach the river Natisone (Nadiža) on your right side.

Šmartno

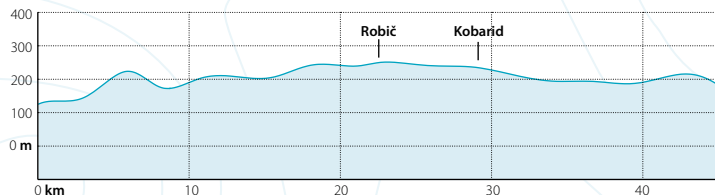
The former medieval military fortification which is now a restored village belongs among the most beautiful cultural sights in Slovenia. The picturesque fortified village with five preserved towers can be seen from all over the Brda region as it is located on a very noticeable hill.

Cividale del Friuli

Due to its strategic position at the end of the Natisone valley, the former small military village of Forum Julii soon became a genuine city and the most important centre of the Friuli region. The Romans, Lombards, and the Venetians left their mark here with monuments and artistic works which make Cividale the most important tourist site of the region. The old city centre is located above the steep banks of the river Natisone and includes priceless archaeological and architectural treasures. Due to the Lombard reign, Cividale was also inscribed on the Unesco World Heritage list in 2011.

I. 3 Cividale del Friuli–Tolmin

ABREAST TWO EMERALD RIVERS



Start
Cividale

Difficulty level



Length
45 km

Tot. altitude difference
350 m

Duration
3.5–4.5 h

Surface



Sights along the trail:

- San Giovanni D'Antro cave
- River Nadiža
- Slovenian Multimedial Window museum
- House Raccaro Biacis
- Kobarško blato marshland
- Italian charnel house
- Kobarid museum
- Dairy museum
- Soča gorge and the Napoleon's bridge
- Kozjak waterfall
- Church of st. Lawrence
- Tolmin gorges
- Tolmin museum

This trail follows the symbols of the Venetian Slovenia, river Nadiža and the dominant mt. Matajur, along the main of the Natisone (Nadiža) valleys (Nadiške doline) which connects the city of Cividale (Čedad) with the Soča valley and allows you to admire the temple on Castelmonte (Stara Gora) on your right side. The trail is routed upstream the smaller, warmer and bather-friendlier of both emerald rivers which will accompany you along the entire trail. Along the trail you will notice bilingual signposts which indicate that you are cycling through a bilingual area with dense Slovenian community. Except for some very short sections, the trail runs practically on flat terrain as it never moves far from both rivers. The section around the former border crossing in the ravine between mt. Mija and mt. Matajur is the most sparsely populated, but the richest in forests and wildlife along the entire trail. In spite of the emigration which affected the higher altitude villages, the »burnjak« chestnut festival is still celebrated in the higher altitude villages.

From the old centre of Cividale you will follow the cycling trail routed above the left bank of the river Natisone leading towards the village of Ponte S. Quirino (Most) where you will cross the river and continue cycling through the villages of Vernasso (Dolenji Barnas) and Lasiz (Laze). Along the route, your trail will be joined by the connecting trail coming from the Breginjski kot valley and will later include the junction towards the San Giovanni D'Antro cave. The opposite bank of the river includes the village of San Pietro al Natisone (Špeter) which with its bilingual school and the Slovenian Multimedial Window museum represents a cultural centre of the Venetian Slovenians. To cross the former border crossing in Robič you will have to turn on the main road in the village of Loch (Log). In the past, the route between Cividale and the town of Kobarid also included a railway connection which was later cancelled. The only present day remnants of this railway connection are the rare remains of the railway line and the railway station in the village of Stupizza (Štupica). In these few kilometres you will leave the Friuli



lowlands and enter the area beneath the high Alpine peaks where your trail will be guided by mt. Matajur and mt. Krn.

Just before you will reach the village of Robič on the Slovenian side of the former border, you will have a chance to refresh yourself in clear bathing pools of the river Nadiža. After reaching Robič, you will turn from the main road and continue across the Kobarško blato marshland. Here, you will part from the river Nadiža and continue under mt. Matajur through the villages of Sužid and Svino, and later along the well-arranged gravel cycling trail towards Kobarid where you will reach the river Soča and the renowned tomb in the memory of the fallen Italian soldiers on the St. Anthony's hill with mt. Krn in the background inviting visitors from afar. The villages under mt. Krn and the upper part of the river Soča with the town of Bovec are also sites worth seeing which you can visit by turning at the Napoleon bridge in the Soča gorge, whilst our trail will simply run along the stream of the river Soča through the villages on its left bank all to the town of Tolmin.

The road past the village of Ladra still offers splendid views of the mt. Krn mountain chain and of the ridge of mt. Kolovrat on the other side of the river Soča where the bloody battles of the World War I took place. In Ladra you will turn from the main road and ascend to the small church of St. Lawrence with the grave of the renowned poet Simon Gregorčič and great views over the river Soča. From here, you will follow the main road through the villages of Kamno and Volarje, whilst in the following village of Gabrje you will have a chance to follow the Alpe-Adria Trail. Before arriving to Tolmin with the remnants of the old castle on the hill above it you can make a small detour by turning left in the village of Dolje and by visiting the Tolmin gorges located past the village of Zatoľmin. From here, you will continue towards Tolmin directly past the World War I cemetery in Loče and when you will reach Tolmin you will, at the same time, complete a part of the circular trail around the town.

San Giovanni D'Antro Cave

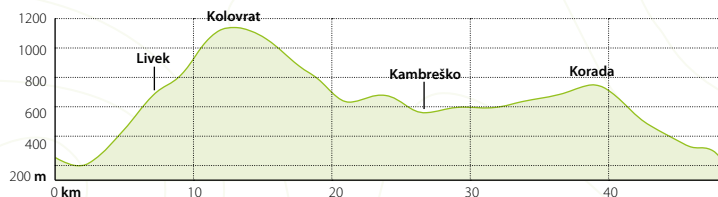
The most important monument of the village of Pulfero (Podbonesec) and its surrounding area is interesting from natural, historical, artistic and religious points of view. The cave can be accessed by ascending the steps of the winding underground paths which lead to the chapel at the entrance which includes a wooden altar made by an artist from Kobarid. This naturally protected place has been used since the ancient times when the Romans built a military stronghold here. Later it was also used by the Byzantines and Lombards.

The Kobarid Historical Trail

There is a hiking trail routed around the town of Kobarid which is one of the most renowned historical towns in Slovenia and is especially known for the »Battle of Kobarid« which took place in the World War I. For the visitors of Kobarid, this is a must-do trail which connects natural sights with historical monuments: the river Soča and the Kozjak waterfall, the Kobarid museum, the tomb in the memory of the fallen Italian soldiers, the archaeological site Tonocov grad from the ancient times, the remnants from the World War I, and the Napoleon bridge.

II. 1. Kolovrat

FOLLOWING A RIDGE ROAD FROM THE ALPS TO THE MEDITERRANEAN



Start
Kobarid

Difficulty level



Length
48 km

Tot. altitude difference
1360 m

Duration
4.5–5.5 h

Surface



Sights along the trail:

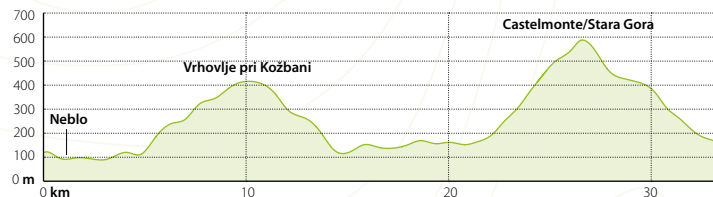
- Kobarid Historical Trail
- Idrsko Historical Trail
- Outdoor museum Kolovrat
- Marijino Celje temple in Lig
- Mt. Korada
- Outlook tower in Gonjače
- Village of Šmartno

In spite of its difficult road climb to the ridge of mt. Kolovrat above the river Soča, this tour is appropriate for various cyclists with at least some strength in their legs. After the initial 800 m ascend, the Kolovrat mountain ridge road from the village of Livek to the village of Kambreško no longer represents a greater effort as it slowly descends to the Goriška brda region. This descend can also be called a physical and cultural transition from the Alpine valley into the wine-growing area. Orientation-wise, the tour also isn't too demanding and allows you to enjoy in the views of the river Soča, Julian Alps behind you, and the Adriatic Sea in front of you.

