

Welcome

Thank you for selecting Visit-GoodPlace for your cycling holiday experience.

Our aim is to make your time with us as relaxed and smooth as possible. To help you along we'd like to share with you some basic and relevant information.

The APP menu contains two very important sections for your tour: **ROUTES & GUIDE**. Go through the ROUTES & GUIDE carefully since both sections include all relevant information for your tour!

Under **ROUTES** you will find off-line navigation for each cycling day. Routes contain information about the length, elevation, profile, surface type, etc. In addition to the basic information provided, please pay special attention also to some points of interest along your route such as hotels, restaurants, bike services, etc. These points include names and links to on-line information about the providers.

Under **GUIDE** you'll find information about the countries and places you will visit plus some helpful advice about cycling days.

- In the **About** sections there is a short presentation of the country you are visiting and some general information about the tour.
- In the **Itinerary** section you will find a direct link to your daily route for off-line navigation and short descriptions of each riding day, followed by a link to more information on each destination.
- In the **General guidelines** section, you will find information and general guidelines about baggage, equipment, navigation, safety, contact numbers, etc.

We wish you a pleasant stay and enjoyable cycling!

About Slovenia

Cycling lovers, restless explorers and bonvivants, welcome to Slovenia and Croatia!

Active holidays in Slovenia are extremely popular. But only if you know where to go as well as when and how to do it – only then can it become an unforgettable experience.

- ABOUT SLOVENIA: www.slovenia.info

Overview

Despite Slovenia being a **small country**, it makes a perfect tourist destination with its many picturesque views. **Mountains, lakes, waterfalls, forests, caves, hills, plains, rivers and the sea** - you name it we got it, and all within a modest 20.273 square km (half the size of Switzerland). You can ski in the morning and indulge yourself in the pleasures of the Adriatic Sea in the afternoon. Slovenia is a full member of the European Union since 2004. Its capital Ljubljana is well connected with the major European airports, and this makes Slovenia a very appealing new destination for travelers.

- **Capital city:** Ljubljana (270.000 inhabitants)
- **Languages:** Slovene, English is widely spoken
- **Population:** 2 million
- **Land area:** 20.273 km² (7.200 mi²)
- **Time zone:** Central European Time (GMT+1)
- **Currency:** Euro (EUR)
- **Electricity:** 220 V, 50Hz
- **Telephone Country code:** +386
- **Useful numbers:** Police **113**, Fire-brigade **112**, Emergency first aid & Ambulance **112**

People

Slovenes are ethnically Slavic, typically multilingual, **friendly and extroverted**. Wherever you go, you'll get an enthusiastic, helpful, and most importantly a **welcoming** and (often) **English-speaking** response. Numbering only 2 million people, Slovenians perform well above weight class in **international sport, science, academics** and even philosophy. In the days of Yugoslavia, Slovenia was regarded as the most open of the country's republics, and this fact still holds true today.

Food & Drink

Slovenian cooking borrows a few things from each of its neighbor's cuisine – Italian, Austrian, Hungarian and from Balkan – **synthesizing and reinventing dishes** in a way that they feel both familiar and unique. The "Slovenian" touch, as it were, might well be a local obsession for using **fresh and locally sourced ingredients**. The result makes this country a terrific destination for all your gourmand needs, where you'll sample home-made dishes as well as most unusual combinations. Slovenian wine, both white and red, presents an **unheralded strength**, and different regional varietals pair well with the local specialties.

About the tour



Discover the best trails on the Bike Slovenia Green: Gourmet Cycling Holidays – cycle Slovenia's Green destinations

The route, which stretches along green-certified destinations, crisscrosses nearly all of Slovenia and was named the [European Region of Gastronomy for 2021](#). Good food and wine are a part of the country's culture and after the year of 2020 Slovenia is on the map of [Michelin awarded restaurants as well](#).

The [Bike Slovenia Green: Gourmet Cycling Holidays](#) begin in Slovenia's capital, [Ljubljana](#), from there a transfer is organized to the [Soča Valley](#). Cyclists then pedal to [Brda](#) and the [Vipava Valley](#), roll into the [Karst Region](#), and then take another train back to Ljubljana and continue towards east. After discovering the Sava River region, travelers go north to Ptuj, along the [Drava River](#), to [Maribor](#).

This is a route that travels at human speed and makes nature, food, great wine, and green-certified destinations its main must-see activities. But, perhaps the most important aspect of the new itinerary is that it makes the people along the trail its most important asset.

Itinerary: Day 1 (Sept 25): Ljubljana - Soča Valley

From Ljubljana to Soča Valley

Your tour starts with a transfe from Ljubljana to the Soča Valley.

Pickup hour: 14:00

Pickup location: in front of the [Le Petit Cafe](#) (Trg francoske revolucije 4, 1000 Ljubljana)

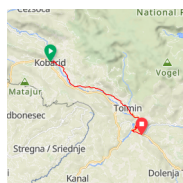
The bikes will be delivered at the same time as the pick-up. The bikes come with a bottle holder, bottle, security lock, multi-tools, frame pump, spare inner tube, bag below the seat (10-14l). If you are not bringing your own helmet, please let us know beforehand if you need them.

After reaching [Ljubljana](#), take a deep breath and get ready for the adventure ahead.

From Slovenia's main city, you'll have a transfer organized to Soča Valley, where the cycling adventure will begin on the next day. [Soča Valley](#) has been recognized with a Slovenia Green [Gold certification](#).

Cyclists will stay overnight in [Kobarid](#), which is one of the region's most important towns and the site of the [Kobarid Museum](#). Besides being another magnet for biking, hiking, fishing, and kayaking, Kobarid is also the location of the restaurant [Hiša Franko](#) and its chef Ana Roš, who is the only recipient of two [Michelin Stars](#) in Slovenia. Hungry cyclists will find that many of the restaurants in the area place a priority on responsible methods and use only local ingredients.

