

INTERREG ITALY-CROATIA PROGRAMME 2021–2027

D.2.1.4 Defining and developing a
diversified cross-border tourism offer
along the cycle routes –
ANNEX 5.4. ITINERARIES

ITINERARY No. 1

ITINERARY NO. 1	ITA – FVG – PP1		
Title	FVG1 Alpe Adria Cycle Route (C100)		
Subtitle	From the Alps to the Adriatic Sea		
Route (starting- ending point)	Tarvisio – Venzone – Udine - Grado		
Short description	The Alpe Adria cycle route is the main and best-known cycling route in Friuli Venezia Giulia, crossed by tens of thousands of cyclists a year. The route begins in Tarvisio and was built partly on decommissioned railroad tracks. It traverses the entire region from north to south, thus offering a vast compendium of natural, urban and cultural environments.		
Itinerary (multi-day tours)	Day 1: Tarvisio - Venzone Day 2: Venzone - Udine Day 3: Udine - Grado		
Route statistics/ technical description	Day 1.: Length 64,6 km Total ascent 684 m Surface: paved 100%	Day 2.: Length 56,7 km Total ascent 113 m Surface: paved 100%	Day 3.: Length 57,6 km Total ascent 7 m Surface: paved
POI	Tarvisio, Fusine lakes, Predil lake, Monte Lussari, Ethnographic museum Palazzo Veneziano, Cavazzo lake, City museum Palazzo Elti, Osoppo fortress, Botanical garden Cormor,		



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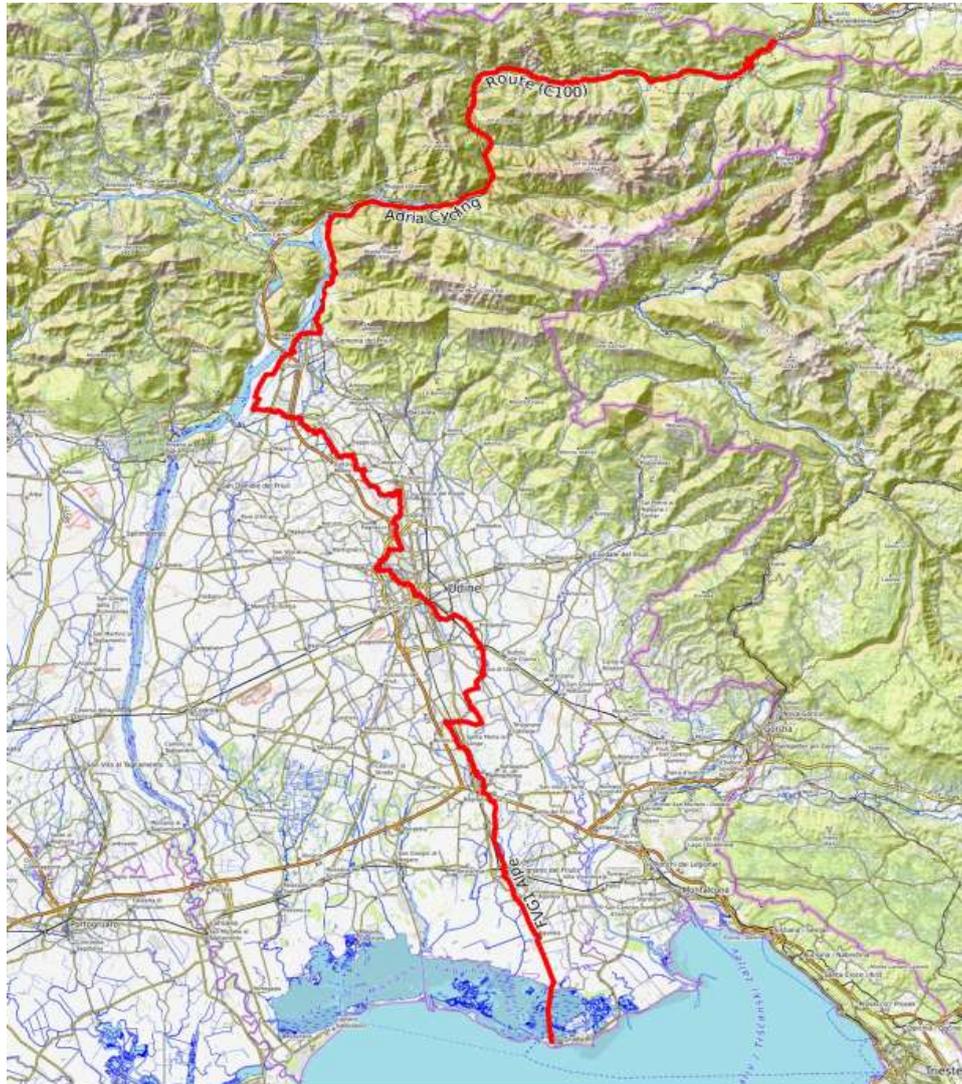
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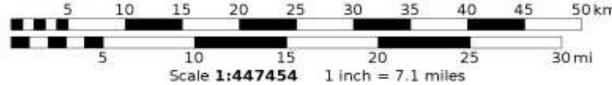


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Map:



Mercator Projection
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Program:

Day 1. Tarvisio – Venzone

A route that goes from the mountains to the walled town of Venzone, passing breathtaking mountain landscapes and characteristic villages of Val Canale, Canal del Ferro, and Carnia. The route starts at the Italian-Austrian border of Tarvisio-Coccau and crosses the mountainous part of the Alpe Adria Cycle Path FVG 1 up to Venzone. The bike path follows the old Pontebbana railway and offers spectacular views of the Julian Alps. It starts from Tarvisio, a mountain tourist town, crosses the picturesque Val Canale, passing Valbruna, Ugovizza, and Malborghetto, mountain villages rich in history and culture. Then it continues to Pontebba, a former border station. The route winds through Chiusaforte, where the valley widens reaching near Moggio Udinese, with its 13th-century abbey. The path follows the course of the Fella River crossing Carnia and Portis Vecchio, a ghost village after the 1976 earthquake, finally arriving in Venzone, a walled town with medieval churches and museums. In Venzone, it is possible to appreciate the artistic heritage at the Tiere Motus museum.

Overnight in Venzone: <https://www.turismofvg.it/TFVGB/Booking/SearchWidgetContestuale>

Note: In Pontebba or Carnia it is possible to take the train+bike to get around



Day 2. Venzone – Udine

The Alpe Adria FVG 1 cycle path between Venzone and Udine follows a partly hilly route, very pleasant and rich in scenic and panoramic spots.

From Venzone, an ancient town that was razed by the 1976 earthquake and rebuilt as it was in the Middle Ages, the route heads south, reaching Gemona del Friuli, a picturesque medieval town with its castle, historic palaces, churches, and museums. From Gemona, you can follow the course of the Tagliamento river passing through Osoppo with its fortified hill, or descending to Buia, exploring the moraine hills with their medieval castles.

Arriving at Tavagnacco, you enter the Friulian high plain and take the cycle paths that lead to the Cormor stream park, located at the gates of Udine. Through the urban cycle paths, you reach the center of Udine, the capital of Friuli, rich in attractions such as historic palaces, churches, museums, and gardens with monumental trees.

Overnight in Udine: <https://www.turismoavg.it/TFVGB/Booking/SearchWidgetContestuale>



Day 3. Udine – Grado

A route that takes you from Udine to Grado and its lagoon. A path that unfolds on cycle paths, dirt and secondary roads, through villages, fields, ditches and canals.

Starting from Udine, the bicycle route takes you through charming villages such as Baldasseria, Pradamano and Pavia di Udine, characterized by the presence of fascinating



Venetian villas dating back to the 17th-19th centuries. Many of these, in Palladian or neoclassical style, enrich the scenery along the route. Upon reaching Palmanova, a Venetian fortress city and UNESCO site, you can visit its historical points of interest.

After Palmanova, you descend towards Strassoldo with its castles surrounded by gardens and vegetation. A scenic cycle path, built on an old railway, leads from Cervignano to the ancient Roman colony of Aquileia. The last part of the route is extremely picturesque, crossing the lagoon towards Grado, a famous seaside resort and early medieval historic center. Here you can admire Byzantine art in the churches and enjoy the marine landscapes.

