



**Italy – Austria – Slovenia - From the Dolomites to Trieste Road Bicycle Tour (2025)**

**8 Days / 7 Nights  
Individual Self-Guided**



Take in three countries in one week by bicycle. Italy, Austria and Slovenia will present their best features to you. You will witness varying and unique mountain ranges; untouched natural landscapes; crystal clear lakes; soft wine lands embedded against the hillsides and above all, extraordinary sought out stages provides the ideal backdrop for a sporting race bike holiday. This tour facilitates a combination of sprinting and comfortable coasting on the various legs. Your sporting efforts will be rewarded by the range of culinary delights accompanied by a drop of wine. A spectacular final stage continues along the Adriatic coastline to Trieste formerly the harbour city of the Habsburg Empire.

**OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada**  
K1Z 5X9 [www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350  
TICO Ontario Registration No: 50022848



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### Itinerary Day to Day

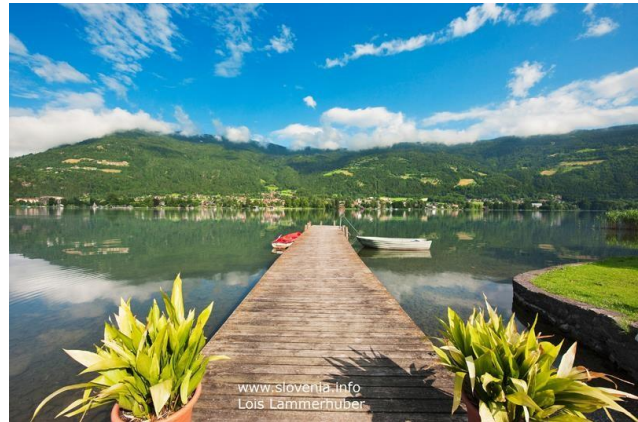
#### **Day 1: Arrival in Hochpustertal (Nierdorf/Villabassa or Toblach/Dobbiaco)**

Individual arrival at the hotel in Hochpustertal. Free, unguarded public car park near the hotel.

#### **Day 2: Hochpustertal -**

##### **Oberdrauburg/Kötschach-Mauthen 85 km + 1200 m**

The first kilometers from Hochpustertal to Abfaltersbach in East-Tyrol (Austria) will warm up your muscles. The following ascents will demand ambition from every cyclist. In Lesach and Gailtal Valley you will be rewarded with a marvelous rural landscape, lived traditions & customs and lots of cultural sites. A last ascent over the Gailbergsattel and a rapid downhill ride will take you to Oberdrauburg.



#### **Day 3: Oberdrauburg/Kötschach-Mauthen - Feistritz an der Gail 70 km + 390 m or via Weißensee 75 km + 1000 m**

Following the river Gail you continue heading south, past small typical villages. Soon you will reach the Pressegger See. With up to 28° C water temperature, the "Bath of the Gailtal" is one of the warmest lakes in Austria and is one of the first to open the swimming season in Carinthia. If you like the athletic challenge, you can choose the more challenging option via Lake Weißensee. Just right after the start the first steep ascent Weißensee is waiting for you (as an option to shorten this part you can use a boat ride – ticket not included). After a while you will reach Lake Farchtensee, following the valley and passing small villages you arrive in Feistritz a. d. Gail.

#### **Day 4: Feistritz an der Gail – Bled 125 km + 2200 m**

Shortly after Kärnten (Carinthia) you reach the border and continue towards Tarvis. After a comfortable introduction to this stage, you will start to scale up to Passo del Predil. The pass serves as border between Italy and Slovenia and the deserted border station signifies the end of the ascent before dipping speedily downwards. By looping back and forth, you work your way up to the Vrsic. The journey through the Triglav National park in the Julian Alps and





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passing by Kranjska Gora and Jesenice will direct you through some of the most unique landscape; settings offering clear lakes, foamy rivulets, thundering waterfalls, undisclosed ravines and the Triglav Mountain, the highest in Slovenia and namesake of the eponymous National Park. The day fades away at the romantic Lake Bled.



