First week's journey

The emerald green road

Kranjska Gora - Nova Gorica - Koper - Trieste

Pedalling from the Julian Alps to the Gulf of Trieste



1


3


5

From the old station at Tarvisio you go towards the Fusine Lakes along the asphalted cycling lanes and then to the Slovenian border. You pedal amidst the woods until reaching **Kranjska Gora,** a well-known skiing and holiday resort at the foot of the Julian Alps. Then, passing through towns full of history, you reach the picturesque **Lake Bled:** here you catch the train – with your bike – which goes to Most na Soči. This is the historic railway line which connected Trieste to Vienna. Getting back on your bike, you go up the spectacular Soča Valley going through **Tolmin**, then on the left bank you reach Kobarid and you can visit the local war museum. Those who are better trained can continue to Bovec. From here you return to Tolmin and to Most na Soči, then you reach Kanal, with its enchanting bridge over the Soča river, then there is a stretch of gravel cycling lane towards Solkan and here we are at Nova Gorica and immediately afterwards at Gorizia. Now you enter the Slovenian Karst, among monasteries, castles, churches and villages, in the direction of Lipica, home of the famous horse breeding and vast stables.

It is time to get onto the well-known **Parenzana** cycling route, passing through Koper (Capodistria), Izola (Isola), Portorož (Portorose), the spectacular Sečovlje (Sicciole) salt mines, near Koper (Capodistria), to finally reach Trieste after passing through the beautiful town centre of Muggia. The whole route is flanked by the railway line which allows you to hop on a train at any time.









1 *Kranjska Gora, former Tarvisio-Llubljana railway bridge*
2 *Tolmin, the Tolmin gorges*
3 *Kanal, bridge over the Soča*
4 *Tarvisio, cycling path on the former railway line*
5 *Sicciole salt mines, Parenzana cycling Lane*
6 *Trieste, Unity of Italy Square*

ROUTE INFORMATION

Starting point: Tarvisio
Arrival: Trieste
Length: about 350 km
Conditions: route with some short stretches of dirt roads
Indications: present in the first and sixth stages, some stretches of the third, fourth and fifth stages
Inter-modality: train + bike + bus (to Komen, not always available)

STAGES

1. **Tarvisio - Kranjska Gora - Most na Soči**
   The tour of the Triglav mountain (km 52)
2. **Most na Soči - Tolmin - Kobarid - Bovec - Kobarid**
   The Upper Soča Valley (km 67)
3. **Kobarid - Most na Soči - Kanal - Nova Gorica - Gorizia**
   The middle course of the Soča (km 63,5)
4. **Gorizia - Nova Gorica - Komen - Lipica**
   Crossing the Karst (km 77)
5. **Lipica - Škocjan - Portorož**
   The descent towards the Adriatic (km 61)
6. **Portorož - Koper - Trieste**
   Along the Parenzana (km 43)