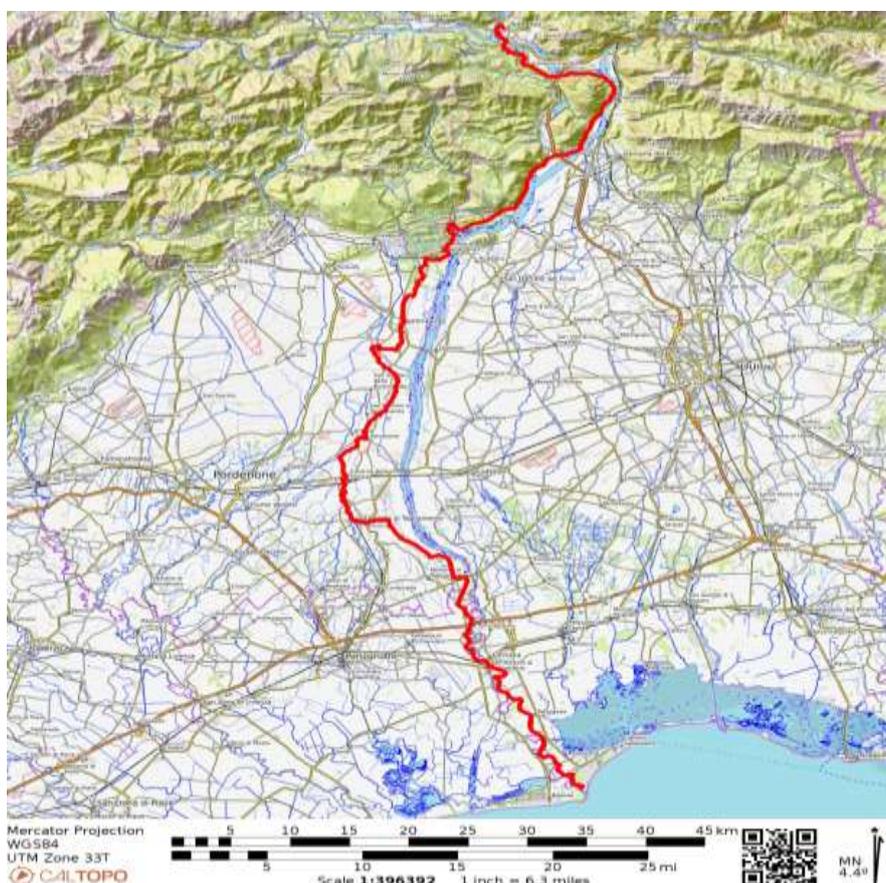
ITINERARY No. 2

ITINERARY NO. 2	ITA – FVG - PP1
Title	FVG6 Tagliamento river cycle route (C600)
Subtitle	Along the king of European Alpine rivers
Route (starting-ending point)	Tolmezzo - Spilimbergo - San Vito al Tagliamento - Lignano
Short description	The cycle route runs along the Tagliamento River, which is called the king of European Alpine rivers because of the naturalness and morphology of its waterway. The route starts from Tolmezzo and continues southeast through Cavazzo Carnico, Mena Somplago, then reaching Venzone. It then pedals towards Bordano, Braulins, Peonis, Somp Cornino, also passing through Flagogna, Pinzano al Tagliamento, and Valeriano, ending the route in Spilimbergo.
Itinerary (multi-day tours)	Day 1: Tolmezzo – Spilimbergo Day 2: Spilimbergo – San Vito al Tagliamento Day 3: San Vito al Tagliamento - Lignano



Route statistics/ technical description	Day 1.: Length 56,7 km Total ascent 185 m Surface: % paved	Day 2.: Length 32 km Total ascent 1 m Surface: % paved	Day 3.: Length 48 km Total ascent 8 m Surface: % paved, % gravel
POI	Tagliamento river, Marano lagoon, Spilimbergo - the city of mosaics, Friuli mosaics school, Red lighthouse, Belvedere Trabucco		

Map:



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Program:

Day 1. Tolmezzo - Spilimbergo

A route from Carnia, starting in Tolmezzo, follows the Tagliamento to reach Spilimbergo, a splendid riverside town home to the Friuli Mosaic School.

The route starts in Tolmezzo and crosses the evocative mountainous landscapes of Cavazzo Carnico and Mena Somplago. Upon reaching Venzone, the charming medieval village rebuilt from scratch after the 1976 earthquake opens up. The main route then runs along the right bank of the Tagliamento, the Pordenone side. After leaving Venzone, it shares the path of the Pedemontana Cycle Route FVG 3 passing through Cornino and Pinzano. At Valeriano, it descends toward Spilimbergo, the splendid riverside town with its castles and frescoed Renaissance palaces, home to the prestigious Friuli Mosaic School known worldwide. Spilimbergo deserves a stop to visit and get to know it: it offers lodging, dining with typical Friulian dishes, and various services for cyclists. In the medieval Loggia della Macia palace, it is possible to receive tourist information for an overview of all the attractions Spilimbergo offers.

Accommodation in Spilimbergo:

<https://www.turismofvg.it/TFVGB/Booking/SearchWidgetContestuale>



Day 2. Spilimbergo - San Vito al Tagliamento

The bike route of the Tagliamento Cycle Path FVG 6, from the picturesque Spilimbergo to San Vito al Tagliamento, offers a panoramic view of the lush Friulian countryside. Immersed in the area of vine graft cultivation, this bike route of the Tagliamento Cycle Path FVG 6 starts from Spilimbergo, home of the Friuli Mosaic School, arriving at San Vito al Tagliamento, offering a testimony of the renowned local wine production as it crosses the Friulian countryside. Along this stage, the Cycle Path, currently mostly on quiet roads, anticipates a future bike path section following the old Pinzano-Casarsa railway. Along the way, it passes by Valvasone, one of the Most Beautiful Villages of Italy, with its castle and frescoed churches, then through a stony plain that guides cyclists to Casarsa, the birthplace of artist Pierpaolo Pasolini. With just a few kilometers remaining, the route leads to San Vito al Tagliamento, a charming medieval village surrounded by the moats of the ancient city walls. The city is rich in frescoed churches, castles, and museums.

Accommodation in San Vito al Tagliamento:

<https://www.turismofvg.it/TFVGB/Booking/SearchWidgetContestuale>



Day 3. San Vito al Tagliamento - Lignano

The route from San Vito to Lignano Sabbiadoro is a journey towards the sea, cycling almost always in view of the river, often on its embankments.

The itinerary from San Vito to Lignano offers a journey along the banks of the Tagliamento, almost always following the river embankments. From San Vito al Tagliamento, reach the riverbanks near Carbona and San Paolo di Morsano al Tagliamento. You enter Veneto, passing through Mussons and San Michele al Tagliamento. The river is crossed at the



Latisana bridge, a place that deserves a food and wine stop in the historic center with Venetian-style palaces and churches with works by artists such as Veronese. You then cycle almost always on the left riverbank embankments up to Lignano. This raised route allows close observation of the river and viewing the surrounding plain from above, up to the gates of Lignano Pineta. After crossing the ancient Venetian waterway Litoranea Veneta at Bevazzana, proceed on cycle paths to the river mouth at Punta Tagliamento, at the dock of the boat that allows crossing to the beaches of Bibione.

Accommodation in Lignano:

<https://www.turismoFVG.it/TFVGB/Booking/SearchWidgetContestuale>

In Lignano there is abundant accommodation and dining, as well as intermodal transport by Bike+Bus and Bike+Boat and services for cyclists.

After a few days of relaxation in Lignano Sabbiadoro, you can decide to change your itinerary and cycle towards Trieste, along the Tagliamento river.