From the town of Kobarid the tour follows the Idrsko Historical Trail to the steep road ascending to Livek from where the second ascent of the tour will lead you past the village of Livške Ravne. This second ascent is somewhat kinder, but still offers practically no opportunities to rest. A stop at the World War I Outdoor museum at the start of the descent is therefore more than welcome. The remnants of the Italian military positions, the splendid views, and the botanical diversity would of course like to keep you here, but some sort of a magical force will just pull you towards the south. From this point, there is still quite a distance left before reaching the Goriška brda region which you will mainly overcome in a gentle descend with some flat sections, except for the short section under mt. Korada. In the land of chestnuts, with the river Soča on your right and the bordering river Idrija (Judrio) on your left, you will find the pilgrimage Marijino Celje temple located above the village of Lig from where the other two temples of the Path of the Three Temples can be seen. This is a more than appropriate place for your eventually last stop before reaching the Brda region. Here, the view towards the Brda region is still blocked by the top of mt. Korada, but when you will pass it, you will literally fall among the sunny terraces of the Brda region and won't stop until you will reach the idyllic village of Šmartno.

II. 2. Dobrovo–Castelmonte

IN THE REMOTE WORLD OF THE BORDER RIVER AND FOLLOWING THE PATH OF THREE SANCTUARIES



Start
Dobrovo

Difficulty level



Length
33.5 km

Tot. altitude difference
830 m

Duration
3–4 h

Surface



Sights along the trail:

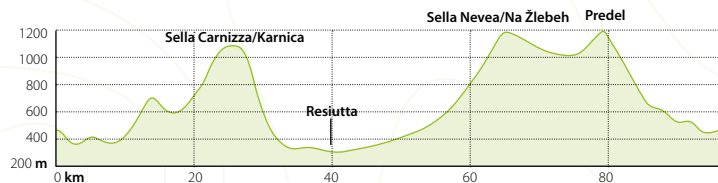
- Dobrovo castle
- Krčnik natural stone bridge and the Kotline pools
- Church of St. Mary on the Lake
- Bordering river Idrija
- Church of the Three Wise Men
- Castelmonte Monastery
- Unesco's city Cividale

The trail to the Kožbanski kot valley starts in the heart of the Goriška brda region from where it leads north along the mountain ridge of mt. Korada. You will never reach the mountain top though, as the trail turns just beneath it and descends to the valley of the bordering river Idrija (Judrio) which you will then follow along a flat road leading through small villages and past isolated farms of this demographically challenged region until you will reach its spring under mt. Kolovrat. After crossing the river and the former border crossing in the small village of Mišček, you will join the themed cycling trail of the three temples which you will follow to the Castelmonte (Stara Gora) monastery. All three Mary's temples in the vicinity represent popular pilgrimage destinations, of which the Castelmonte monastery stands out with its unique architecture which served as a fortification. Located in the centre of the Natisone valleys it offers views over the region of Veneto and the city of Cividale which you can quickly reach by descending down the Alpe–Adria hiking Trail.

From the town of Dobrovo you will cycle towards the former border crossing in the village of Neblo where you will turn right and cycle along the Kožbanjšček brook, at first, along the bottom of the valley, and later past the small villages of Hlevnik and Vrhovlje where you will ascend onto a ridge near the village of Kožbana and later descend past the village of Senik to the village of Golo Brdo. From there, you will continue your tour on the Slovenian territory and cycle along the gravel road routed on the left bank of the river Idrija to the small village of Mišček. Just after the bridge, you will turn left towards the first small village where you will turn right on a somewhat demanding, at first paved, and later on gravel ascent through the village of Prepotischis (Prapotišče) and past the church of the Three Kings. You will then arrive just under the Castelmonte monastery from where you will descend to the village of Purgessimo in front of Cividale along the gravel road which soon turns right from the main road. After passing through Purgessimo and after crossing the main road towards Cividale you will then return along the trail routed by the river Natisone.

II. 3 Around mt. Kanin

ROYAL ROAD TOUR OF TREE MOUNTAIN PASSES



Start

Bovec

Difficulty level



Length

96 km

Tot. altitude difference

1800 m

Duration

7–8 h

Surface



asphalt

Sights along the trail:

- Učja ravine
- Church of St. Anna, Sella Carnizza
- Visitor's Centre, Prato
- Lago di Predil lake
- Predel fortress
- Kluže fortress

This cycling tour along the roads around mt. Kanin (Canin) is popular among the cyclists due to its profile and its connecting story. It is mainly intended for road cyclists as it is routed completely on paved (main) roads. It can also be said that this is an Alpine tour as it connects various Alpine valleys and road passes on both sides of the former border. As a one-day tour it represents a challenge even for well-prepared cyclists. Alternatively, you can divide the tour into several parts which will allow you to experience individual valleys separately. The municipality of Resia (Rezija) located by the river Resia is special for its dialect, folk customs, songs and dances, whilst the next valley offers cycling under mt. Jôf di Montasio (Špik nad Policami) which is the highest peak of the Western Julian Alps and only smaller than the highest peak of the Julian Alps - mt. Triglav. When you will approach the city of Tarvisio you won't be far from the pilgrimage church of Monte Lussari (sv. Višarje) and the three-border area of Slovenia, Italy and Austria which also represents the meeting point of three cultures and the area with four official languages. Here, you can decide to prolong your tour and return to the Soča valley via Kranjska Gora across the Vršič mountain pass. The last part of the tour will take you through the valley of the river Koritnica which lies parallel to the Trenta valley and is also one of the finest Slovenian Alpine valleys where you can admire some of the numerous waterfalls from the road itself. The above mentioned circular tour can also be joined with other cycling trails like the ascend to the Božca mountain pasture from the former Učcea (Učja) border crossing, trail to the end of the Resia valley, ascend to mountain pastures under Mt. Jôf di Montasio from Sella Nevea mountain pass, or the ascend to the Mangart pass located in the vicinity of the Predil (Predel) mountain pass.



From the town of Bovec, the trail leads through the village of Čezsoča and along the river Soča to the village of Žaga where it turns right towards the ascent leading above the Učja ravine and further to the former border crossing with the same name. There you will be faced with a short descent after which you will turn right to the village of Učcea from where you will continue along a narrow paved road with a constant incline to the Sella Carnizza (Karnica) mt. pass from where you will descend very steeply to the Resia valley where you will reach the valley road which you will follow and after a while turn left towards the village of Resiutta (Na Bili) and continue to the main road between the cities of Udine and Tarvisio. Here, you will turn right towards Tarvisio and continue along the valley of the river Fella to the village of Chiusaforte where you will leave the main road and turn right across the bridge over the river Fella and continue along the Raccolana (Reklanica) valley towards the Sella Nevea mountain pass. At the end of the valley, the initially flat road turns into a steep ascend which, after a few hairpin bends, first reaches the village and later the Sella Nevea mountain pass. From here, you will descend along the Rio del Lago valley past the turquoise Lago del Predil to the crossroads towards Tarvisio and Predil where you will turn right and, after a short ascent, reach the former border crossing at the Predel mountain pass. Initially, the road descends slowly and leads past the Predel fortress and the junction with a road leading towards the Mangart pass with the highest altitude road in Slovenia. From here the descent becomes steeper and leads through the villages of Strmec and Log pod Mangartom, and past the Kluže fortress to your starting point in Bovec.