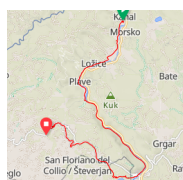
Itinerary: Day 2 (Sept 26): Kobarid - Brda (Šmartno)



SGGR_stage1-1_Kobarid-MostNaSoci

Kobarid

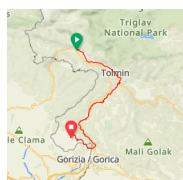
23.9 km, 254 m



SGGR_stage1-2_Kanal-Smartno

Kanal

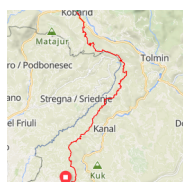
29.9 km, 500 m



SGGR_stage1_Kobarid-Smartno

Kobarid

67.3 km, 996 m



SGGR_stage1_Kobarid-Smartno_HARDER

Kobarid

49.8 km, 1,383 m

From Kobarid to Šmartno in Goriška Brda

You'll start your second day with a bike ride to Tolmin. From there you'll cycle along the two rivers Soča and Idrijca. You can either stop at the train station Most na Soči and a train will take you to Kanal, or you can continue by bike above the left riverbank of the Soča river along some challenging gravel sections towards Kanal. From Kanal both options combine and cycling will take you along the local road on the right riverbank of the Soča river and then on the picturesque cycling trail to the village Plave and all the way to Solkan.

[The train from MOST NA SOČI to KANAL](#) departs at **10:14 AM/ 12:27 PM**

Tickets can be purchased on-line or on the train (cash only). It's good to be at the station at least 20 min before departure. The cost of the ticket is 2.00 EUR/ person + supplement for the bike 1,5-3 EUR/ bike. If purchasing on-line, only ticket for the passengers can be bought, supplement for the bike can be paid on the train. It is not possible to book space for the bicycle ahead, but normally they take all the bikes. We recommend buying tickets on the spot.

Leaving the emerald waters of the Soča River the route will lead you to a different sort of richness:

wine. Heading south for just over 50 kilometers, and paralleling the Italian border, the journey rolls into the [Goriška brda](#) Region, which is actively developing its sustainable tourism offer all year round.

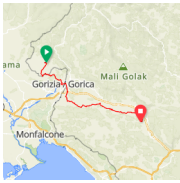
For a short time after reaching Solkan the cycling route leads you through the Italian side of Goriška brda, climbing through the Oslavje and Števerjan villages. You then reach Slovenia again very soon and cycle a bit more uphill towards the village Hum. Instead of alpine meadows, vineyards dominate this new landscape. In every direction, grapevines methodically line fields into the distance and drop behind the horizon. For many travelers, these gentle, rolling hills recall visions of Tuscany. The region and its wineries are famous for their hospitality, but they are now becoming increasingly well-known across the globe for their high-quality vintages.

After cycling through the border villages the cycling route passes the [view tower](#) in Gonjače which stands tall in the Goriška brda and offers a fantastic, panoramic view. On the east, the Vipava Valley, the route's next stage, awaits.

Finishing your stop at the Gonjače view tower means that you're almost finished with the first day of cycling. From there you reach [Šmartno](#) village in a very short time and you can finally enjoy a well-deserved break with a view over the vineyards. The final destination of the day, the village of Šmartno, is home to some of the most prominent wine growers in the region and offers the chance to end the day with some excellent wine tasting and a hearty local meal.

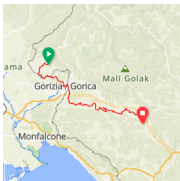
In case you'd like to choose a harder route variant for the second day, we've also prepared this option. It goes from Kobarid steeply upwards to Livek, past Nebesa and Livške Ravne high up to the Kolovrat ridge where an Outdoor museum Kolovrat is located. This First World War Museum stands right on the spot of the third Italian defense line from the First World War. After taking a look around the outside museum, moderate cycling continues through Lig, Kambreško, and just under the peak of Korada to Gonjače. After reaching Gonjače the route's ending is the same as with the easier option of the trail.

Itinerary: Day 3 (Sept 27): Brda (Šmartno) - Vipava



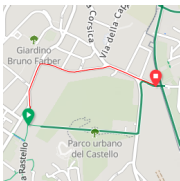
SGGR_stage2_Smartno-Vipava

Brda, Goriška
55.2 km, 626 m



SGGR_stage2_Smartno-Vipava_HARDER

Brda, Goriška
67.7 km, 807 m



Gorizia_DETOUT

Gorizia, FVG
890 m, 8 m

From Šmartno to the Vipava Valley

Though it is difficult to pull yourself away from the Goriška brda Region, the next stage offers another full and rewarding day of excellent cycling and top-end gastronomy.

[Lonely Planet](#) wrote the following about this beautiful area of Slovenia: “The [Vipava] Valley is green and beautiful, the food and wine are of superior quality. A perfect destination for a relaxed and at the same time active vacation.”

This stage, which is about 56 km long, passes the Italian side of Goriška brda for a short time at the beginning of the day. It goes to the center of Stara Gorica which is on the Italian side of the border. There you cross the border and shortly afterward join the cycling route on the outskirts of the Slovenian city Nova Gorica, which is a green destination with a golden Slovenia Green mark.

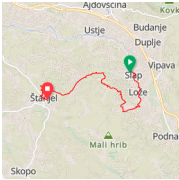
Europa square which connects the cities Nova Gorica and Stara Gorica (Gorizia) are in the near vicinity of the route. This square is a demonstration of exceptional unity and connection between the neighboring nations.

From there the route soon joins and follows the crystal clear and magical Vipava River, which is famous for its trout and fishing. Placing a toe into the beginning of the Karst region, the ride will continue into another incredible and unheralded wine region. This is the home of the largest number of indigenous wine varieties in Slovenia.

[Vipava](#) is certified as a Slovenia Green [Gold destination](#) with its historic castle ruins, incredible wine,

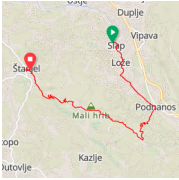
and food. On the way, cyclists will pass Ajdovščina, which is the second-largest town in the valley and a Slovenia Green [Silver destination](#).