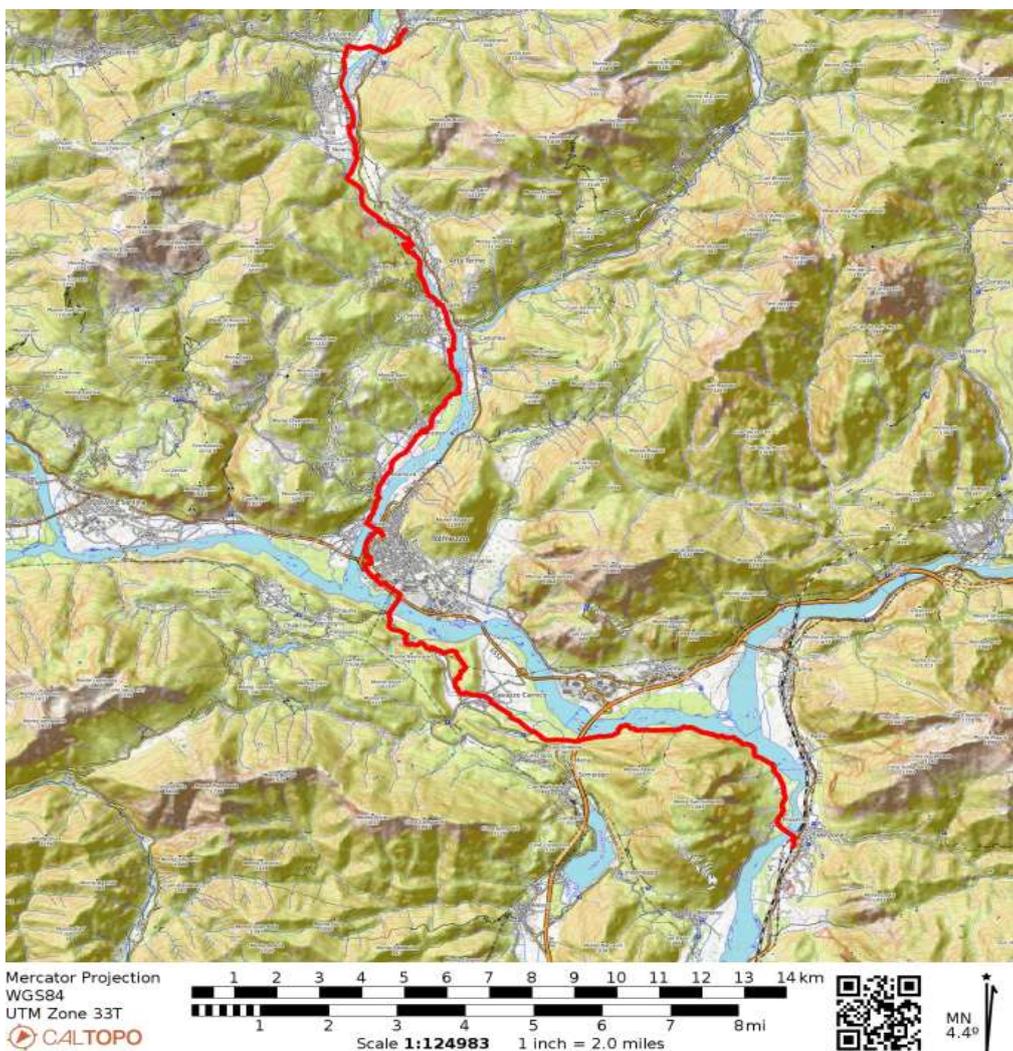
ITINERARY No. 3

ITINERARY NO. 3	ITA – FVG – PP1
Title	FVG8 Carnia cycle route (C800)
Subtitle	At the foot of the Carnic Alps
Route (starting-ending point)	Venzone - Cavazzo Carnico - Tolmezzo - Caneva - Zuglio - Arta Terme - Sutrio - Paluzza
Short description	The Carnic cycle route runs along the But creek: here you can cycle at the foot of the Carnic Alps, passing through awesome mountain villages.
Itinerary (daily)	1 day: Venzone - Paluzza



Route statistics/ technical description	Day 1.: Length 36,7 km Total ascent 384 m Surface: 100% paved
POI	Cavazzo lake, Arta Terme - thermal baths, Mount Zoncolan, the remains of the Roman forum Zuglio

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The majority of the Carnia cycle route for both paths is on cycle tracks or roads with restricted vehicular access and occasional stretches on roads open to traffic.

The But cycle track starts in Tolmezzo and follows the waterway towards Zuglio, an ancient Roman town, a pleasant stop to admire the ancient Julium Carnicum. Continuing on the saddle of your bicycle you will arrive at the tourist resort known for its thermal waters: Arta Terme SPA. It then climbs further up the valley towards Sutrio village known for its tradition of woodworking, not far away from the village of Paluzza, the end of this short cycle route.

For the trained cyclist it is possible in Paluzza to go from the cycle route to the variant reaching the peak of Sella Valcalda at Ravascletto along minor roads (altitude of 958 metres) or from Sutrio it is beautiful reach to the top of Mount Zoncolan.

You cannot leave without being enticed by the delights of Friuli's gastronomic tradition. In the local shops you can buy honey, plum and pear distillates, cheeses and, above all, the typical cjarsons, one of Carnia's signature dishes: handmade agnolotti stuffed with officinal herbs and spices, usually topped with melted butter and smoked ricotta.



Note: In Paluzza, it is possible to follow the indications of ring road R015 and return to Tolmezzo via Ravascletto on low-traffic roads and cycle route FVG6a.



The FVG8 cycle route is closed during the winter (from December until the end of the emergency) due to possible ice formation along the route.

In Venzone, it is possible to take the Alpe Adria Cycle Route (FVG1), which in Friuli Venezia Giulia connects Tarvisio with Grado.

Public transport

It is possible to reach Tolmezzo by bicycle from Venzone, which is served by the Train+Bike service on the Udine-Tarvisio line. It is an obligatory stop for all trains, including the special MiCoTra train that operates between Udine and Villach (A) along the Alpe Adria cycle route.

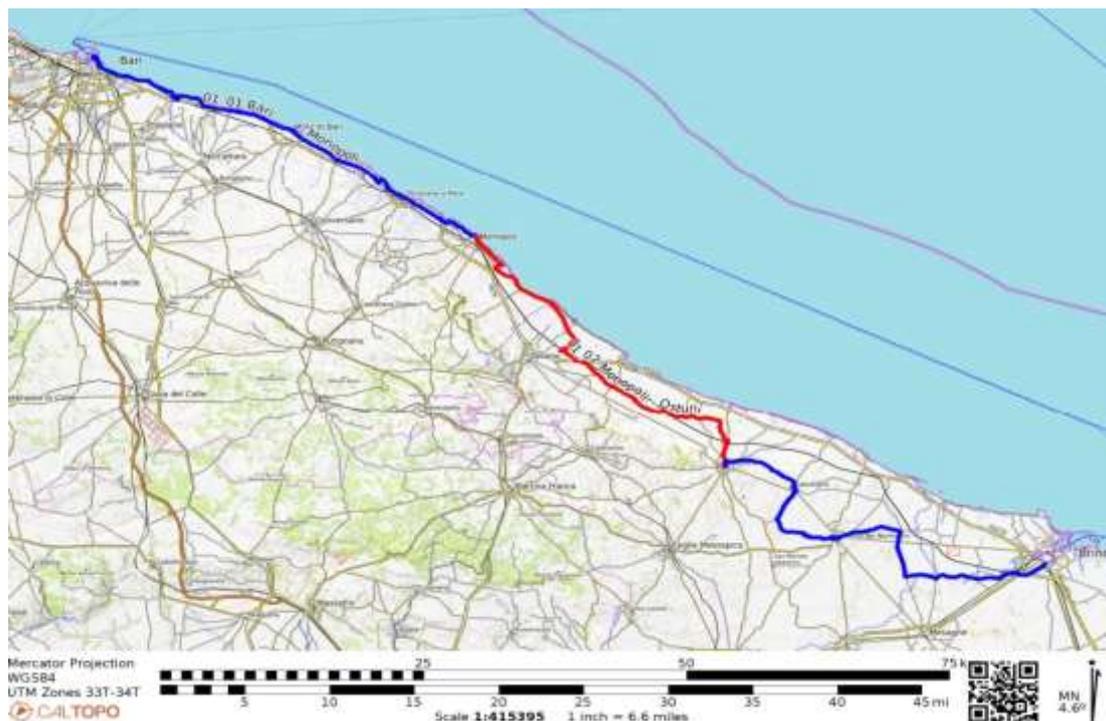
ITINERARY No. 4

ITINERARY NO. 1	ITA - Apuglia - PP2
Title	Bike to Coast
Subtitle	Adriatic cycle route
Route (starting-ending point)	Bari - Monopoli - Ostuni - Brindisi
Short description	A bike tour for everyone: along the southernmost stretch of the Adriatic Cycle Route, along the coastline between Bari and Brindisi, with incursions into the countryside dominated by the sea of ancient olive trees and the white city, Ostuni, perched on its gentle hill.
Itinerary (multi-day tours)	Day 1: Bari Day 2: Bari - Monopoli Day 3: Monopoli - Ostuni Day 4: Ostuni - Brindisi Day 5: Brindisi



<p>Route statistics/ technical description</p>	<p>Day 2.: Length: 47 km Total ascent: 230 m Surface: 90% paved, 10% gravel</p> <p>Day 3.: Length: 47 km Total ascent: 200m Surface: 95 % paved, 5 % gravel</p> <p>Day 4.: Length: 48 km Total ascent: 180 Surface: 100% paved</p>
<p>POI</p>	<p>Piazza Armando Diaz, Castle of Mola di Bari, Incina tower, Egnazia archeological park, Ostuni historic center, Torre Guaceto</p>

Map:



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Program:

Day 1. Bari

You will not have trouble getting to the initial stage of the tour by plane, train or ship. There are many low-cost flights to get to Puglia landing in Bari. A metro and several shuttles (but also trains and taxis) let you get to Bari central train station in a few minutes.

The ferry connection between Dubrovnik, in Croatia, and Bari in Apulia, Italy, is seasonal.

Check the timetable: https://www.ferryhopper.com/en/ferry-routes/direct/dubrovnik-bari?_gl=1*jwwqfd*_up*MQ..*_gs*MQ..&clid=CjwKCAiAt8bIBhBpEiwAzH1w6ZZKbLStjSwdNINeRh2ALpj-VOy1-

[gtXGyEYGVgZMiAUoLAZdb8buhoCpwAQAvD_BwE&gbraid=0AAAAADLhAA-Sx2wC0MIRmA_93zh4FfRKX](https://www.ferryhopper.com/en/ferry-routes/direct/dubrovnik-bari?_gl=1*jwwqfd*_up*MQ..*_gs*MQ..&clid=CjwKCAiAt8bIBhBpEiwAzH1w6ZZKbLStjSwdNINeRh2ALpj-VOy1-gtXGyEYGVgZMiAUoLAZdb8buhoCpwAQAvD_BwE&gbraid=0AAAAADLhAA-Sx2wC0MIRmA_93zh4FfRKX)

Arrival and accommodation in Bari: <https://www.barihotels.org/en/>. Typical guest houses or 4-star hotels (depending on availability), bike-friendly accommodations equipped with all the comforts a bicycle traveller may need. <https://visit.puglia.it/en>

Dive into the heart of Bari, the stunning capital of Apulia that has become a bridge between the East and West and explore it. A preeminent city where traditions and intense flavours flourish in their most genuine expression, Bari has a breathtaking waterfront and a quaint old town.