The Resia valley

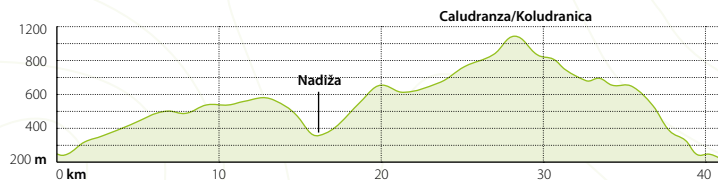
On your tour, you might get a chance to meet one of the rare Eastern Alpine Slavic inhabitants of the Resia valley who, due to the position of the valley, developed their distinctive Resia language and culture. The municipality of Resia is also a part of the Julian Prealps Park with its Visitor's Centre located in the village of Prato (Ravanca).

Log pod Mangartom and Cave del Predil

The village of Log pod Mangartom used to be connected with the lead mine in the village of Cave del Predil with a tunnel called »Štoln« which, during the World War I, served as a railway tunnel for the transportation of goods and soldiers to the Isonzo Front. Later on, the tunnel served for the transportation of Slovenian miners to the lead mine and included a border control between Yugoslavia and Italy. Today, the former »station« in Log pod Mangartom includes a well-arranged presentation of the tunnel, the lead mine, and the village.

II. 4 Breginjski kot

ABOVE THE NADIŽA RIVER OVER THE EXTREME EDGE OF SLOVENIA



Start
Staro Selo (Kobarid)

Difficulty level
●●●○○

Length
41 km

Tot. altitude difference
1050 m

Duration
3.5–4.5 h

Surface
asphalt

Sights along the trail:

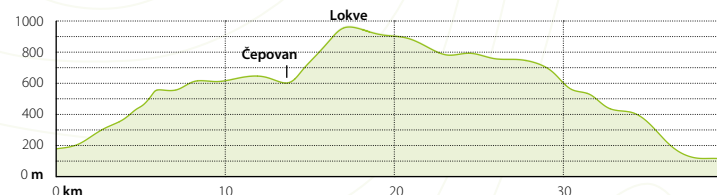
- Old village centre and the Museum in Breginj
- Nadiža gorges with the Napoleon bridge
- Village of Robidišče with the black kitchen
- Chapel and monument Bocchetta di Sant' Antonio
- San Giovanni d'Antro cave

This alternative trail from the town of Kobarid towards the village of San Pietro al Natisone (Špeter) leads through the Breginjski kot valley which really opened towards the Natisone valleys with the removal of the former border crossings. At the foothills of mt. Stol, the trail slowly ascends through numerous villages towards the village of Breginj which was once considered the pearl of the Veneto-Slovenian architecture. After the earthquake of 1976, only the smaller old village centre was preserved and can now be visited. Besides the trail leading through the most western Slovenian village of Robidišče, you can also choose a slightly longer trail which leads from Breginj through the village of Prossenico (Prosnid). The first trail descends through the village of Logje and further on to the bridge across the river Nadiža from where you will soon reach the picturesque Nadiža gorges with the stone Napoleon bridge and many bathing pools.

Cyclists who would like to immediately return to Kobarid have to take the trail along the river Nadiža which leads through the village of Podbela and continues towards the village of Robič, whilst others have to ascend on a terrace with the remote village of Robidišče which was cut-off from its 'mother region', Venetian Slovenia, but in spite of all the troubles still managed to preserve the authentic Venetian architecture including the distinctive black kitchen. The trail then continues towards the mountain pass above the village of Canebola (Čenebola) which boasts with the chapel and monument Bocchetta di Sant' Antonio. Even if you choose the longer trail you will reach the aforementioned mountain pass. In this case you will first have to cycle from Breginj to the former border crossing and then cross the bridge over the river Natisone. From here, the trail will lead you through Prossenico towards the village of Attimis and later above the village of Faedis located at the outskirts of the Veneto hills with splendid views over the Friuli lowlands. Both trails will lead you to the top of mt. Ioanez which you will first encircle and then descend past the San Giovanni d'Antro Cave back to the river Natisone.

II. 5 Čepovan valley & Trnovo forest

DOWN THE DRY RIVER VALLEY AND THROUGH THE DIVERSE DINARIC FOREST



Start
Most na Soči

Difficulty level
●●●○○

Length
39.5 km

Tot. altitude difference
870 m

Duration
3.5–4.5 h

Surface
asphalt macadam

Sights along the trail:

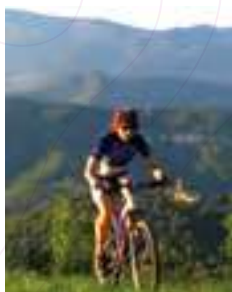
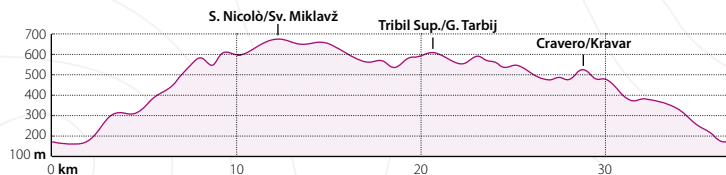
- Kosmačeva learning path (KUP)
- The cultural and historical trail of Most na Soči
- Monuments to the people who died in World War I and II in Čepovan
- Smrečje frost hollow
- Mala Lazna clearing
- Vantage point on Krnica
- Kromberk castle

Cycling down this dry valley serves as a worthy alternative to the road connection along the Soča river. In the vicinity of the Most na Soči railway station we turn to the road with a mild ascent above the Idrijca river to enter the valley of Čepovan through Vrata. Before the village turning towards Trebuša, the road turns into a mild descent, which continues as far as Grgar, so it is appropriate for road cyclists, who want to reach Nova Gorica. But our descent doesn't take long, because in Čepovan we turn to a steep macadam road leading to the Trnovo plateau, to the village Lokve, where we can enjoy a longer lunch break. Various typical home-made dishes with a herb-based spin are particularly interesting. Lokve is the highest-situated village on the plateau, where the warm air from the south intertwines with the freshness of the pre-Alpine landscape as we turn our pedals.

In our case, before we start descending towards Nova Gorica, we are in for a pleasant ride on a forest route through the Trnovo forest, through villages Voglarji, Podgozd and Sedovec. Then, right after the village Lokve, we opt for a forest route right of the main route for Trnovo. We connect to the main road just for a second, before the village Ravnica, which served as a rear area in World War I. In Lokve we can decide also for a longer ride to Trnovo following a cycling route across Mala Lazna, the botanical gardens in the midst of spruce tree forests, and past the vantage point on Krnica above the Vipava valley. It's also worth mentioning the connection to Vojsko, with the famed Great ice cave, and the route across the interesting high-altitude karst that passes Smrekova draga (Spruce glen). Under Ravnica we embark on another downhill ride with numerous serpentine before reaching the suburbs of Nova Gorica.

