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# Trieste Loop

Trieste is the easternmost Italian city, right in the border with Slovenia. Enjoy this amazing gravel bike tour dedicated to all cyclists in love with best homemade food and gorgeous wines. Explore the rural Karst area, have a glass of Teran wine by one of the many local producers and cycle then through an astonishing countryside made of red earth divided by white stonewalls. Ride the World' famous Collio/Brda wine area, get dusted on the dirt roads of Vipava wine valley and end your day to our favourite restaurant where we promise you'll have a culinary experience of a lifetime! Discover the astonishing underground of Unesco' Skocjan Caves, enjoy all the Mediterranean flavors along the Adriatic sea coast with its beautiful Venetian' style towns and get back to Trieste cycling among olive trees and agaves following the rhythmical sound of the cicadas

5 days - 270km/168mi - 5.100mt+/16.740ft+ - level: easy to moderate

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**Trieste Loop** gravel bike tour starts from the beautiful Italian coast city of **Trieste**, with its mix of Mediterranean, Central European and Slavic influences, famous for its coffee shops and fish restaurants. Left the city with a lift on the beautiful **Opicina old-fashioned tramway**, you will head westward following the old **roman road** called **Gemina** exploring the **Carst/Carso** region. A dry landscapes where small villages alternate with red earth fields, white stonewalls, holm oak forests: an unique environment, home of several endemic species of plants. The route will then make you reach the town of **Gorizia/Nova Gorica** - right at the border in between Italy and Slovenia and 2025 European Culture Capital, where you'll overnight. Don't miss an aperitif on a busy bar on the central square to taste gorgeous wines from the nearby **Collio/Brda** wine region: try it together with local finger food.

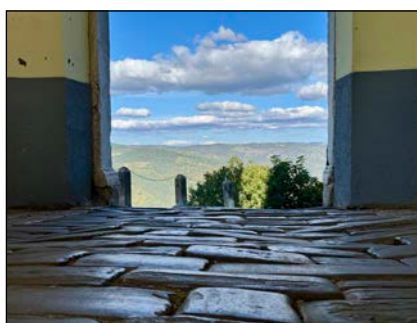


Left Gorizia/Nova Gorica, it is now the moment to ride the beautiful gravel road network of the **Vipava valley**, home of some of the best biodynamic wines in the World. Many detours are at your ease to go for wine tasting and decide what's your favourite one before to end the day in our most beloved restaurant of the area, for an unforgettable food experience! The adventure continues cycling westward, discovering the different and unique environment entering the **Carst** region, a dry landscapes where some of the World's finest natural cave are founded. A stop to visit **Škocjan Cave** - Unesco heritage site - with its huge and impressive underground canyon is unmissable, like it will be the stop at a farm where the best selection of homemade traditional Slovenian dishes awaits you... together with spirits! (don't worry, you will overnight there!).

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Moment to hold on your bars and push on the pedals has come: you have to tackle the big climb to the top of **Slavnik mountain** from where the view goes all over the North Adriatic Sea, from the Gulf of Trieste to the Slovenian and Croatian coastline. At the top, enjoy the view and get refueled with delicious homemade desserts at the local mountain refugio before keep cycling towards the shiny blue of the sea. Go across a scented land full of white shining calcareous rocks, cliffs colonized by rosemarin, olive trees, ginestra, figue trees, agave and Fico d'India. Steep - even steeper especially on last kilometers to add some glory - climbs will show you the way to get to your destination for tonight, the beautiful sea town of **Piran**. We already booked a nice table for you at our most beloved fish restaurant.



Keep your swimming suit and flip-flops at hand today! Countless of opportunities to dip into the sea or sip an aperitif on the seaside bars while admiring the swift flight of the seagulls calling the blue sky. Left Piran, admire pink flamencos on the **Strunjan** salt plans and leave the bikes to get to an hidden beach underneath white flysch cliffs. Reach the town of **Izola** for the best fish restaurants and the beautiful **Koper**, with its narrow cobbled alleys and Renaissance palaces in pure Venetian style. A glass of superb Malvasia served chilled will make you to survive at the climbs and sweat on the torrid hinterland and with a last, beautiful ride through the maritime pines of Muggia peninsula you will get to the sea coast where the ferry boat will awaits you to take you back to Trieste.

**Departure town:** Trieste

**Arrival town:** Trieste

- Hotel overnight in Trieste the day before the tour starts and when it ends
  - Day 1\_60km/38mi - 900mt+ /3000ft+\_b&b overnight
  - Day 2\_45km/28mi - 500mt+ /1640ft+\_guesthouse overnight
  - Day 3\_45km/28mi - 1100mt+ /3610ft+\_farm overnight
  - Day 4\_70km/44mi - 1600mt+ /5250ft+\_hotel overnight
  - Day 5\_53km/33mi - 1000mt+ /3280ft+\_back to Trieste\_hotel overnight
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