Day 2. Bari - Monopoli

Breakfast and check-out.

The starting point for the cycling tour is Bari, Puglia's capital. Bari is also the city of St. Nicholas, one of the most important saints of the Christianity. You will ride in the old town, along the city walls and after that along one of the longest and most fascinating waterfronts of Europe. You will pedal a step away from the sea all the time: first to reach the beautiful town of Mola di Bari, then the little harbour and the imposing abbey of San Vito; and then you'll finally enter Polignano a Mare, one of the most charming towns you will come across on the Route and the hometown of "Mister Volare" Domenico Modugno. A few kilometres more between the deep blue sea, the red land, and the green olive trees and you will get to Monopoli, the final stop of the first stage.

Accommodation in Monopoli:

<https://www.myboutiquehotel.com/en/search/?r=bFNCTHhxeVh1V2tsODRuVHAxeDhHdz09&map=1>

<https://visit.puglia.it/en>



Day 3. Monopoli - Ostuni

Breakfast and check-out.

Before you continue cycling, explore the town of Monopoli. The town becomes one of the most beautiful and dynamic places of the Southern Adriatic coast. You'll have the possibility to appreciate its charm by bicycle, starting your tour from the old harbour and riding along the medieval walls. You will then ride out of the town along the coast, admiring lots of



enchanting coves until you will get to Savelletri, where you will have the chance to visit the ancient Roman town of Egnatia and the archaeological excavations lapped by the sea. You will get sight of typical farmhouses often transformed into fascinating resorts. As you will be riding inland, you will come across an expanse of century-old – or even thousand-year-old in some cases – olive trees. Then, you will take a step even further back in time when you will visit the dolmen of Montalbano, a megalithic tomb from the Bronze Age. From there, you will notice a hill covered with white houses: that's Ostuni. You will get there after a short uphill ride to end the second stage.

It is impossible to go to Puglia and not try the orecchiette with turnip greens. This dish is the symbol of Apulian cuisine and has existed since 1500. A simple and healthy dish: flour and water for the orecchiette and tasty vegetables for the topping.

Accommodation in Ostuni: <https://ostunipalace.com/en/> or similar
<https://www.myboutiquehotel.com/en/boutique-hotels-ostuni/>
<https://visit.puglia.it/en>



Day 4. Ostuni - Brindisi

Breakfast and check-out.

Ostuni is also known as “the white city”. You will have the chance to admire the labyrinthine old town of Ostuni, a veritable Mediterranean city center made of limestone. After that, you will ride back to the coast after a short stop in the amazing courtyard of the “Dentice di Frasso” castle in Carovigno. Here you will ride on roads surrounded by imposing olive trees, which will become fewer and farther when you get to the State Natural Reserve of Torre Guaceto. The Reserve has both a great environmental importance, due to its marine flora and fauna and to the bird migrations, and an unquestionable historical and architectural



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value, because of the imposing medieval tower after which “Torre Guaceto” (Guaceto tower) takes its name.

From Torre Guaceto you will ride the last kilometres to get to Brindisi and end your cycling tour.

Accommodation in a comfortable hotel in Brindisi:

<https://www.mrandmrsmith.com/destinations/puglia/brindisi/hotels>

<https://visit.puglia.it/en>



Day 5. Brindisi

Breakfast and check-out. Before leaving, spend some time in the town. Brindisi is the perfect combination of remnants of Ancient Rome, evidence of later dominations, and modern spaces with clubs and restaurants offering the best Apulian specialities. As you admire views of the sea and the magnificent city harbour, you can walk around the historic center to enjoy the city's most striking features.

Take your transfer by train, ship or plane.



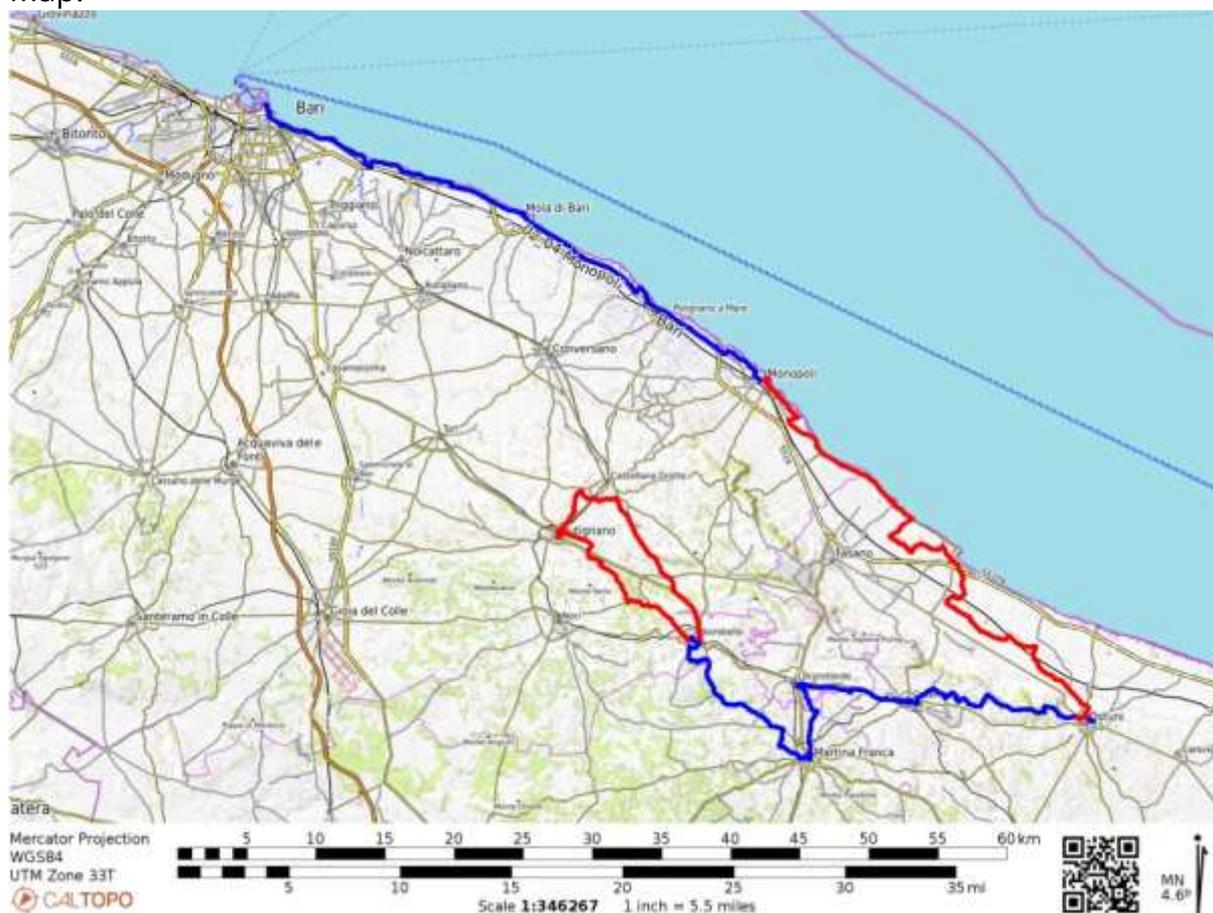
ITINERARY No. 5

ITINERARY NO. 2	ITA - Apulia – PP2
Title	Trulli-to-Coast Adventure Route
Subtitle	Between trulli, olive groves and delightful villages
Route (starting- ending point)	Alberobello - Ostuni - Monopoli - Bari
Short description	Puglia, an emerging destination in southern Italy, is an ancient world — its hills and small coastal towns are steeped in history. Located on the eastern coast, it's a place deep in the heartland of Greek mythology, and Puglia does have a distinctly Greek feel, but its ruins also feature Gothic and Byzantine architecture, among others.
Itinerary (multi-day tours)	Day 1: Alberobello Loop Day 2: Alberobello - Ostuni Day 3: Ostuni - Monopoli Day 4: Monopoli - Bari
Route statistics/ technical description	Day 1.: Length: 37 km Total ascent: 425 m Surface: 90 % paved, 10 % gravel Day 2.: Length: 52 km Total ascent: 670 m Surface: 100 % paved Day 3.: Length: 47 km Total ascent: 200m Surface: 95 % paved, 5 % gravel Day 4.: Length: 47 km Total ascent: 230 m Surface: 90% paved, 10% gravel



POI	Sleep among the <i>trulli</i> , The green Itria Valley with Ostuni, Cisternino and Locorotondo, Chiesa di San Michele Arcangelo, Ostuni historic center, Torre canne, Ignazia archeological park, Aragonese castle
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Program:

Day 1. Alberobello

Arrival at the Brindisi Airport and shuttle to your first city tour in Alberobello. Alberobello is a UNESCO World Heritage site and home of the famous trulli. Unique to Puglia, these circular stone homes are topped with conical roofs of gray limestone, and Alberobello alone has 1,500 of them.