Itinerary: Day 4 (Sept 28): Vipava - Štanjel



SGGR_stage3_Vipava-Stanjel

Vipava, Goriška
20.1 km, 498 m



SGGR_stage3_Vipava-Stanjel_HARDER

Vipava, Goriška
27 km, 676 m

From the Vipava Valley to Štanjel

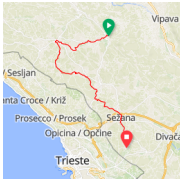
Just as it was hard to leave the Goriška brda region, leaving the Vipava Valley will be just as difficult. As a matter in fact, this is the case with every region in Slovenia. There is always a sensation that you could just stay where you are for a few more days to cycle, eat, explore, and just take in the majesty of the scenery. Once you've pulled yourself away and finished that cup of coffee while enjoying the lush green panorama, get on the bike to pedal into the [Karst region](#).

Heading south and rolling west to the Karst landscape that acts as a connection between the Alps, vineyards, green valleys, and the Adriatic Sea. This region is famous for its incredible caves, open landscapes, horses, and mouthwatering — and locally sourced — food.

The route of the fourth day is characterized by rolling terrain and moderately difficult riding because you'll have to gain some altitude to reach the Karst plateau from the Vipava Valley. But since we've prepared different route versions for this day that vary in difficulty, we can adjust it to your physical condition. The easier variant includes less ascent while the hardest variant includes ascending to the beautiful and high Karst ridges that offer fantastic panoramic views.

The day ends with a climb to [Štanjel](#), where cyclists are rewarded with a wonderfully picturesque perched medieval village, where architecture, culture, and heritage merge. The views across the karst landscape are worth the ride alone. The real magic here happens while taking in an art gallery, seeing the castle, or visiting the [Ferrari Garden](#). As dusk falls, relaxing in the main square with a top-end meal and bottle of wine will make anyone glad they stopped.

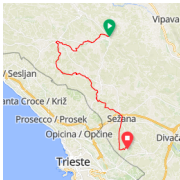
Itinerary: Day 5 (Sept 29): Štanjel - Lipica



SGGR_stage4_Stanjel-Lipica

Štanjel, Obalno-kraška

37.5 km, 532 m



SGGR_stage4_Stanjel-Lipica_HARDER

Štanjel, Obalno-kraška

39.6 km, 558 m

From Štanjel to Lipica

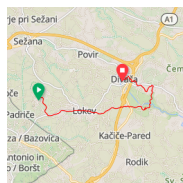
Cycling further into the Karst region gives cyclists another day and stage to get to know one of the most important, beautiful, and fragile areas of both Slovenia and Europe. The Karst region has a mind-blowing amount of natural diversity where forests, rocks, and water create their own climate. The result of this crossroads between culture, crafts, and climate creates, as one might expect, a fantastic growing zone for fruits, vegetables, and grapes to make world-class wine.

Among the many exciting characteristics that gourmet cyclists will discover is that this is a wine AND prosciutto (called *pršut*) country. Between the village of Štanjel and the town of Komen, the [Ščuka family estate](#), in the village of Kobjeglava, produces some of the best *pršut* around here ... and welcomes all guests.

Just down the road, Komen is another Instagram-worthy perched village. This is also where the Slovenia Green Gourmet Route intersects with the [Walk of Peace](#) hiking trail, which pays homage to the First World War front line that once ran across this stretch of land. History and respect meet in Komen, a beautiful place where excellent food, wine, and cycling intersect.

Traveling south and east from Komen, riders make their way to the village of [Lipica](#) where the cycling stage ends. This is the site of the famous stud farm, where the white, thoroughbred Lipizzan horses have been bred since the 16th century.

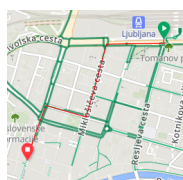
Itinerary: Day 6 (Sept 30): Lipica - Divača - Ljubljana



SGGR_stage5-1_Lipica-Divaca

Sežana, Upravna enota Sežana

16.6 km, 242 m



SGGR_stage5-2_TrainStation-hotelSlon

Ljubljana, Upravna Enota Ljubljana

1.1 km, 16 m

From Lipica to Ljubljana

[The Škocjan Caves](#), which have been on the UNESCO World Cultural and Natural Heritage list since 1986, are only about ten kilometers away. As its website describes, the incredible system “is a broad network of underground caves, passages, collapse dolines, natural bridges, and swallow holes. It was created by the Reka River which, after flowing for 50 km on the surface, disappears in this location into the karst underground and reappears in water sources near the Gulf of Trieste.” **If visiting Škocjan caves, buying tickets a day in advance [on-line](#) is strongly recommended.**

After visiting this magnificent Karst phenomenon you'll head towards Divača and take a train with your gear back to the capital city of [Ljubljana](#), which is both a Slovenia Green [Gold destination](#) and arguably not just the greenest capital in Europe but also one of the most welcoming places to enjoy great food outside in the town center among visitors and locals alike.

[The train from DIVAČA to LJUBLJANA](#) departs at **14:01/ 16:07 PM**.

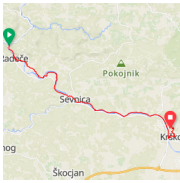
Tickets can be purchased on-line or on the train (cash only). It's good to be at the station at least 20 min before departure. The cost of the ticket is 9.20 EUR/ person (13.00 EUR 1st class)+ supplement for the bike. If purchasing on-line, only ticket for the passengers can be bought, supplement for the bike can be paid on the train (cash only). It is not possible to book space for the bicycle ahead, but normally they take all the bikes. We recommend buying tickets on the spot.

After replenishing your energy you can get to know Ljubljana in a different light by heading on one of the [guided tours](#), where learning about culture is intertwined with tasting food, beer, and wine. One such walk is the Moustache Tour. Other culinary outings visit the growing number of [gourmet spots](#) scattered across the metropolis.