III. 1 Tribil Superiore in Natisone valleys

CHURCHES OF THE NATISONE VALLEYS



Start

San Leonardo

Difficulty level



Length

36.5 km

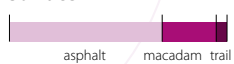
Tot. altitude difference

950 m

Duration

3–4 h

Surface



Sights along the trail:

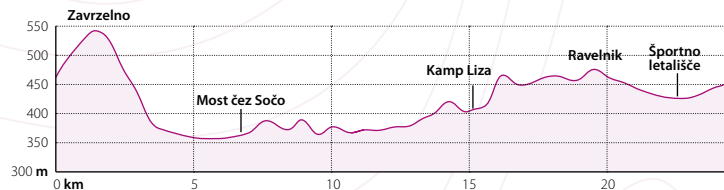
- Pilgrim church on Castelmonte
- Churches of St. Silvester, St. Nicholas, St. John, St. Lucy, St. Andrew and St. Anthony
- Slovenian Multimedia Window museum SMO

The diverse circular route passes numerous churches that were once used by the locals to warn their fellow townspeople of dangers. So, it is certainly worth giving our attention to the numerous sacral buildings along the way. If we chance upon any locals, we will undoubtedly be fascinated by the specific melody of their Slovenian dialect. Because it seems that time in these valleys goes by a lot slower, it only makes sense to stay in one of the inns that offer home-made delicacies with the influences of Slovenian, Friuli, Italian and mid-European cuisine. The Natisone valleys (Nadiške doline) represent something special and surprise us in many things.

The route begins near San Pietro al Natisone (Špeter), the centre of the Natisone valleys, in the village San Leonardo (Podutana) along the river Cosizza (Kozca) with a macadam ascent past the first of the churches and through the hamlet Picon (Pikon), and on to the asphalt road, which leads to Castelmonte (Stara Gora). It is the destination of many pilgrims and it delivers a view of the Friuli plain, the Natisone valley and Slovenia. We continue down the panoramic asphalt road, which winds on a ridge with smaller ascents and descents, and soon we pass the church of St. John (San Giovanni), which, situated on a rock, reigns the valley of Judrio (Idrija). Following a panoramic road we reach the highest point of Tribil di Superiore (Gorenji Tarbij) on the WWI entrenchment line, from Kolovrat to Castelmonte. We turn downhill along the ridge on the other side of the river Erbezzo (Arbeč) through the hamlets Oblizza (Oblica) and Cravero (Kravar). As we continue down to the valley we visit the last of the secluded churches, the church of St. Andrew (S. Andrea) on a hill above the river Cosizza.

III. 2 Bovec

CIRCLE THROUGH BOVEC



Start

Bovec

Difficulty level



Length

24.5 km

Tot. altitude difference

277 m

Duration

2–2.5 h

Surface



Sights along the trail:

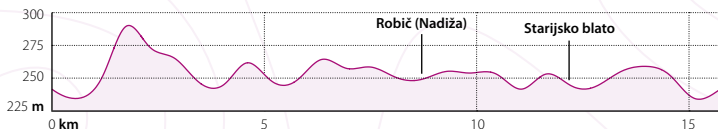
- Virje waterfall and the Plužna accumulation lake
- Boka waterfall
- Confluence of rivers Soča and Koritnica
- Ravelnik outdoor museum
- Church of Virgin Mary

The familiarization tour across the Bovec basin is appropriate for everyone, in spite of some short ascents and exposed sites which you can pass with the bicycle in your hands. It leads past the Virje and Boka waterfalls, along the emerald beauty Soča, through the confluence and gorges of rivers Soča and Koritnica, and past the Bovec airport and the World War I outdoor museum. All along the way, this trail allows you to admire the Julian mountains like mt. Kanin, mt. Rombon and also mt. Triglav.

At the town square, the trail turns towards the top of the town, past the church, on the road leading to the village of Plužna with the accumulation lake and the Virje waterfall. In the village, the trail turns left and descends past the golf course to the main road which it follows to the junction towards the village of Log Čezsoški where it crosses the river Soča with the most wonderful view of the Boka waterfall. Here, the trail turns back in the direction of the town of Bovec and continues towards the village of Čezsoča. The trail then goes through Čezsoča and continues towards the small village of Jablenca where it turns left towards the bridge over the river Soča which it crosses and turns left across the next bridge over the river Koritnica. This part of the trail is undoubtedly attractive, but also demands a certain degree of attention due to bridge crossings and other exposed sites. From the village of Vodenca you will cycle back towards Bovec along the paved road, but turn right on a cart track before reaching the town and soon after to the left, across the road towards Čezsoča, and then around the Bovec airport. From there, you will return to the centre of Bovec which you will leave through the part of the town called Mala vas and continue along the cart track in the direction of the village of Log pod Mangartom. By the Ravelnik outdoor museum, you will cross the main road and, under the rising ground with the same name, return back to Bovec. This last circle is also very appropriate for families.

III. 3 Kobarid

JUMP TO THE BATHING NADIŽA



Start
Kobarid

Difficulty level



Length

15.5 km

Tot. altitude difference

50 m

Duration

1–1.5 h

Surface



Sights along the trail:

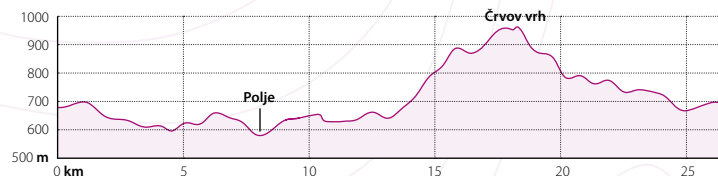
- Kobarid museum
- Kobariško blato marshland
- Nadiža gorges
- Church of St. Volar
- Pod slapom waterfall

The majority of the tour leads across the dried up Kobariško blato marshland where mills used to operate and where a railroad used to connect the towns of Kobarid and Cividale. Today, this area with rich diversity of vegetation and animal life includes an educational and cycling trail with splendid views of the long mountain ridge of mt. Stol and of the mighty walls of mt. Krn. Old cart track trails are perfect for cyclists headed to the Breginjski kot valley and further on into the region of Veneto, or just to the river Nadiža (Natisone) which springs under mt. Stol and turns towards Cividale at the foothills of mt. Matajur. From the Nadiža gorges, the trail leads to the natural bathing spot near the village of Robič which is a true paradise for bathers, as the river Nadiža is one of the warmest Alpine rivers. According to the folk tradition, the river also possesses medicinal powers which are especially beneficial after a tiring cycling tour.

In Kobarid, the trail turns on the local road which ascends towards the village of Svino where it turns right and descends towards the next village under mt. Matajur. In the village of Sužid, the trail keeps to the left and then turns on the cart track leading towards Robič. Just in front of the village, the trail turns right on the road towards the village of Breginj which it quickly leaves and turns through the village of Kred. Behind Kred, the trail keeps to the right until it reaches picturesque gorges, numerous river pools and finally the bathing spot near Robič. To reach the previously used cycling trail, a short drive along the main road is required, whilst the return between Sužid and Svino follows the trail across the Kobariško blato marshland and not the trail routed to the right and through the village of Svino.