Loop ride through the towns of Putignano and Castellana Grotte.

Accommodation in Alberobello: <https://visit.puglia.it/en>



Day 2. Alberobello - Ostuni

Today you will cycle between gentle slopes, vineyards and fields from which the inverted cones of ancient Trulli rise into the blue sky.

During this ride you will have the opportunity to visit two of the most beautiful villages in Italy: Locorotondo, famous for its fresh and flavourful white wines, and Cisternino, the Casbah of the Itria Valley.

You'll meet astonishing views of the surrounding countryside and Adriatic as you cycle along the scenic ridge road to Ostuni. Known as The White City, Ostuni is built on the remains of a prehistoric town destroyed during the final throes of the Second Punic War. Its labyrinthine alleyways and cobblestone streets are ideal for exploring on foot or bike. Some say its name comes from an ancient Arabic word for "olive".

Overnight in Ostuni, <https://visit.puglia.it/en>



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Day 3. Ostuni - Monopoli

Today's cycle starts in Ostuni , the white town. You'll set off for Monopoli, a seaside town that dates back to 500 BC. You'll cycle along a panoramic road that overlooks the Adriatic Sea.

The route follows the shores and little coves, passing the thousand-year old olive trees. You'll find that the coastal plains are cultivated with a variety of crops and dotted with elegant farmsteads.

Take a break in Torre Canne where you can grab a cup of coffee and from there we will head to Monopoli.

When you arrive and check in at your hotel, you can spend the rest of the evening exploring this bustling fishing town and its splendid white-washed houses and narrow alleyways.

Overnight in Monopoli: <https://visit.puglia.it/en>



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Day 4. Monopoli - Bari

The bike route from Monopoli to Bari is a relatively easy, flat coastal ride of approximately 45 km, following mostly paved secondary roads. Cycling on the rocky coast through Cala Incine and Cala Corvino, you can admire seaside resorts and vast fields of olives and prickly pear trees, bordered by ancient dry-stone walls. After a while, you will find yourself on country roads surrounded by centuries-old olive trees, heading for Polignano a Mare, birthplace of Domenico Modugno. It is recommended to stop in Polignano a Mare, known for its scenic cliffside location.

The bike tour ends in Bari, home of fresh seafood, amazing little streets and friendly locals. Bari is a highly multifaceted city, and you really need to discover every single aspect to understand its true core. Stroll along the famous Bari promenade, one of the most beautiful in Italy, overlooking the clear sea and the unique charm of Bari.



Take your transfer by train, ship or plane.

You can extend cycling on the other side of the Adriatic sea, in the region of Dubrovnik-Neretva. Take a ferry from Bari to Dubrovnik.

Note: Connection between Bari and Dubrovnik is seasonal (ferry line 54 - operated by Jadrolinija). It usually runs from April to October with around 4 ferry crossings per week. Check the schedule and prices: <https://www.ferryhopper.com/en/ferry-routes/direct/bari-dubrovnik>



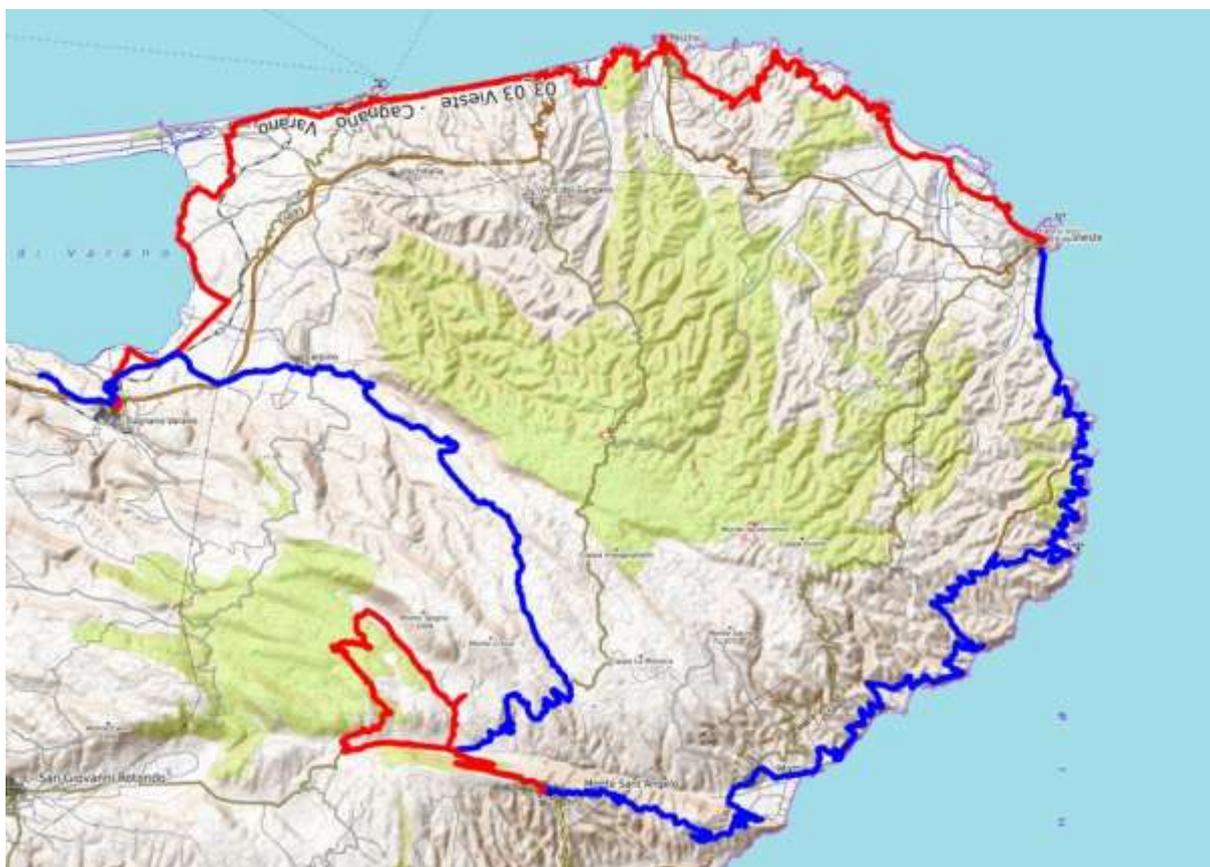
ITINERARY No. 6

ITINERARY NO. 3	ITA - Apulia – PP2
Title	Gargano National park
Subtitle	The green lung of Puglia
Route (starting- ending point)	Monte Sant' Angelo - Mattinata - Vieste - Peschici - Rodi Garganico - Lido del Sole - Cagnano Varano - Monte Sant' Angelo
Short description	<p>The Gargano National Park is considered the green lung of Puglia due to its biodiversity.</p> <p>A cycling holiday in the Gargano National Park will allow you to visit one of the greatest varieties of landscapes in Europe concentrated in a small space. The Gargano is a true paradise, suitable for those who love getting lost in uncontaminated nature.</p>
Itinerary (multi-day tours)	<p>Day 1: Monte Sant' Angelo loop</p> <p>Day 2: Monte Sant' Angelo - Vieste</p> <p>Day 3: Vieste - Cagnano Varano</p> <p>Day 4: Cagnano Varano - Monte Sant' Angelo</p>
Route statistics/ technical description	<p>Day 1.: Length: 35 km Total ascent: 650 m Surface: 80 % paved, 20% gravel</p> <p>Day 2.: Length: 68 km Total ascent: 1060 m Surface: 100 % paved</p> <p>Day 3.: Length: 64 km Total ascent: 950 m Surface: 100 % paved,</p> <p>Day 4.: Length: 50 km Total ascent: 1200 m Surface: 98 % paved, 2 % gravel</p>



POI	Basilica of San Michele, The Castle of Monte Sant'Angelo, the Rione Junno, Pizzomunno monolith, the Necropolis of Salata, the historic center of Peschici, the historic center of Rodi Garganico, the Lake Varano, The Cave of San Michele, the Umbra forest
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Program:

Day 1. Monte Sant' Angelo

Arrival to Monte Sant' Angelo, UNESCO site.

Afternoon bike tour of Bosco Quarto, Sitizzo valley, with return to Monte Sant'Angelo. You will cycle in an area famous for the production of cheese and wheat, which is used to produce artisanal pasta of the highest quality. Discover Monte Sant'Angelo, one of the most beautiful and historic cities in South Italy, famous for its Basilica of San Michele, the place where the apparitions of San Michele Arcangelo took place.

There are many typical sweets to taste, including *ostie ripiene* (hosts with almonds and honey)!

Overnight in Monte Sant' Angelo: <https://visit.puglia.it/en>



Day 2. Monte Sant' Angelo - Vieste

Breakfast and check-out.

Get ready for a bike ride by the panoramic route to Vieste. It is a coast with breathtaking panoramic views and numerous coves. Vieste is a town overlooking the sea, rich in history and tradition. The overnight stay is in Vieste, the pearl of the Gargano, famous for the trabucchi, the giants on the sea. Trabucchi are ancient fishing machines, still functioning today. You can decide to take part in a fishing trip if you want. Discover Vieste and its secrets.