If you are in the city on a Friday, you could possibly get a chance to visit the [Open Kitchen](#) (Odprta Kuhna). From 10 a.m. to 10 p.m., dozens of chefs cook dishes from nearly every tradition and continent to an eager audience of gourmands, who have known for years what the world is just only starting to discover: the Slovenian capital is a gourmet capital.

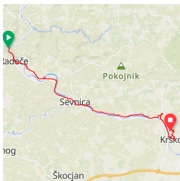
As an additional cycling trip for day 6, you can optionally do the circular [Plečnik cycling route](#) which lasts for 2 hours and leads you to Plečnik's heritage in Trnovo, the center of Ljubljana, Žale graveyard, and Tivoli park.

Itinerary: Day 7 (Oct 1): Ljubljana - Zidani Most - Krško



SGGR_stage6_ZidaniMost-Krsko

Hrastnik
41.7 km, 379 m



SGGR_stage6_ZidaniMost-Krsko_EASIER

Hrastnik
40.8 km, 430 m

From Ljubljana to Krško

Cycling the eastern half of Slovenia makes the Bike Green Gourmet Route a truly country-wide experience.

After opening the day with a train ride east from Ljubljana, riders will disembark in **Zidani Most** and jump on their saddles. From here, cyclists will cross the Sava river and then follow a narrow canyon to Radeče and further on into the welcoming Posavje Valley.

[The train from LJUBLJANA to ZIDANI MOST](#) departs at **9:30/ 10:15/ 12:50 AM**.

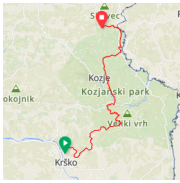
Tickets can be purchased on-line or at the station. The cost of the ticket is 5.10 EUR/ person + supplement for the bike. If purchasing on-line, only ticket for the passengers can be bought, supplement for the bike can be paid at the station or on the train (cash only). It is not possible to book space for the bicycle ahead, but normally they take all the bikes. We recommend buying the tickets at the TRAIN STATION.

(!) We recommend to be at the station in Ljubljana at least half hour before departure so you will be able to load the bikes among first in case of more people.

Today's stage is all about relaxation, easy cycling and great wine along the quiet roads surrounded by vineyards on excursions like the [Castle Wine](#) Stories of Posavje. The only exception to easy cycling is the short, but steep final climb from Krško to Tri lučke.

What often intrigues travelers here is how little they know about this part of the country. The next thing many visitors notice is how much the region stays true to the values that have transformed it into a bountiful land for so many centuries. Though the scenery is stunning for the entire ride, an overnight stay in **Krško** makes it all worth just by itself only.

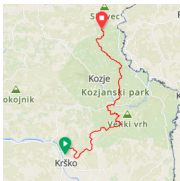
Itinerary: Day 8 (Oct 2): Krško - Podčetrtek (Olimje)



SGGR_stage7_Krsko-Olimje

Krško

44.6 km, 896 m



SGGR_stage7_Krsko-Olimje_HARDER

Krško

42.8 km, 1,091 m

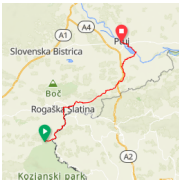
From Krško to Podčetrtek

The next day is slightly more challenging, but no less beautiful as it rambles south and then east until it eventually straddles the Croatian border and then heads north.

At the beginning of this day's route, you'll cycle above Krško with perfect views back down to the Sava valley and afterward, after some longer climbs, reach Kozjansko. On top of a longer ascent and just above the small city called Podsreda you can see the **Podsreda castle**. This is one of the most medieval Slovenian castles and in its basement is located an information center for the [Kozjansko regional park](#). Kozjansko regional park is the largest Slovenian protected area and has earned a golden Slovenia Green Park mark.

The route then makes its way to [Podčetrtek](#) – a town and [Slovenia Green Gold](#) destination surrounded by nature, spas, gourmet experiences, and a chance to interact with forest and mountain wildlife in a unique way. This area is known for numerous attractions, and nearly all fit perfectly with a cyclist's priorities when the day's ride is completed.

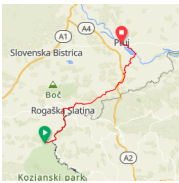
Itinerary: Day 9 (Oct 3): Podčetrtek (Olimje) - Ptuj



SGGR_stage8_Olimje-Ptuj

Podčetrtek

62.4 km, 685 m



SGGR_stage8_Olimje-Ptuj_HARDER

Podčetrtek

63.2 km, 795 m

From Podčetrtek to Ptuj

Today you will wake up and face the next stage which covers a bit over 60 kilometers of rolling terrain. Soon after 10-km of cycling along the nice asphalt cycling path you'll reach the town of [Rogaška Slatina](#). This [gold-stamped](#) Slovenia Green destination is one of the country's oldest spa sites. The mineral water, which produces the well-known Donat Mg water, has the world's highest content of magnesium.

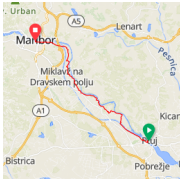
However, Rogaška Slatina isn't known only for their spas and springs. There is also a wonderful [wine road](#) here. The town has a long history, which dates back to 1655, of glass production and artistry with their creations being some of the most impressive on the planet. Time permitting, visit the new [Crystal Tower](#) that offers spectacular views from its 106 m high top.

After Rogaška the route continues north to the ancient yet thriving [Ptuj](#), which is Slovenia's oldest town. Visitors marvel at Ptuj's magical lake, buzzing cobbled streets, castles, and festivals showcasing outstanding wine, food, and art.

Perhaps not surprisingly, Ptuj, which straddles the Drava River, is a magnet for visitors – especially active travelers. A tradition of wellness and spa possibilities along with a full [calendar of events](#) make this a top notch stop for cyclists along the Slovenia Green Gourmet Route.

Although this stage of the route is a bit longer, you can make it even more interesting with a short but steep ascent across Haloze. From there you can enjoy marvelous views over the wine-growing hills, fields of Ptuj and Ptuj lake.