III. 4 Šentviška planota plateau

CIRCLE THROUGH MACADAM ROADS OF PLANOTA



Start
Ponikve

Difficulty level



Length

26.5 km

Tot. altitude difference

570 m

Duration

3–3.5 h

Surface



Sights along the trail:

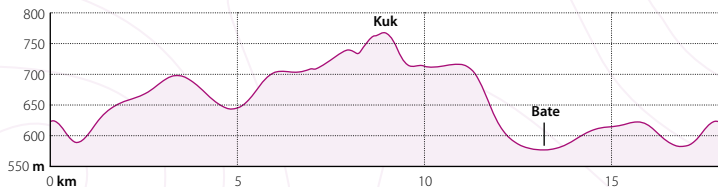
- Church of St. Mary in Ponikve
- Wooden granary from the 18th century in Pečine
- Gorge of the Kostanjevec brook
- Lukševa hiša house in Šentviška Gora
- Črvov vrh peak

A diverse route takes us across the vast pre-Alpine Šentviška planota plateau, squeezed between the Baška grapa gorge and the valley of Idrija. A network of peaceful macadam and asphalt routes, in the company of carefully groomed meadows and typical karst formations, makes the plateau very appropriate also for less experienced cyclists. We will cycle along its edge, which offers wonderful views of the Julian Alps and the Idrija and Cerkljo hills.

One of possible accesses to the plateau is also the access of our choice – Idrija pri Bači. But before we start exploring the plateau, we will cycle on the left bank of Idrija, on the Kosmač educational path (KUP), a flat cycling route, which is appropriate for everyone, particularly for those who want to bathe. On the plateau, our starting point can be Ponikve with the Plečnik's church or the nearby ski slope Suše. After visiting the church above the village, we will cross the plateau and reach Šentviška Gora. In Ponikve we first turn off the main road to a forest path and later connect to the road again. We continue through the village Pečine, in the direction of the crossroads Markaduc, which connects with the road from Slap ob Idriji. Even before the crossroads we turn left to the side road to Prapetno Brdo. In the village we turn towards the playground and continue over meadows through the village Polje to Šentviška Gora. Before the most challenging part of the route – ascent to Črvov vrh – we also circle through Zakraj and Daber. Before the road preponderates downhill at Bukovski Vrh, we turn left towards Črvov vrh to reach a panoramic edge of the plateau above the Baška grapa gorge. This is followed by a descent to Zagomilca, where we turn right and pass peaks Kuk and Pušnik. Our cycling expedition over the northern edge of the plateau is rounded up with a return ride past the ski slope to the starting point in the village Ponikve.

III. 5 Banjšice plateau

PANORAMIC TOUR ACROSS THE PLATEAU ABOVE SOČA



Start

Kanalski Vrh

Difficulty level



Length

18 km

Tot. altitude difference

258 m

Duration

1.5–2 h

Surface



Sights along the trail:

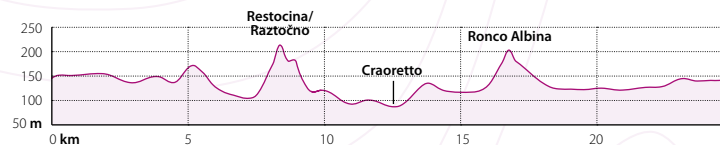
- Kanalski Vrh accumulation lake
- World War I museum
- Church of the Holy Cross in the village of Bate

Besides the tour across the Šentviška planota plateau, there is another circular tour routed across a pre-alpine plateau located between the Soča valley and the Čepovan valley. Except for a short gravel road section, the circular cycling tour across the Banjška planota plateau (700 m and higher), or the subalpine pearl as this plateau is also called, follows the winding paved roads. Agriculture and cattle breeding represent the most important activities of the plateau therefore the entire tour is routed across the well-cultivated countryside with grazing cattle herds. At the same time, the plateau represents a high altitude Karst plateau without running water, with caves and precipices, and other Karst features. The village of Banjšice is also well-known due to the events of the World War I when, in the 11th Isonzo battle, the Austro-Hungarian army had to retreat from the western edge of the plateau to its central part which they barely defended.

The entire tour only includes two ascents. The first, shorter one, starts from the village of Kanalski Vrh and leads to the village of Lužarji and includes the only short, otherwise well-arranged, section of a gravel road. Here, you will be greeted with splendid views of the outskirts of the Julian Alps and with the start of the next section of the tour leading towards the top of mt. Kuk first through the villages of Mrcinje and Trušnje and later through the villages of Raven, Breg and Krvavec. The second, somewhat longer ascent to the top of mt. Kuk shouldn't be too demanding due to the marvellous views which you will experience along the way. The layout of the trail is very dynamic and includes one only descent worth mentioning which leads to the village of Bate. The ascent to the plateau from the town of Kanal via the village of Morsko requires you to overcome additional 500 meters of a well-routed road, whilst the other two access roads come from the villages of Čepovan and Grgar located under mt. Sveta gora.

III. 6 Dolegna del Collio

ACROSS VINEYARD HILLS ALONG THE BORDER RIVER



Start

Cividale del Friuli

Difficulty level



Length

25 km

Tot. altitude difference

220 m

Duration

2–2.5 h

Surface



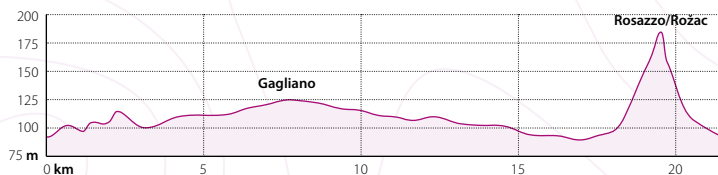
Sights along the trail:

- Church of St. Elena in Mernicco
- Villages Ruttars and Restocina
- Bosco di Romagno park
- Wine and tastes road and Wine and cherries road

The tour along the wine roads around the village of Prepotto (Prapotno), where the authentic grape varieties like Friulano and Refosco dal Peduncolo rosso are grown, offers splendid views of the terrace cultivated vineyard hills and also some quite demanding ascends. It starts towards the south in the direction of the wine-growing town of Corno di Rosazzo and follows the road surrounded with houses on both sides which leads from the town centre to the nearby meadows and fields and later enters the village of Gagliano with the remnants from the Roman and Lombardian times. From here, the trail turns to the left through the distinct peasant country and later to the right, away from the main road towards Prepotto, and continues on higher grounds of the village Spessa past the well renowned winemaker farms until it reaches the Bosco Romagno park. The name of this park with numerous tree species is also of Lombardian origin. The trail then ascends to the village of Craoretto from where it descends to the town of Dolegna del Collio (Dolenje) which it reaches after crossing the bordering river Judrio (Idrija) which comes from under mt. Kolovrat. From Dolegna del Collio which is located along the Road of Wine and Taste and along the Road of Wine and Cherries, the trail ascends steeply to the group of houses named Restocina from where it descends to the village of Mernicco (Mirnik) and through the village of Albano di Prepotto. This trail also includes a bridge across the river Idrija called Ponte dello Schioppettino which was named after the authentic black berry grape variety which makes the red wines of Prepotto especially elegant and delicate. From the village of Albana, the trail then continues across a small hill, past the small village of Cialla, and reaches the winegrowing slopes of Montebello and vineyards of Fornalis at the south-eastern outskirts of the city of Cividale which you will enter after cycling past the western side of the small village of Fornalis which you will reach from the junction towards Castelmonte (Stara Gora).