Accommodation in Vieste: <https://visit.puglia.it/en>



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Day 3. Vieste - Cagnano Varano

Breakfast and check-out. You will leave from Vieste along the coast that goes from Vieste to Peschici. During the coastal cycling you will visit Peschici, Rodi Garganico and Lake Varano, famous for the cultivation of mussels including the famous San Michele oysters.

Take a break in the village Peschici where you can try a typical dish called "Panmbuss pu cefl", a mullet soup on stale bread. We recommend not to miss the most characteristic ice cream shop in Peschici - By "Michel". Also don't hesitate to stop at one of the numerous sandy beaches with shallow water.

You will end your tour by Lake Varano, which represents the largest coastal lake in Italy. It is actually a lagoon, with a lower salt content than the nearby Adriatic Sea. It is a valuable habitat for several species of birds, including cormorants, great crested grebes, lesser mergansers and several types of herons.

The overnight stay is in Cagnano Varano, the ancient village which overlooks Lake Varano from the top of a hill. <https://visit.puglia.it/en>



Day 4. Cagnano Varano - Monte Sant' Angelo

The last cycling section leads from Cagnano Varano to Monte Sant'Angelo. This is a stage with continuous ups and downs. In the middle of the route you will be able to enter the Umbra Forest, whose name derives from shadow. It is a UNESCO site forest, dominated by beech forests up to 50 meters high. The day ends in Monte Sant'Angelo. Shuttle to Bari airport.



ITINERARY No. 7

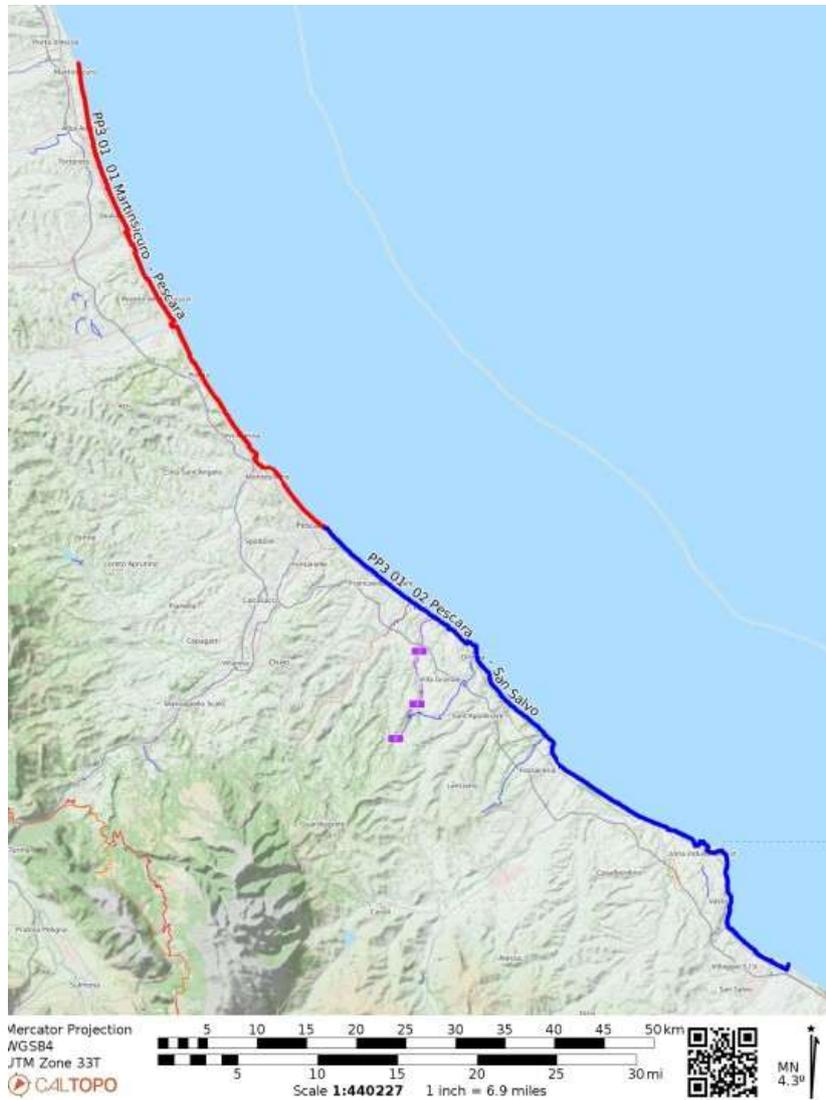
ITINERARY NO. 1	ITA - Abruzzo – PP3
Title	Bike to coast Abruzzo
Subtitle	The Adriatic Greenway cycle route
Route (starting-ending point)	Martinsicuro - Pescara - San Salvo
Short description	The Bike to coast Abruzzo is a 131 kilometre long cycle path that winds through the greenways of the Adriatic, from Martinsicuro to San Salvo. Beaches, protected nature, clear waters, small villages, castles, abbeys, food and wine, and hospitality are the added value of Italy's most beautiful cycle path. The route is suitable for cycle



	<p>touring or day trips, accessible in all seasons, and offers no particular difficulty, passing through easy dirt roads, shaded pine forests, stunning coastlines, and breathtaking views along the Costa dei Trabocchi.</p>
Itinerary (multi-day tours)	<p>Day 1: Martinsicuro - Pescara Day 2: Pescara - San Salvo</p>
Route statistics/ technical description	<p>Day 1.: Length: 59 km Total ascent: 220 m Surface: 95% paved, 5% gravel Day 2.: Length: 75 km Total ascent: 450 m Surface: 90 % paved, 10 % gravel</p>
POI	<p>Tortoreto Alto, Giulianova Alta – San Flaviano Cathedral, Borsacchio Nature Reserve (Roseto) -ideal for birdwatching and photography, Pineta Dannunziana (Pescara Sud), Basilica of Saint Flavian and the Santuario della Madonna dello Splendore, medieval village of Silvi Alta, Tower of Cerrano, Bridge of the Sea, tilt fishing huts, Lecceta Regional Natural Reserve, Regional Nature Reserve of Punta Aderci, Quadrilatero archaeological park, San Giovanni in Venere Abbey (Fossacesia). Trabocchi with walkable platforms (Trabocco Turchino, Trabocco Punta Cavalluccio), Acquabella Nature Reserve (Ortona), Vasto Belvedere & Loggia Amblingh, Palazzo d’Avalos (Vasto), Bosco Motticce Nature Reserve (San Salvo)</p>



Map:



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Program:

Day 1. Martinsicuro - Pescara

The first section of the 'Bike To Coast' route will take you from Martinsicuro across kilometres of beautiful coastline, passing through Alba Adriatica, one of the region's most renowned seaside resorts, Tortoreto and Giulianova. If you want to make a stop, you can immerse yourself in the art of the historic centre, rich in unexpected treasures, including the Basilica of Saint Flavian and the Santuario della Madonna dello Splendore. Continue to Roseto degli Abruzzi and Pineto. Along the way, you can stop at the Tower of Cerrano, one of the ancient coastal towers of the Kingdom of Naples, built around 1568 on the site of the ancient port of Atri. Back on the road, you will cycle through Marina di Città Sant'Angelo, Montesilvano and Pescara.

Spend the rest of the day in this "city of the two bridges", tasting the local delicacies and taking a dip in the sea. Don't forget to cross the Bridge of the Sea, Italy's largest cycle-pedestrian bridge, 466 metres long.

Overnight in Pescara: <https://shorturl.at/PAku0>; <https://www.abruzzobikehotels.net/>



Day 2. Pescara - San Salvo

Breakfast and check-out.

Get ready for a change of scenery: instead of sandy shores, you will be treated to inlets, bays, cliffs and headlands overlooking the sea, and flourishing Mediterranean vegetation. The so-called "Costa dei Trabocchi" ("coast of the stilt fishing huts") starts right here.



The cycle path takes you to Fossacesia and Torino di Sangro, where you can spend a few hours relaxing in the Lecceta Regional Natural Reserve of Torino di Sangro, with its 175 hectares full of nature and hiking trails.

A few kilometres further south lies Lido di Casalbordino, a traditional medieval town with a spacious sandy shore. Before reaching Vasto, we recommend visiting the Regional Nature Reserve of Punta Aderci, one of the most spectacular stretches of the Abruzzo coastline with alternating sandy beaches and natural cliffs.

After a break, you can get back on the saddle and make your way to Vasto Marina and finally San Salvo, the final town on the Abruzzo coast before Molise. Treat yourself to a rest in the historic medieval centre, take a walk through the Quadrilatero archaeological park and explore the Abbey of Santi Vito e Salvo, built between the 9th and 11th centuries.

Important note!