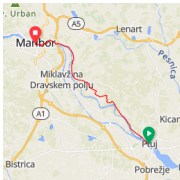
Itinerary: Day 10 (Oct 4): Ptuj - Maribor



SGGR_stage9_Ptuj-Maribor

Ptuj

30.8 km, 142 m



SGGR_stage9_Ptuj-Maribor_EASIER

Ptuj, Podravska

29.2 km, 211 m

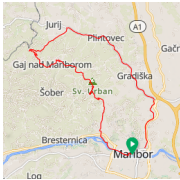
From Ptuj to Maribor

This stage of the adventure follows an easygoing asphalt route and gravel sections along the Drava River. Today's trail follows the [Drava Cycling Route](#) and makes all of the area's incredible and lush strengths immediately available the way only bicycling can.

As riders roll to the end of the Bike Green Gourmet Route and the final destination of [Maribor](#) – a city with Slovenia Green Bronze certification – they will discover the [world's oldest vine](#), which has its own house and museum. Make sure to relax with great food and wine as your pedaling odyssey comes to a close. The city is a hub for excellent and Michelin-recognized restaurants and bistros.

But Maribor is more than just a city with a beautiful river and wine. The city has museums, theaters, and art galleries to explore between escapes to hiking trails with panoramic photo-ops of the Drava River. Take advantage of the opportunity to enjoy Slovenia's second-biggest city and the main metropolis in the east.

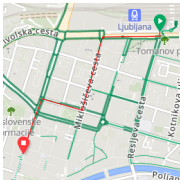
Itinerary: Day 11 (Oct 5): Maribor - Ljubljana



SGGR_stage10_Mb-ZgKungota-Mb

Maribor

35.9 km, 552 m



SGGR_stage5-2_TrainStation-hotelSlon

Ljubljana, Upravna Enota Ljubljana

1.1 km, 16 m

From Maribor to Ljubljana

Before taking the train back to Ljubljana, we'll spend half a day investigating the [cycling routes](#) around Maribor. There are urban paths, mountain bike trails, and connections to larger networks. All considered, the city represents the headquarters for hundreds of kilometers of cycling itineraries through the area, region, country, and even extending further into Europe.

An interesting and challenging cycling leads you from Maribor to the popular viewpoint on St. Urban. From there a beautiful panorama of the second largest city Maribor opens up in front of your eyes. The cycling route then leads past the village Gaj nad Mariborom to Zgornja Kungota where an excellent, one Michelin star rated restaurant Hiša Denk is located. After having a delicious multi course meal you can slowly start returning to Maribor. You can choose either to cycle along the gradual cycling trail and local roads or you can opt for an automobile transfer to the route's starting point.

Before boarding a train back to the capital Ljubljana, wave goodbye to the Slovenia Green Gourmet Route – the world's first all-green-certified gourmet cycling itinerary – and congratulate yourself for being a responsible traveler who knows that the destinations most important ingredients are its food, culture, and the people who produce them.

[The train from MARIBOR to LJUBLJANA](#) departs at **15:35 PM**

Tickets can be purchased on-line or at the station. It's good to be at the station at least 20 min before departure. The cost of the ticket is 9.60 EUR/ person + supplement for the bike. If purchasing on-line, only ticket for the passengers can be bought, supplement for the bike can be paid at the station or on the train ([cash only](#)). It is not possible to book space for the bicycle ahead, but normally they take all the bikes. We recommend purchasing the tickets at the train station.

In case you miss the train you can catch the next one on the schedule, depends on the train type and the conductor if they are able to take the bikes or not.

Itinerary: Day 12 (Oct 6): Rest day in Ljubljana

(Active) Rest day in the capital

Today the bike pickup is scheduled at **Hotel Slon**, bikes will be picked up at **18:00** at the hotel reception.

We recommend you plan enough time to explore this vibrant city. As one of the smallest and greenest European capitals, Ljubljana is also one of the most livable cities. It's never crowded – but also never boring. 50.000 university students give it its youthful appeal, and as an economic and cultural hub of Slovenia, it has a lot to offer to locals and visitors alike. Car traffic is restricted in the center, leaving the leafy banks of the **Ljubljanica River** free for pedestrians and cyclists.

You can get to know Ljubljana in a different light by heading on one of the [guided tours](#), where learning about culture is intertwined with tasting food, beer, and wine. One such walk is the Moustache Tour. Other culinary outings visit the growing number of [gourmet spots](#) scattered across the metropolis.

Travelers who are looking to relax while mingling and enjoying the scenery will also love the abundance of outdoor cafés, restaurants, and boutique shops, especially near the banks of the river Ljubljanica.

For more ideas on how to spend your day in Ljubljana check [here >>](#).

You can also discover Ljubljana by bike. [The PST cycling route](#) runs around and through Ljubljana, leading through those urban areas of **Ljubljana** that are rarely visited by tourists, but it mostly gives the opportunity to truly appreciate the city's greenery. On this relatively easy path with a few ascents, visitors are able to enjoy a different view of Ljubljana, which involves not only the spatial but also the historical perspective.

Soon after the outbreak of **World War II**, Ljubljana was occupied by Italy. In 1942 Italian Army fenced Ljubljana off with barbed wire to separate the city from the surrounding areas. Today, this long walkway is called the [Path of Remembrance and Comradeship](#) (Slovenian acronym: PST).

You can read more about cycling around Ljubljana [here >>](#).

Itinerary: Day 13 (Oct 7): Departure day

Departure day

Your tour, the [Bike Slovenia Green: Gourmet Cycling Holidays](#) ends with breakfast in Ljubljana.