**Day 5: Bled – Cividale del Friuli 120 km + 1000 m**

The farewell at Bled could prove to be a little gloomy, but the valley in Bohinj will soon enough replace the mind with euphoria as you take in its wide and breathtaking grandeur edged by the jagged cliffs and peaks of the Julian Alps. You will encounter the first challenges of the day as you cycle through the saddle of Mount “Bohinjsko Sedlo”. Again and again, you are rewarded with exceptional views of the summits crowning the Triglav massif and the Savatal Mountains. As you cycle down the other side at a racy speed into the Soca Valley, you will catch a glimpse beyond the mountains towards the onshore. As you bypass Tolmin and Kobarid, it will be a sign of your departure from Slovenia. Your energy store will be replenished at dinner with pasta and wine in Cividale del Friuli.

**Day 6: Cividale del Friuli - Gradisca d'Isonzo 110 km + 1500 m** Close to Cividale del Friuli and near to the Slovenian border, you will find the Castelmonte Abbey, one of the oldest places for Christian Pilgrimages in Italy. Continue through Collio Goriziano the best known wine region in Italy. As you cycle up and down the hills and dales, you will leave behind a myriad of wine estates. The fragrant perfumes of the vines tempt a sampling of the pressed nectar at the numerous wine cellars along the route



**Day 7: Gradisca d'Isonzo – Trieste 90 km + 850 m**

From a distance your face will be caressed by a soft sea breeze proclaiming the ever nearing Adriatic Sea. The hinterland dotted with Karsts formations, is a region made up of white broken up limestone cliffs housing countless caves leaning towards a slightly bizarre appearance. Where the high Karsts plateaus submerge into the deep blue water and the white precipices tower vertically towards the sky the coastal road trails through evocative resorts such as Duino, Sistiana, Miramare and Barcola. Time should be allocated to visit Castle Miramare nestling in the middle of a beautiful park perched high above the bay of Grignano. Over the Gulf of Trieste you will spend a night in the city bearing the same name and past times, the harbour metropolis of the Habsburg Empire.

**Day 8: Departure**

Individual departure or extension of your stay.



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### Route



### Technical Characteristics:

**Route Profile:** Difficult. A sporty racing bike trip on streets aside of the big traffic (except during high season July/August).

**Distance:** 600 - 605 km

**Travel Season:** Departures Wednesdays, Fridays and Saturdays from May 9 to September 27  
no start possible from 09/08/2025 to 16/08/2025 (included)

Season 1: arrival on 09/05/2025 and 27/09/2025

Season 2: arrival from 10/05/2025 to 23/05/2025 and from 13/09/2025 to 26/09/2025  
(included)

Season 3: arrival from 24/05/2025 to 12/09/2025 (included)

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**Price per Person:** *all prices subject to confirmation on booking*

|  |            |
|--|------------|
| Double Occupancy B&B season 1                                    | € 829      |
| Double Occupancy B&B Season 2                                    | € 939      |
| Double Occupancy B&B season 3                                    | € 995      |
| Surcharge Single Room  | € 249      |
| Rental Bike  | On request |
| Extra Nights Villabassa/Dobbiaco Double Occupancy B&B Season 1&2 | € 89       |
| Extra Nights Villabassa/Dobbiaco Double Occupancy B&B Season 3   | € 95       |
| Extra Nights Villabassa/Dobbiaco Surcharge Single Room B&B       | € 39       |
| Extra Nights Trieste Double Occupancy B&B                        | € 89       |
| Extra Nights Trieste surcharge Single Occupancy B&B              | € 49       |

**Included:**

- Accommodation in 3\*\*\* and partly 4\*\*\*\* hotels and inns
- Breakfast buffet or a full breakfast
- Video Briefing
- Luggage transfers from hotel to hotel
- Well planned routes
- Detailed documents (maps, GPX tracks, route description, places to visit, important telephone numbers)
- Telephone service hotline for during the tour
- Navigation App

**Not Included:**

Arrival to the starting point of the tour

- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Not mentioned entries
- Rental bikes and travel insurance
- All not expressly mentioned under the item „Included services“

**THIS IS A PARTNER TOUR**

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