Please note that there are 3 interruptions on the cycling route, where you'll have to use the main road and a gravel section:

- The section between Tollo Station and Ortona city (from the 13th km, 2 km in length, using main road)
- The Dragoni district in Torino di Sangro (gravel road on the 42th km, approx. 2 km in length)
- The Vasto industrial area (gravel road from 50th km do 55th km)



ITINERARY No. 8

ITINERARY NO. 2	ITA - Apulia – PP3
Title	Cycling the Apennines
Subtitle	The challenge of the climbs
Route (starting- ending point)	Aquila - Aielli - Villetta Barrea - Popoli - San Stefano - Aquila
Short description	This route will allow you to challenge one of Abruzzo's main climbs: the peak of Campo Imperatore. Tours showcase the mountains and parks, and be sure you may encounter various animals, the real hosts of Abruzzo's parks. The Apennines trail is best for cycling from June to October. Suitable for experienced cyclists.
Itinerary (multi-day tours)	Day 1: Aquila - Aielli Day 2: Aielli - Villetta Barrea Day 3: Villetta Barrea - Popoli Terme Day 4: Popoli Terme - San Stefano Day 5: San Stefano - Aquila
Route statistics/ technical description	Day 1.: Length: 61 km Total ascent: 1480 m Surface: 95% paved, 5% gravel Day 2.: Length: 63 km Total ascent: 980 m Surface: 95 % paved, 5 % gravel Day 3.: Length: 80 km Total ascent: 1400 m Surface: 100 % paved Day 4.: Length: 45 km Total ascent: 1400 m Surface: 100 % paved



	<p>Day 5.: Length: 76 km Total ascent: 1300 m Surface: 100 % paved</p>
<p>POI</p>	<p>the fountain of the 99 spouts, the Basilica of Collemaggio, the Cathedral and the luminous fountain in Aquila, Murals of Borgo Universo, National Park of Abruzzo, Lazio and Molise, the Lake Barrea, The Monte Godi pass, Lake San Domenico, Sagittario Gorges, Svolte di Popoli, Capestrano Castle, Campo Imperatore, Piccolomini Castle (Celano), Ortona dei Marsi, Pescasseroli Nature & Wildlife Museum, Barrea Lake Viewpoints, Scanno Old Town, Heart-Shaped Lake Viewpoint (Scanno), San Domenico Hermitage (San Domenico Lake), Sorgenti del Pescara Nature Reserve, San Pietro ad Oratorium (Capestrano), Castelvechio Calvisio, Rocca Calascio, Racollo Lake, Campo Imperatore Observatory, Historic Campo Imperatore Hotel, Fonte Cerreto (Cableway Base), San Bernardino Basilica (L'Aquila)</p>



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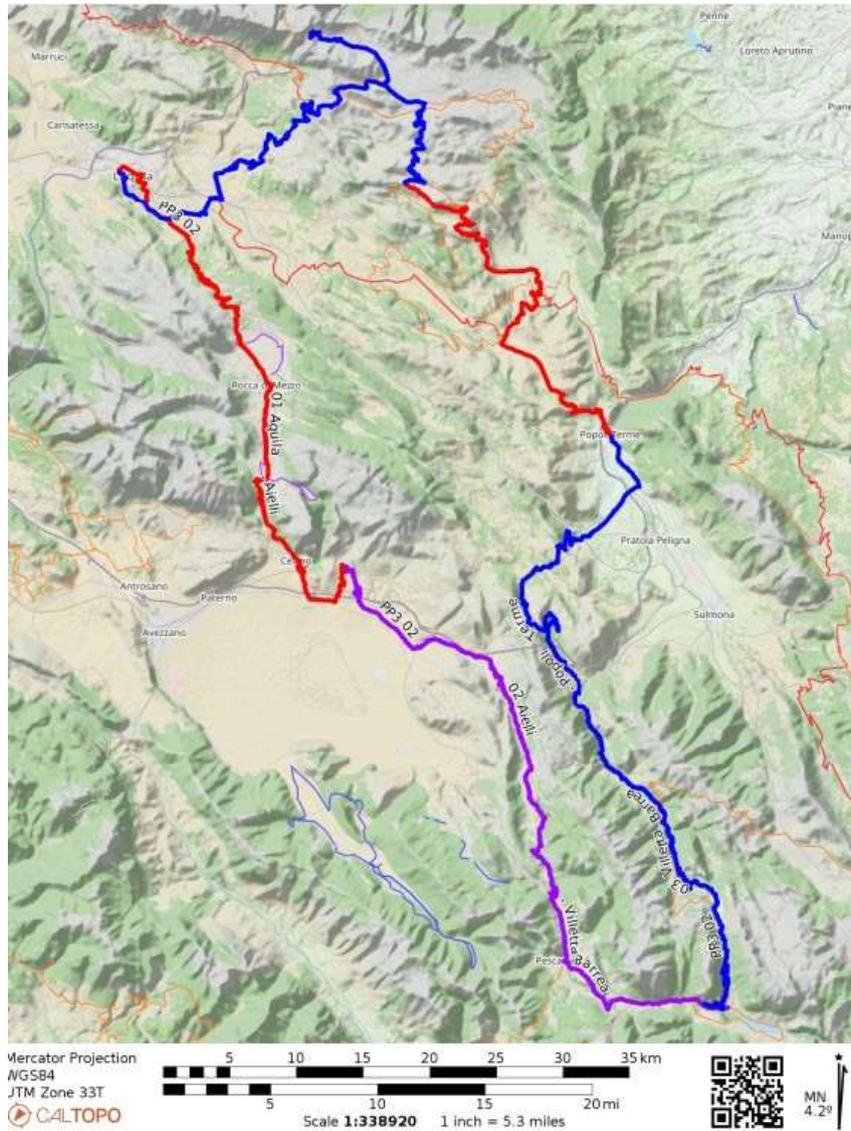
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Program:

Day 1. Aquila - Aielli

This itinerary begins in L'Aquila, the capital of the region. L'Aquila is a historic city that boasts wonderful monuments, like the fountain of the 99 spouts, the Basilica of Collemaggio and the Duomo.

The Sirente-Velino Natural Park is the highlight of this day. You'll climb from L'Aquila towards the villages of Rocca di Cambio and Rocca di Mezzo. Pedaling along the beautiful roads of the Park you will be able to understand why these areas are very popular with national and international tourists. A long descent takes you to Celano. A second climb takes you to Aielli. Your first stage ends here: take your time to walk around the village, admiring the 26 murals that have made Aielli famous.

Overnight in Aielli: <https://abruzzoturismo.it/it/dove-dormire>
<https://www.abruzzobikehotels.net/>



Day 2. Aielli - Villetta Barrea

Breakfast and check-out.

Leaving Aielli, pedal towards Ortona dei Marsi. On the second day of the tour you will get to know another Abruzzo park - the National Park of Abruzzo, Lazio and Molise. You will be able to admire splendid panoramic points over the Abruzzo countryside and don't be surprised if you meet various animals, the real hosts of the Park.

The climb will take you up to Pescasseroli. It is a charming mountain village in the heart of the National Park, renowned as a winter sports centre. Your tour ends in Villetta Barrea.



This village, located on the shores of Lake Barrea. Villetta Barrea is an excellent base for excursions: one of the most famous is - the Camosciare. In Villetta Barrea it is easy to meet deer, even in the historic centre.

Overnight in Villetta Barrea: <https://abruzzoturismo.it/it/dove-dormire>
<https://www.abruzzobikehotels.net/>



Day 3. Villetta Barrea - Popoli Terme

Breakfast and check-out.

On your third day you stay in the Natural Park of Abruzzo, Lazio and Molise. Your first goal of the day is the Monte Godi pass. From the splendid pass, descend to Scanno, included in the circuit of the most beautiful villages in Italy. If you have time, you could consider walking thirty minutes to reach the panoramic point overlooking Lake Scanno, famous for its particular heart shape.

After leaving the lake of Scanno you enter the gorges of Sagittarius. Stop to admire the splendid lake of San Domenico. Continuing cycling, this time uphill, to reach Cocullo. This small town is another gem of Abruzzo and is famous for its festival of snakes. Complete the third stage resting in Popoli Terme.

Overnight in Popoli: <https://abruzzoturismo.it/it/dove-dormire>
<https://www.abruzzobikehotels.net/>



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Day 4. Popoli Terme - San Stefano

Breakfast and check-out.

Today's stage starts on a road very popular with motorists. The Popoli turns host a very famous car competition: the bends of the SS17 are the setting for a historic race dedicated to four wheels. By bike you can admire the panorama very calmly: the road is not very busy.

After completing the Popoli turns, it passes through Capestrano. This small Abruzzo village is famous for its castle and for the ancient statue of the Warrior of Capestrano. Once you leave Capestrano, a long climb awaits you and takes you up to Calascio. Today's stage gives you time to visit the famous Rocca Calascio, one of the most beautiful castles in the world by National Geographic magazine. A very scenic road takes you from Calascio to Santo Stefano di Sessanio - one of the most beautiful villages in Italy.

Overnight in San Stefano: Santo Stefano di Sessanio is a typical widespread hotel, some uninhabited houses have been renovated for tourist purposes. <https://shorturl.at/Phb07>; <https://www.abruzzobikehotels.net/>



Day 5. San Stefano - Aquilla

Breakfast and check-out.