List of the Hotels

Septmeber 25 - 26

[HOTEL HVALA](#)

Address: Trg svobode 1, 5222 Kobarid, Slovenia

Phone: +386 (0)5 389 93 00

Breakfast included

Septmeber 26 - 27

[ALDILA](#)

Address: Šmartno 40, 5211 Kojsko, Slovenia

Phone: +386 (0)5 828 04 00

Breakfast included

Septmeber 27 - 28

[MAJERIJA](#)

Address: Slap 18, 5271 Vipava, Slovenia

Phone: +386 (0)5 368 50 10

Breakfast included

Septmeber 28 - 29

[VILA ANA](#)

Address: Štanjel 12a, 6222 Štanjel, Slovenia

Phone: +386 (0)51 268 864, +386 (0)40 426 565

Self-service breakfast included

**if needed check-in details will be sent to you before your arrival*

Septmeber 29 - 30

[HOTEL MAESTOSO](#)

Address: Lipica 5, 6210 Sežana, Slovenia

Phone: +386 (0)5 739 17 90, +386 (0)5 739 16 96

Breakfast included

Septmeber 30 - October 1

[BEST WESTERN PREMIER HOTEL SLON LJUBLJANA](#)

Address: Slovenska cesta 34, 1000 Ljubljana, Slovenia

Phone: +386 (0)1 470 11 00

Breakfast included

October 1 - 2

[TRI LUČKE](#)

Address: Sremič 23, 8270 Krško, Slovenia

Phone: +386 (0)41 300 110

Breakfast included

October 2 - 3**NATURA AMON**

Address: Olimje 24, 3254 Podčetrtek, Slovenia

Phone: +386 (0)3 818 24 80

Breakfast included

October 3 - 4**HOTEL MITRA**

Address: Prešernova ulica 6, 2250 Ptuj, Slovenia

Phone: +386 (0)2 787 74 55

Breakfast included

October 4 - 5**HOTEL MARIBOR GARDEN ROOMS**

Address: Glavni trg 8, 2000 Maribor, Slovenia

Phone: + 386 (0)2 234 56 00

Breakfast included

October 5 - 7**BEST WESTERN PREMIER HOTEL SLON LJUBLJANA**

Address: Slovenska cesta 34, 1000 Ljubljana, Slovenia

Phone: +386 (0)1 470 11 00

Breakfast included

Dinner recommendations

Dear travelers,

to help you plan your dining experience during your adventures, we have compiled a list of some restaurant recommendations for each of the destinations that cross your path.

We understand that everyone has different tastes and preferences when it comes to dining out, and we want you to feel free to explore the area and find the best suits your needs. While we have provided some recommendations for your convenience, please know that you do not need to pick any of these establishments.

As a reminder, **we recommend making reservations in advance** for most of these restaurants, particularly in peak tourist season. Many of these establishments are popular and may fill up quickly, so it is best to plan ahead to ensure you have a spot reserved.

Please take note that some of the smaller towns and cities where you will be staying overnight may have **limited dining options**, so we recommend you reserve a table at your accommodation if possible. Furthermore, be careful to make dinner reservations in the **city/village where you spend the night**, since it may be inconvenient for you to book transfers to have dinner in another city. We have provided extra notes below under each restaurant recommendation for better understanding and guidance.

We hope that these suggestions will help you find the perfect dining experience during your stay. If you have any questions, please write them down and make sure to ask them during your online briefing.

If you click on the name of the restaurants mentioned below it will take you directly to their website where you can find more information about the establishment itself, including menus, contact information, etc.

Kobarid

- [Restaurant Topli Val at your hotel Hvala](#) (reservation recommended)
- [Restaurant Hiša Polonka](#) (reservation highly recommended)
- [Restaurant Kotlar](#) (reservation highly recommended)
- [Hiša Franko](#) – a Michelin restaurant by Ana Roš (reservation required)

Goriška brda

This is a wine region destination with lots of small villages that are scattered in groups along the hills so be careful to make a reservation in the village where you will be staying the night. In case you decide to book a restaurant further away a transfer is needed; we recommend the following contact:

Transfer contact:

Website: <https://www.sanmartin.si/en>

Phone: **+386 51 335 660**

E-mail: info@sanmartin.si

(it needs to be booked in advance, at least 24h prior)

- If staying in ŠMARTNO: [House Marica](#) (reservation highly recommended)
- If staying in MEDANA: [domačija Belica](#) (reservation highly recommended)
- If staying in PLEŠIVO: [Klinec Plešivo](#) (reservation highly recommended), [Bužinel restaurant](#) (reservation highly recommended)

Wine tasting in Brda Region:

- If you want an amazing wine tasting experience, you can visit one of the wine cellars close to your accommodation.
- In the village of Šmartno: [Vinoteka Brda](#) (reservation recommended in peak periods).
- Check the closest wineries and schedules in the files provided on the [Brda website](#) (Reservation required in advance).

The Vipava Valley

This destination, much like the previous one, has many small villages that are scattered in groups along the hills so be careful to make a reservation in the village where you will be staying the night. In case you decide to book a restaurant further away a transfer is needed. You can ask for more information at your accommodation.

- If staying in Vrhpolje: [Gostilna Na Žagi](#) (reservation and transfer recommended)
- If staying in Vrhpolje: [Gostilna pri Kobalu](#) (reservation recommended)
- If staying in Slap pri Vipavi: [Majerija](#) (reservation highly recommended)

Other recommendations:

- [Dvorec Zemono – Gostilna pri Lojzetu](#) – a Michelin restaurant, transfer is a must (reservation required in advance)
- In Vipava: [Gostilna Podfarovž](#) (reservation highly recommended) transfer is a must
- [Gostilna Rahela](#) (recommended only if doubles as your accommodation Čebtron Family Estate since it's located very far)

Štanjel

Restaurant at castle Štanjel – [Bistro Grad Štanjel by Q Komel](#)

Reservation is required. Please take note, as of now the restaurant serves dinner from Thursdays to Sundays. Due to the restaurant being the only one in this village and if it is not operating during your tour dates we recommend a late lunch stop on your way to Štanjel or a so-called cold dinner in Štanjel (comprised off prosciutto and other cold cuts platters) at your accommodation, at the [Grajžarjeva marena](#) or at the same restaurant where they offer cold dinners every day of the week.