III. 7 Corno di Rosazzo

ACROSS THE LOWLAND PASSING VINES



- Start**
Cividale del Friuli
- Difficulty level**
● ○ ○ ○ ○
- Length**
21.5 km
- Tot. altitude difference**
110 m
- Duration**
1.5–2 h
- Surface**
- | | |
|---------|---------|
| asphalt | macadam |
|---------|---------|

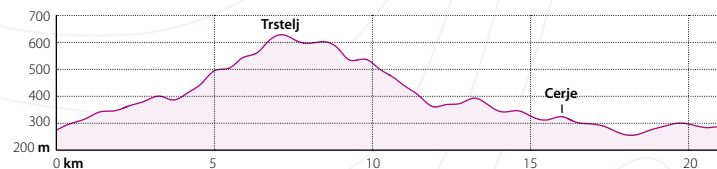
Sights along the trail:

- Nachini-Cabassi villa
- Abbey in Rosazzo
- Bosco Romagno park
- Rocca Bernarda castle

This wine-cycling trail will take you to the lowland parts around the Rocca Bernarda castle and wine cellar which, along with the Rosazzo abbey, dominates over the wine-growing hills south of the city of Cividale. It will first take you in the direction of the city of Trieste through the small villages of Rualis and Gagliano where you will turn right and cross the fields towards the village of Firmano. At this section of the tour you will be able to enjoy in the distinctive countryside with grain fields and lowland vineyards, and cycle along the left bank of the river Natisone. When you will reach the small village of Casali Potocco, you will continue towards the village of Ippolis and later towards the village of Azzano where you will cycle along the fields on your left until you will reach the last houses of the village of Oleis which was named after its olive groves. Here, you will turn left towards the west and ascend to the Rosazzo abbey. This place is also special for its views over the wine-growing region of Collio orientali del Friuli and the Goriška brda region. The Rosazzo tourist-cycling trail continues down the beautiful Rosazzo hills which are distinguished by vineyards and fruit tree groves which can be found all the way to the small village of Noax near the town of Corno di Rosazzo. From here, the trail continues along the main road past vineyards, fruit tree groves, olive groves, and grain fields to the village of Spessa. Just a short distance away you will be able to see the castle of Rocca Bernarda which was at first liable to the Aquileian patriarch and later to the city of Cividale. Today, the castle is a property of the Maltese Knight Order and a location where the renowned Picolit wine is produced. You can also visit the castle with your bicycle if you follow the aforementioned tourist-wine road from Noax to Rosazzo and if you are willing to make another ascend to the top of the hills. After cycling through Spessa you will return to your starting point through the village of Gagliano.

III. 8 Trstelj in the Karst

THROUGH DARK PINE TREE FORESTS AND KARST VILLAGES



- Start**
Kostanjevica na Krasi
- Difficulty level**
● ● ● ○ ○
- Length**
21 km
- Tot. altitude difference**
430 m
- Duration**
2.5–3.5 h
- Surface**
- | | | |
|---------|---------|-------|
| asphalt | macadam | trail |
|---------|---------|-------|

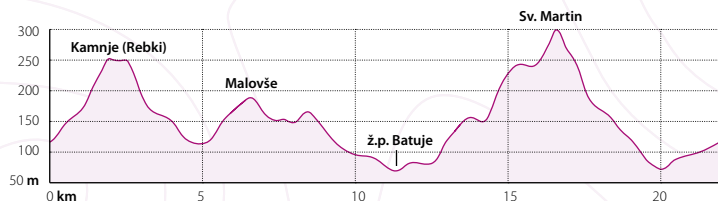
Sights along the trail:

- Karst architecture in Temnica, Novelo and Kostanjevica
- Numerous remnants of the battles of the Isonzo
- Memorial to the defenders of the Slovenian land
- Chair of General Borojević

When looking towards south from the Lower Vipava valley, we can see the hills covered by vast dark pine forests. This is why the peaks are commonly called Črni hribi (Black hills). As we climb onto them, the dark undertone quickly disappears, because cycling in the region between Trstelj and Cerje delivers a spectacular view of the Karst and the surrounding countryside between the sea and the Alps. History enthusiasts will love exploring the former World War I battlefields, while everyone fascinated by the elements of typical stone architecture and the flavours of the beautiful wine-growing region will get their share in karst villages. The tour begins in Kostanjevica na Krasi, and then through Novelo and Temnica. The villages are positioned on picturesque locations on top of hills, where they flirt with the azure Adriatic Sea. Groups of houses are positioned close to one another, which enabled the locals to find shelter from the notorious Bora wind. Behind Temnica we embark on a light ascent to Trstelj, which serves as the highest point and the most beautiful vantage point of this part of Karst with its 643 m above sea level. Just below the peak we can regain some strength in the mountain hut. Next, we will cycle down the forest path through pine forests and past vantage points between individual peaks. On the Fajtji hrib hills the time healed all wounds of the blood battles of the Isonzo. The then events are evidenced only by individual caverns, entrenchments and other remains, which are today connected by the Path of peace. Cerje is the icing on the cake with its all-encompassing view – the entire region covered by the routes described in this guide book is practically there for you to savour. We will return back to Kostanjevica through a typical karstic common.

III. 9 St. Martin in the Vipava valley

AMONG FIELDS AND VINEYARDS OF THE VIPAVA VALLEY



Start

Potoče

Difficulty level



Length

22 km

Tot. altitude difference

430 m

Duration

2–2.5 h

Surface



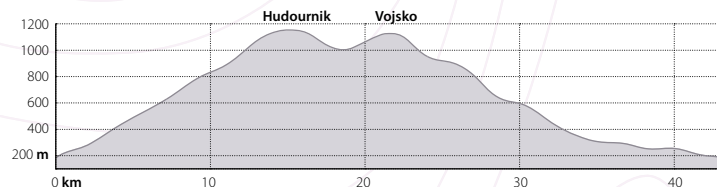
Sights along the trail:

- Church of St. Martin in Brje
- Stone bridge and the church of St. Michael in Kamnje
- Baroque church in Vrtovin
- Military cemetery in Črniče
- Huhov mlin mill
- Picturesque villages on the Vipava wine road

This is a wine shops route, where we can taste exquisite, home-made wine, and typical Vipava dishes at tourist farms. We start our trip in Potoče and then we go up to the village Kamnje with the church of St. Michael. For a moment we will enjoy the wonderful view and then head on to Vrtovin. The ride that follows is far from noisy roads and we feel the beat of Vipava villages. From Vrtovin we head to Gojače and Malovše and on to Črniče. The path among hills is rugged, but it is possible to enjoy an easy ride in the picturesque landscape. In addition to the varied terrain, which creates a picturesque landscape, we can also admire the villages with elements of typical karst architecture. In Črniče we turn to a narrow street past the church of St. Vitus and continue down the macadam road. Further on, we will pass the homestead Huhov mlin. We again connect to the asphalt road and drive to the industrial zone Pod Batujami. Here we cross the river Vipava, which lend the name to the valley, and head to the Vipava hills on the south, as the landscape passes to karst. We climb to Preserje and continue directly towards the hamlet St. Martin, which rises above Brje at an altitude of 331 m. Here, the church of St. Martin occupies the dominant position, which separates the Vipava valley from the Branica valley. This place also delivers a beautiful view of the Vipava valley and the hillsides of the Trnovo forest on the north-east, and the Karst on the south-west. From St. Martin we will start our way downhill, through the village Brje, and continue down the road to the village Potoče, where our route comes to an end among the vines.