Komen

[Špacapanova hiša](#) (reservation recommended)

Lipica/Lokev

We recommend dinner at your accommodation if restaurant is opened. If you are staying in Lipica a reservation is not required, however, if you are staying in Lokev a reservation is required.

Ljubljana

There are plenty of good restaurants to choose from in the city, catering to a wide range of tastes and preferences. We recommend the following ones, otherwise we suggest you rely on the reviews from other sources. With so many options provided in the capital, you are sure to find a restaurant that suits your tastes.

- [Slovenska Hiša FIGOVEC](#) offers a wide range of local Slovenian cuisine (reservation required)
 - [Gostilna na Gradu](#) – restaurant at the Ljubljana castle (reservation required)
 - [Here](#) is a list of Michelin awarded restaurants in Ljubljana for which the reservation is required further in advance.
 - For some delicious wine tasting we recommend a Food and Wine bar- [DVORNI BAR](#) (reservation recommended)
-

Krško/Sevnica

We recommend dinner at your accommodation's restaurant. In case in Krško it isn't operating during your tour dates, an alternative option is [Oštarija Margareta](#). Reservation is recommended, furthermore, ask for transfer possibilities at your accommodation.

Podčetrtek

We recommend dinner at your accommodation's restaurant. You can ask for some other dinner options at the check in (reservation is not needed)

Ptuj

- [Gostilna Amadeus](#) (reservation recommended)

- [Gostilna Ribič](#) (reservation recommended)

For some delicious wine tasting we recommend:

- a degustation in a small wine cellar located at the [Hotel Mitra](#) (for further information and reservation ask beforehand at the hotel itself)
 - visiting the oldest wine cellar in Slovenia – [Ptuj wine cellar](#) (reservations are required in advance)
-

Maribor

- [Restaurant Rožmarin](#) & [Steakhouse Rožmarin](#) (reservation recommended)
 - [Restaurant MAK](#) (reservation required)
 - [Hiša Denk](#) – a Michelin awarded restaurant. Ask at your accommodation for a transfer in advance. (reservation required)
 - [Picerija Poper](#) (reservation recommended)
-

Ljubljana

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General Guidelines: Baggage

Important notes:

Due to luggage transfer limitations and logistics, one big suitcase (up to 20 kg) per person is included, or one smaller suitcase (up to 10 kg) + hand luggage (backpack or similar).

We strongly recommend sequentially numbering your luggage on the tags provided. For example, if the group has a total of 5 pieces, label them as 1/5, 2/5, ..., 5/5.

Pack every day before you leave the hotel. Ensure that your NAME & SURNAME are clearly marked on EVERY PIECE OF LUGGAGE and hand it over AT THE RECEPTION DESK. It will be waiting for you at the next hotel later in the day, upon your arrival.

During the tour luggage is normally being transferred between 9.30/10 am to 3 pm. Please make sure your suitcase is packed and ready by the reception **at 9 am**.

Please make sure your luggage is packed in a suitcase/ travel bag/ backpack, any kind of compact bag works. **Even the smallest bags need to be marked with your name**, to make sure that the driver knows which bags belong to you if there's more luggage waiting at the reception.

Please avoid packing your belongings in plastic bags/ paper bags, or anything hanging from the luggage, as we can't take any responsibility for any lost items along the way.

General Guidelines: Documents

Valid Passport or ID is required for entering Slovenia from Schengen countries.

Valid Passport is required for entering Slovenia from third countries. We recommend that your passport is valid for at least six months whenever you travel abroad to avoid unintended travel disruptions.

Citizens of the following countries **DO NOT need** a visa for any of the countries covered by this tour: EU, USA, Canada, Australia, UK, New Zealand, Israel, etc.

If you are coming from any other country, we recommend that you **check the entering conditions** for a certain country with your ministry of foreign affairs.

The documents are also required **at the check-in in the hotels**.

Make sure you always have your documents with you. Don't leave your documents inside your luggage!

General Guidelines: Safety

Safety while riding

Always give your equipment a **good check before you kick off your riding day**. When checking your bicycle, focus particularly on the following systems and components:

- Brakes to work properly.
- Wheels to be fitted tightly.
- Handlebar to be fitted tightly.
- Tyres to be pressurized.

Respecting **basic rules and guidelines** will help you keep your riding experience safe and enjoyable. Please follow these best practices below:

- Have a **good breakfast** before you start riding.
- Over the summer **avoid cycling during the hottest part of the day** – start your riding early in the morning.
- **Have enough fluids** with you on the tour. Consider that water supplies are limited outside urban areas.
- **Drink** even if you don't feel thirsty – when you start feeling it, it's already too late.
- Have a **personal first aid kit** with you on the tour.
- Adjust your travel speed to your **fitness level**.
- Keep your **equipment** in good shape.
- Wear **protection** (helmet, gloves etc.) regardless of how easy the terrain looks.
- Respect **traffic regulations**.
- Make sure you **follow our navigation**.
- Have **enough clothes to protect you** from the cold, heat, and bad weather.

Personal safety

Slovenia is generally a safe country. You should only be careful of pickpockets (very rare). If you take a few precautions, you won't have any troubles. **Always keep an eye on the bike and your personal belongings and never leave anything easily removable on the bike or the bike unlocked when stopping for lunch, sightseeing, etc.!** If you are renting our bikes or have your own you have to make sure the bikes are secured in a safe location overnight (ask at the hotel/accomodation for options of a safe locked storage).

General Guidelines: Clothing & personal items

Dress for temperatures according to **Weather Forecast live section** at the bottom of the **Guide**.

- Protective Jackets with some type of ventilation are generally a very good idea.
- Warm pullovers (sweater) & warm jackets for colder evenings.
- Leisure/Casual dinner clothes.
- Appropriate cycling clothing to protect you in different weather conditions.
- Lighter clothes for hotter days.
- Smaller **cycling backpack**.
- Toiletries, sunglasses, sunblock cream and insect repellent. Swimsuits might be a good idea when cycling during the summer months.
- **Transformer and adapter** if you plan to use electrical devices (chargers, hair dryer, etc). The electrical current is 220/230 volts AC, 50 Hz. Plugs have two round pins. Hair dryers are available in most of our hotels.
- In Slovenia the **power sockets** are of type F, also known as "Schuko". This socket also works with plug C and plug E



General Guidelines: Money

Credit cards (Visa, Master Card) are widely accepted in Slovenia. However, it is recommended you should always have **some money in the form of cash (EUR)** for paying lunch, drinks, etc. since you will be mostly traveling through smaller villages.

You can also withdraw money from ATMs (**always only local currency - EUR**). If you have a card linked to either Visa/ Electron/ Plus or the MasterCard/ Maestro/ Cirrus network and a PIN, then you should be able to withdraw money from almost any ATM along the route.

Prices/Daily spending: the cost of daily spending can vary greatly depending on each individual's preferences and the destination they choose. If you are in a more touristy area, prices tend to be higher. On average, a cup of coffee ranges from €1.50 to €2.50, a bottle of Coca-Cola costs around €2.50 to €3, and a beer can cost anywhere between €2 to €3. For a delicious pizza, you can expect to pay around €10, while ice cream usually costs around €1.50 to €2 per scoop. Finally, if you're looking to have a filling lunch, a meal at a budget restaurant can cost anywhere between €7 to €12, while mid-range options range from €10 to €20 per meal. It is important to note that these are just rough estimates, and price can vary depending on the specific location and season.

Tipping: unlike in the United States, there is no fixed percentage or hard-and-fast rule for tipping here. Instead, tipping is viewed as an optional and personal decision, based on your own assessment of the service received. If you had a great experience and felt that your server went above and beyond to make your dining experience enjoyable, then a tip is always appreciated as a gesture of gratitude.

General Guidelines: Green Tips

TIPS FOR RESPONSIBLE CYCLISTS

Relax, you are in green & great hands!

To ease your travel and planning, we have made sustainable choices on your behalf when preparing this unforgettable tour. By disseminating knowledge, we aim to show our partners how they can contribute to our tours by being more sustainable. We have special **codes of conduct for responsible behavior** for our guides, accommodation providers, luggage carriers, and you, our customers.

We invite you to follow these tips and explore Slovenia in a sustainable manner.

Help to preserve the delicate balance in natural areas by **keeping to the existing paths and trails**. Cycling or walking outside the established paths can undermine the biotic balance.

Respect wild animals. When you enter their territory, please be alert. Do not attempt to feed wild animals and keep your distance. Be respectful towards domesticated animals as well.

Be romantic without stomping on grass and picking flowers. Meadows bursting with wildflowers feed honey bees, our dear heroes of pollination. Did you know that Slovenia is known as the heart and soul of beekeeping in Europe?

In Slovenia, you can drink **tap water of excellent quality** wherever you go. Please use a **reusable water bottles** and avoid using single-use plastic bottles.

Recycle, Reduce and Reuse. Make sure you **separate your waste** and **deposit it in designated places**. When cycling in natural areas, take your rubbish with you to the next settlement. This includes cigarette buds.

Please help us to keep our environment clean by picking up any rubbish you see littering natural areas.

Try to **decrease the amount of waste you produce**, especially when it comes to single-use plastics. Pack reusable bags, refill your water bottle, avoid straws and plastic cutlery.

Use **environmentally friendly soaps and cosmetic products** (including sunscreen) that do not damage the delicate natural ecosystems.

Help us preserve Slovenia's rich water resources by opting for a **quick shower** instead of a bath, and by **turning off the tap** while brushing your teeth. Consider saving water also when **washing your bike and gear**.

Avoid unnecessary energy use. Don't leave lights and electronics on when you leave your room. Use air-conditioning sensibly. Consider having cold showers during summer months. Not only it will preserve energy but it will also boost your immune system. Don't opt for daily bed changing and room cleaning.

Respect locals and their culture. Don't invade people's spaces by taking pictures without asking, be unnecessarily noisy, dress inappropriately or disrespect religious traditions.

Learn a few Slovene words and bring out smiles among the local people. Hello = dober dan, thank you = hvala, how are you? = kako ste?, this is good = to je dobro, I love to cycle = zelo rad kolesarim.

Experience Slovenia's diverse cuisine and support local farmers by ordering **food made from seasonal local ingredients**.

Buy local. Purchase products from people who make them in order to directly support the economy. **Support local craftsmen and artists** by showing appreciation and buying their work. Opt for locally made handicrafts instead of mass-produced souvenirs.

Contribute to **local sustainability initiatives**. Search for restaurants that hire staff of all abilities, serve only locally produced food or give a portion of proceeds to charity. Donate to environmental protection programs or cultural conservation initiatives.

Combat overtourism by **avoiding overly visited tourist spots**. Instead, ride to the hidden corners of less visited destinations and enjoy truly authentic experiences.

Educate others to be responsible travelers. If you see someone unintentionally doing something that is detrimental to the environment or to the local people and culture, mention something in a friendly way.

Sustainable development is a process. Please **help us improve our cycling tours** by letting us know about any potential shortcomings of your tour. We would be happy to receive your suggestions on how to make our tours even more friendly to the environment and local communities.

Remember, our actions can have a big impact on the world while we travel. Make sure it is a positive one.

Contacts

Emergency support

Should you experience any **emergency challenges** on your trip that require our assistance, please contact us either via our email address or phone number:

- **+386 (0)41 960 273 (Katja – bookings, luggage transfers),**
- **+386 (0)31 809 871 (Matic – tour tracks, technical issues)**

You can also get in touch via **WhatsApp**. **In case of urgent matters please call, don't send an email, because we might not see it right away.**

You are entitled to an **emergency phone support**. It includes the following services:

- Giving advices with regards to the navigation challenges or technical problems.
- Potential additional service activation (medical help, technical assistance on the field, transportation, etc).

Please note that when the provisioning of the support service requires an intervention on the field, it is client's responsibility to cover the intervention costs, spare parts or other services requested.



Visit GoodPlace d.o.o.

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