IV. 1 Vojsko plateau

PASSING UNTAMED RAVINES TO THE HIGHEST SITUATED VILLAGE IN THE PRIMORSKA REGION



Start

Dolenja Trebuša

Difficulty level



Length

43 km

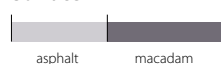
Tot. altitude difference

1100 m

Duration

4–5 h

Surface



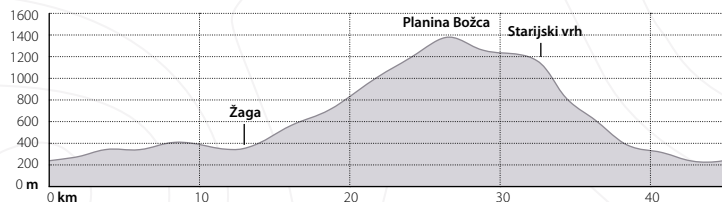
Sights along the trail:

- Confluence of Idrija and Trebušica
- Partisan cemetery in Vojsčica
- Partisan printing house Slovenia
- Wetlands in the valley of Gačnik
- Brdarjev slap waterfall
- Gačnik ravine
- Stone bridge on the Trebušica river
- Waterfall in Sopota in the Pršjak ravine
- Sulphur spring

This trail leads along the low-traffic roads among the Idrija hills, or, more precisely, to the idyllic Trebuša area which represents the border between the plateaus of Vojskarska planota and Čepovanska planota. There is only the Prvejk hill preventing you to reach the starting point in Dolenja Trebuša if you arrive along the KUP trail from the direction of Tolmin. The circular trail starts along the valley of the Hotenja brook towards the town of Idrija and includes a gentle ascent to the Oblakov vrh pass. It becomes somewhat more demanding from the right turn towards the top of mt. Hudournik. Before the road begins to descend towards the Gačnik farm, we turn left to the forest road. To reach the top we turn left on the forest road to a footpath, and go up the meadows to the most beautiful viewpoint of the plateau. From the turning for Hudournik to Vojsčica we follow a dirt road, which soon turns into asphalt and takes us to the centre of Vojsko, the highest situated village in the Primorska region. From the church in the centre of the village we follow a rather non-demanding asphalt road for a while longer. After a short ascent, the macadam road preponderates down to the valley of the Gačnik creek and takes us to the farm with the same name. Here the water shaped a wild canyon and we can see it crash into the valley of Trebušica in a tumultuous fall with numerous waterfalls. We return to Gorenja Trebuša enjoying a scenic descent and passing typical mountain farms. From here, the return to the village of Dolenja Trebuša includes a pleasant ride along the valley of the Trebušica river with ravines of its many tributaries like Gačnik and Pršjak. The latter provides the most picturesque Sopota waterfall.

IV. 2 Mt. Stol

PANORAMIC RIDE OVER THE MOUNTAIN RIDGE OF STOL



Start
Kobarid

Difficulty level



Length
45 km

Tot. altitude difference
1450 m

Duration
4.5–5.5 h

Surface



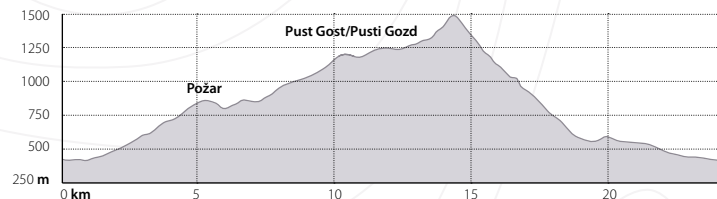
Sights along the trail:

- Trnovo gorge
- Učja gorge
- Ridge of mt. Stol
- Kobarid gorge with the Napoleon bridge

The ride along the ridge of mt. Stol is one of the best cycling experiences in the valley which offers plenty of ascents and descents. From the town of Kobarid, the fastest way for you to reach the ascent leading from the village of Žaga along the northern side of the hill is to cycle along the main road. Alternatively you can avoid the main road and cycle along the road connection routed on the left bank of the river Soča. In Žaga, you have to turn on the low-traffic road above the Učja gorge which will lead you to the former border crossing where you will have to turn left on the cyclist friendly forest road with a constant incline and plenty of shade. The ascent alone offers splendid views over the Bovec basin and of the Kanin mountain range, whilst the arrival to the ridge of mt. Stol past the Božca mountain pasture represents a truly unforgettable experience. You will share this beautiful spot with numerous paragliding pilots who also use the same access road. At this point you will have to turn left towards the town of Kobarid where you will reach the road leading to the top of mt. Stol along the southern slope. During the summer, this road is over exposed to the sun, but nevertheless offers splendid views. The leisure ride along the long and distinctive grassy ridge with views of the neighbouring mt. Matajur and over the river Nadiža deep below ends at the junction in front of the peak Starijski vrh on mt. Stol. From here you will continue along the somewhat more demanding trail along the ridge. You will re-join the forest road towards the village of Trnovo after you will pass the sightseeing Hum and turn left on the gravel road before you will reach Predela and peak Baba. From there you will slowly descend to a junction with a footpath above the village of Trnovo. Just after the right concrete bend you will have to turn left from the road and then immediately right to the nearby clearing. On the attractive descend directly to Trnovo you will have to keep to the right side. For the return to the town of Kobarid you can choose the old Napoleon trail which you can reach after turning from the main road at the bend above the Otona pool.

IV. 3 Pust Gost in the Resia valley

ONE OF THE MOST BEAUTIFUL UNINHABITED CYCLING TOURS



Start
Prato di Resia

Difficulty level



Length
25 km

Tot. altitude difference
1550 m

Duration
4–5 h

Surface



Sights along the trail:

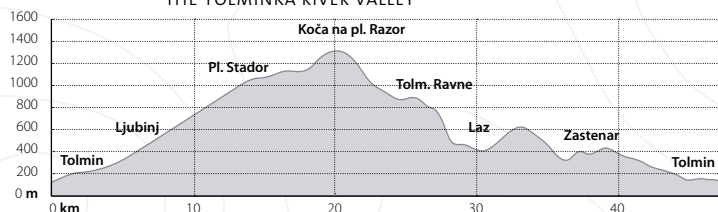
- Alpine meadows on Pust Gost
- Knife grinders museum in Stolvizza
- Centre for visitors of the Julian Prealps Natural Park

This 20 km long glacier valley by the Resia (Rezija) brook is surrounded by the mighty mt. Kanin and is open only to the west towards the Friuli region. The only turn from the main valley road is an ascending road leading across the Carnizza pass which then descends to the Učcea valley. The northern part of the municipality of Resia is protected by a ridged mountain crest with the three-headed mt. Sard reaching from the top of mt. Kanin, whilst the southern part is protected by the ridge of the sharp Monte Musi mountain range.

Names of villages on bilingual signposts are written in the Resian dialect and in the Slovenian language. The Pust Gost tour is technically and physically quite demanding. You won't meet many people along this tour, except perhaps at the Sagato mountain hut. As the experienced backcountry cyclists can say, this is one of the best tours in the area of the Western Julian Alps. The trail starts from the sports centre and leads along the paved road by the river towards the village of Prato di Resia (Ravanca) where the road turns into a steeply ascending gravel road which gradually becomes gentler. From the Sagato mountain hut, the road includes some concrete ascents, of which the first few are somewhat normal, whilst the last one is almost vertical. At the altitude of 1.200 m, you will turn from this road and continue along the forest road where you will have to push your bicycle a few times, just like you will hate to push it for the last 100 metres of the height difference. After you will re-join the route 643, you will descend along a very nice old military mule trail with some short technical parts which will perhaps make you step down from your bicycle. At the end of the descend you will reach the village of Stolvizza (Solbica) where you will turn on the up and down trail routed above the right bank of a tributary of the river Resia back to your starting point.

IV. 4 Mt. pasture Razor

OVER ALPINE MEADOWS TO THE ECO-VILLAGE AND THE TOLMINKA RIVER VALLEY



Start

Tolmin

Difficulty level



Length

47 km

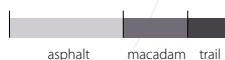
Tot. altitude difference

1575 m

Duration

4–5 h

Surface



Sights along the trail:

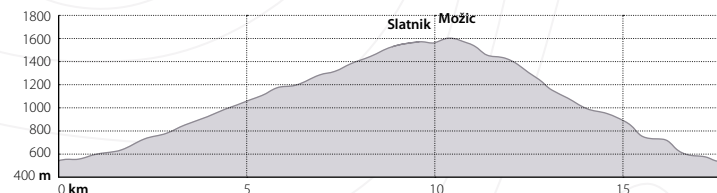
- Tolmin mountain pastures
- Village of Čadrg
- Church of the Holy Spirit in Javorca
- Tolmin gorges

This classic mountain bike tour offers almost everything even to the most experienced mountain bikers. You will ascend towards the renowned Kobala paragliding take-off and then cycle across the Tolmin mountain pastures. The last of the mountain pastures, Razor, just calls for a longer stop before descending back to the valley. The first descent will lead you to the valley of the river Zadlaščica which you will leave somewhere above the Tolmin gorges and turn to the valley of the river Tolminka under the village of Čadrg. This eco village is distinguished by its persistent villagers, whilst the valley underneath it boasts with the church of the Holy Spirit in Javorca and the Tolmin gorges.

You will gain the majority of the height difference by ascending the paved road leading towards the Stador mountain pasture which is also used by the numerous paragliding pilots which use it to reach the take-off on mt. Kobala. To reach the Razor mountain pasture you will have to cycle along the gravel road with short ascents, descents, and intermittent flat parts, and pass two more mountain pastures – Lom and Podkuk. Under Razor, you will then leave this road and turn on the old military mule trail – the left hiking trail leading to the village of Tolmin-ske Ravne. From this village, you will descend down the valley of the river Zadlaščica and, before reaching the river, turn right on the crossing trail towards Čadrg located on the right bank of the river. In the village of Zadlaz-Čadrg you can decide to shorten your tour and descend to the Devil's bridge in the Tolmin gorges, or continue your tour with another ascend along the road towards Čadrg. Just in front of the village you will turn and descend through the former small village of Ozidje, pass the Podlogar farm and cross the wooden footbridge over the river Tolminka located just under the church of the Holy Spirit in Javorca which is certainly worth visiting in spite of the steep ascent leading to it. The Tolmin gorges are also a must-see natural sight which you will reach by descending along the old military mule trail on which you have to turn at the church of St. Peter above the village of Zatulmin.

IV. 5 Mt. Možic above Baška grapa

ALONG BRIDLE PATHS OF THE RAPALLO BORDER



Start

Podbrdo

Difficulty level



Length

18 km

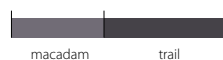
Tot. altitude difference

1080 m

Duration

3–4 h

Surface



Sights along the trail:

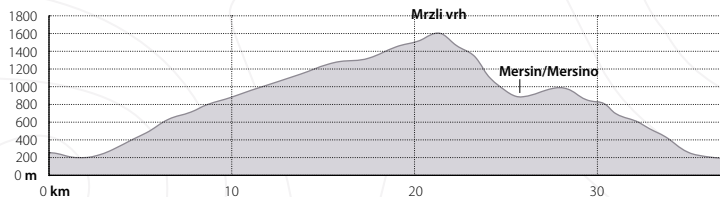
- Old village centre and the Jakovkna house in Podbrdo
- Lajnar barrack
- Kup air-raid shelter
- Slatnik barrack
- Iron bunker on Možic
- Boundary stone fortification on top of the Bača mt. pass

Cycling along the old Rapallo border, former Yugoslav-Italian border, takes place along old military trails routed on the slopes of mt. Slatnik, Lajnar, Možic and Kobla. The joyful ride along the ascending old military mule trails allows you to observe numerous scattered remnants of the old border which are a good reason to make a stop. This wonderfully routed hair pinned trail is accompanied with rare and famous plant species, whilst its section from the turn towards mt. Lajnar also offers splendid views over the Baška grapa valley and lake Bohinj with mt. Triglav in the background.

The trail starts in the old village centre of Podbrdo and leads upstream the river Bača which it later crosses and continues along the old road towards the village of Petrovo Brdo. You will soon leave this road and turn to the left towards the Huba farm. Before reaching this farm, you will turn on the old military mule trail leading to the top of peak Kup. Along the trail you will cycle past former military positions and later join the trail coming from Petrovo Brdo. In front of the hunting lodge on mt. Kovce, you will turn right and continue along the ascent to mt. Lajnar where you will reach the former military barrack under the ridge of mt. Slatnik. From there, the trail continues to peak Možic which offers excellent views. The descent from peak Možic to the top of the Vrh Bače mountain pass is routed in the direction of mt. Šavnik and mt. Črna prst, and turns somewhere between the old barrack and peak Možic. From the ridge, you will be faced with a short, but very demanding descent to the well-preserved old hair pinned military mule trail leading to the crossroads towards Bača and Podbrdo where you will turn to the left in the direction of Podbrdo and soon to the right on the forest road leading to the old road towards Petrovo Brdo where your tour started.

IV. 6 Mt. Matajur

ROYAL DESCENT FROM THE TOP OF THE SYMBOL OF THE VENETIAN SLOVENIA



Start

Kobarid

Difficulty level



Length

37 km

Tot. altitude difference

1440 m

Duration

4.5–5.5 h

Surface



asphalt macadam trail

Sights along the trail:

- Kobarid Historical Trail
- Idrsko Historical Trail
- Chapel on the top of mt. Matajur
- Slovenian Multimedial Window museum SMO
- Old town centre of Cividale

This demanding yet memorable connecting trail between the town of Kobarid and the city of Cividale (Čedad) which leads across the top of mt. Matajur, the symbol of the Venetian Slovenia has been attracting even the most demanding mountain bikers for quite some time now. Its first part includes two separated ascents, of which the first, leading to the village of Livek, makes you really push hard, whilst the second one which follows the forest road brings more joy since it is routed along the ridge of mt. Matajur. After crossing the former border, the road past the junction towards the mountain pastures of mt. Matajur slowly turns into an old military mule trail leading to a top of a grassy mountain pass with breath-taking views over the endless Friuli lowlands and the Gulf of Trieste. At the same time, you cycle along the footsteps taken by the general Erwin Rommel during the attack of his troops on the Italian military positions in the World War I. At the end of the ascent, you arrive to the high altitude mountain hut under mt. Matajur, but if you push your bicycle all the way to the chapel on the top of the mountain, you are rewarded with splendid views of the other - Alpine side. The descend along the trails to the village of San Pietro al Natissone (Špeter) is demanding, but certainly one of the finest for miles around. On the top of Matajur we look for path 725, which takes us in the direction of Stupizza (Štupica), and then we keep to the left, towards mt. pasture Mersino, where we make a turn to Mersino Alto. We connect to the asphalt road and, following a short ascent, we arrive to the mountain pass Glevizza (Hlevišče), where we turn to path 749 in the direction of San Pietro.

On the following junctions you simply follow the up-and-down route 749 leading past the church of St. San Giorgio which might make you step down from your bicycle on some of its sections. The trail then continues past the church of St. San Canziano and in its lower part allows several options to join the main road. It is worth to continue cycling all to the gravel road leading to the church in the centre of San Pietro al Natissone where you find yourself only a short section of the valley cycling connection trail away from your well-deserved refreshment in the marvellous city of Cividale.

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For more information visit the interactive bicycle trails map

www.bike-alpeadria.com

Rules of behaviour on mountain trails



Observing the rules helps preserve nature and improve encounters with other people on the mountain:

1. Ride only on designated routes and respect local barriers.
2. Do not leave any trace.
3. Have control over your bike and regulate your speed.
4. Respect other visitors of nature – hikers come first.
5. Be considerate to animals.
6. Plan ahead.
7. Do not ride your bike in muddy conditions.



Information and reservations

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