Today is the day of the big climb. As soon as you leave Santo Stefano di Sessanio, you begin to climb towards the plain of Campo Imperatore. The climb will leave you speechless: it is a very pleasant road with no-traffic. After the ascent you enter the famous Tibet of Italy: you are on the plain of Campo Imperatore. Cycle to the base of the hiking trails that lead to the western summit of Corno Grande. The last four kilometers of the climb are quite tough, with the average gradients approx 10%. From the point where the climb ends, you can admire the plain of Campo Imperatore in all its beauty.

After the plain, descent will take you back to L'Aquila. L'Aquila captivates visitors with its rich historical and architectural heritage. Stroll through the historic centre and explore the two main streets, Corso Vittorio Emanuele II and Corso Umberto I, as well as Piazza del Duomo, also known as Piazza del Mercato. Don't miss the Fountain of the 99 Water Spouts. Legend says that in L'Aquila there are 99 squares, 99 churches and 99 fountains.



Note!

Keep in mind the daily climbs that require greater physical fitness. As well, using an electric bike is a great option for choosing this attractive multi-day route.



ITINERARY No. 9

ITINERARY NO. 1	ITA - MARCHE REGION – PP4
Title	RIVIERA DELLE PALME
Subtitle	Easy Coastal Route from Porto D'Ascoli to Grottammare
Route (starting- ending point)	Porto D'Ascoli - San Benedetto del Tronto - Grottammare
Short description	Completely flat itinerary that runs along the sea, ideal for a relaxing ride. Perfect for families, nature lovers, and enthusiasts of the Adriatic coast
Route statistics/ technical description	Length 32 km Total ascent 50 m Surface: 75% asphalt, 25% gravel road
POI	Sentina Regional Nature Reserve San Benedetto del Tronto seafront Museo d'Arte sul Mare (MAM) - Art Museum by the Sea Piazza Giorgini 43rd parallel mark Grottammare seafront



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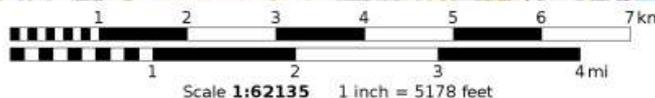


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Mercator Projection
WGS84
JTM Zone 33T
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Description

Departure from Porto d'Ascoli, near the Decathlon store, with a large parking area and close to both the highway and the expressway.

After just 200 meters, you enter the bike path of the Sentina Regional Nature Reserve, with an easy gravel road surface that leads to the southern seafront of Porto d'Ascoli, running along the coast all the way to San Benedetto del Tronto.

The San Benedetto bike path showcases the lighthouse, the port, and the entire Palm Riviera. The route then continues toward the Grottammare seafront, where various statues and the exact point of the 43rd parallel mark the turnaround.

The return to the starting point passes through Piazza Giorgini, the center of San Benedetto del Tronto.

The list of accommodation facilities and the list of services

<https://letsmarche.it/web/marche-tourism/accomodations>



ITINERARY No. 10

ITINERARY NO. 2	MARCHE REGION – PP4
Title	FALCONARA MARITTIMA AND ESINO RIVER
Subtitle	Easy Route in the nature along Esino river
Route (starting- ending point)	Falconara Marittima - Rocca Priora - Chiaravalle and back
Short description	A beautiful cycling route, flat and surrounded by nature, ideal for families, connecting Falconara Marittima to Chiaravalle through the Cormorano Park.
Route statistics/ technical description	Length 18,5 km Total ascent 30 m Surface: 47% asphalt, 53% gravel road
POI	Falconara Marittima Station Rocca Priora Castle Mouth of the Esino River and Esino River Cormorano Park and its lakes Chiaravalle city



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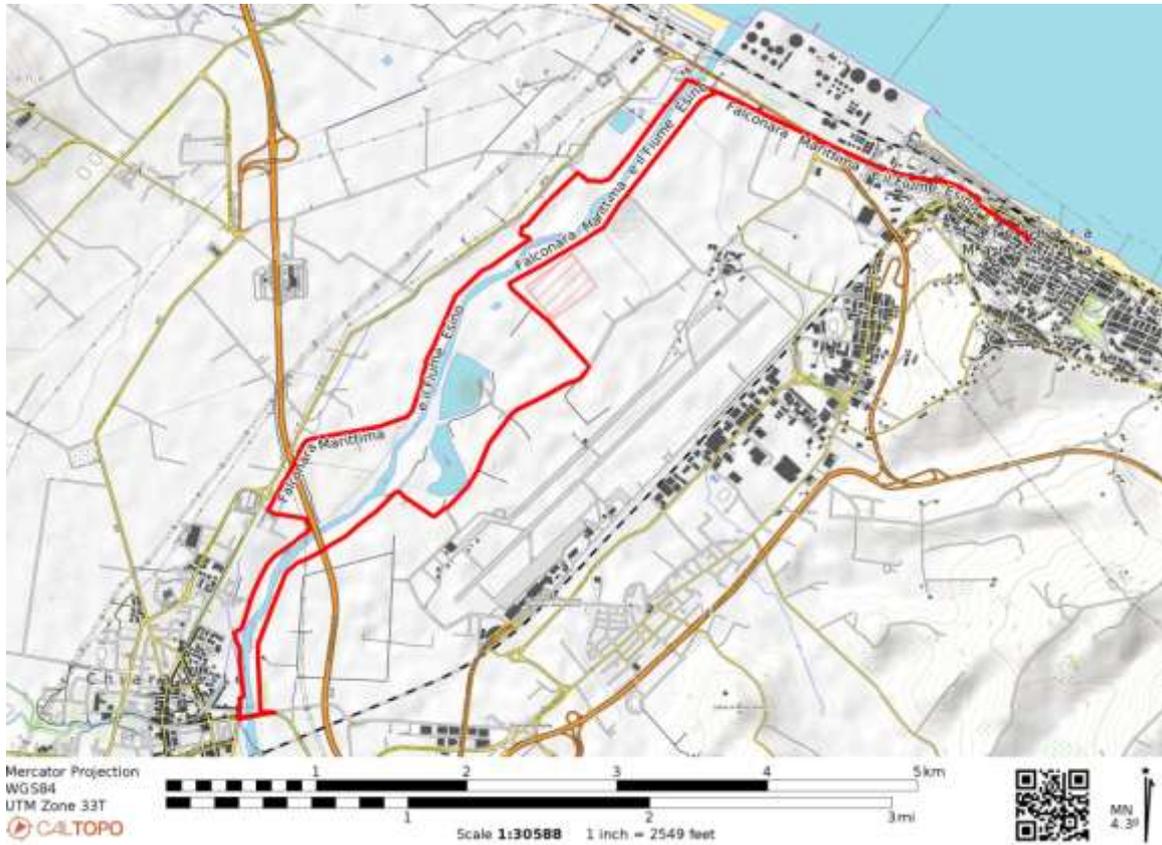
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Program

Description

A beautiful cycle tourism route suitable for everyone, especially families, flat and immersed in nature.

The journey begins in the central square of Falconara Marittima, offering a lovely view of the impressive railway station. From here, you enter the urban bike path and ride towards Fiumesino and Rocca Priora.

On the left side of the mouth of the Esino River, you'll find the Cormorano Park, a protected natural area covering 12 hectares, featuring a bike path of about 6 kilometers that connects the park to the nearby town of Chiaravalle.

The area also includes two small lakes for sport fishing.

Link:

https://www.marcheoutdoor.it/Itinerari/Dettagli/noimarche_bikelife_falconara_marittima_e_il_fiume_esino

Note: The list of services and the list of accommodation facilities

<https://letsmarche.it/web/marche-tourism/accomodations>





ITINERARY No. 11

ITINERARY NO. 1	ITA - Emilia Romagna – PP5
Title	Food Valley Bike
Subtitle	Sport and delicacies in the lowlands of Parma
Route (starting- ending point)	Parma - Colorno - Busseto
Short description	Combining the passion for bicycles and a love of good food, the Food Valley Bike route travels through the territory of Parma, a Unesco Creative City for Gastronomy. The cycle path includes 70 kilometres of route divided into two stages, connecting Parma to Busseto. Passing through the Terre Verdiane and municipalities of the Lower Parma area: Sorbolo Mezzani, Colorno, Sissa Trecasali, Roccabianca, Polesine Zibello it comes to Busseto, a town in the lowlands of Parma (Bassa Parmense) where Giuseppe Verdi spent much of his life, based on a single common thread: the typical products of the local cuisine. There are two types of food



	that cycling enthusiasts should definitely try along the route: pasta and cold cuts.
Itinerary (multi-day tours)	Day 1: Parma - Colorno Day 2: Colorno - Busseto
Route statistics/ technical description	Day 1.: Length: 37 km Total ascent: 150 m Surface: 90% paved, 10% gravel Day 2.: Length: 42 km Total ascent: 170 m Surface: 95% paved, 5% gravel
POI	Cathedral of Santa Maria Assunta, Parma Ham Museum, the National Gallery of Parma, Piazza Duomo, Parmigiano Reggiano Museum, The Ducal Palace, the International School of Italian Cuisine, the Roccabianca fortress, the Verdi Theater, Casa Natale di Giuseppe Verdi,



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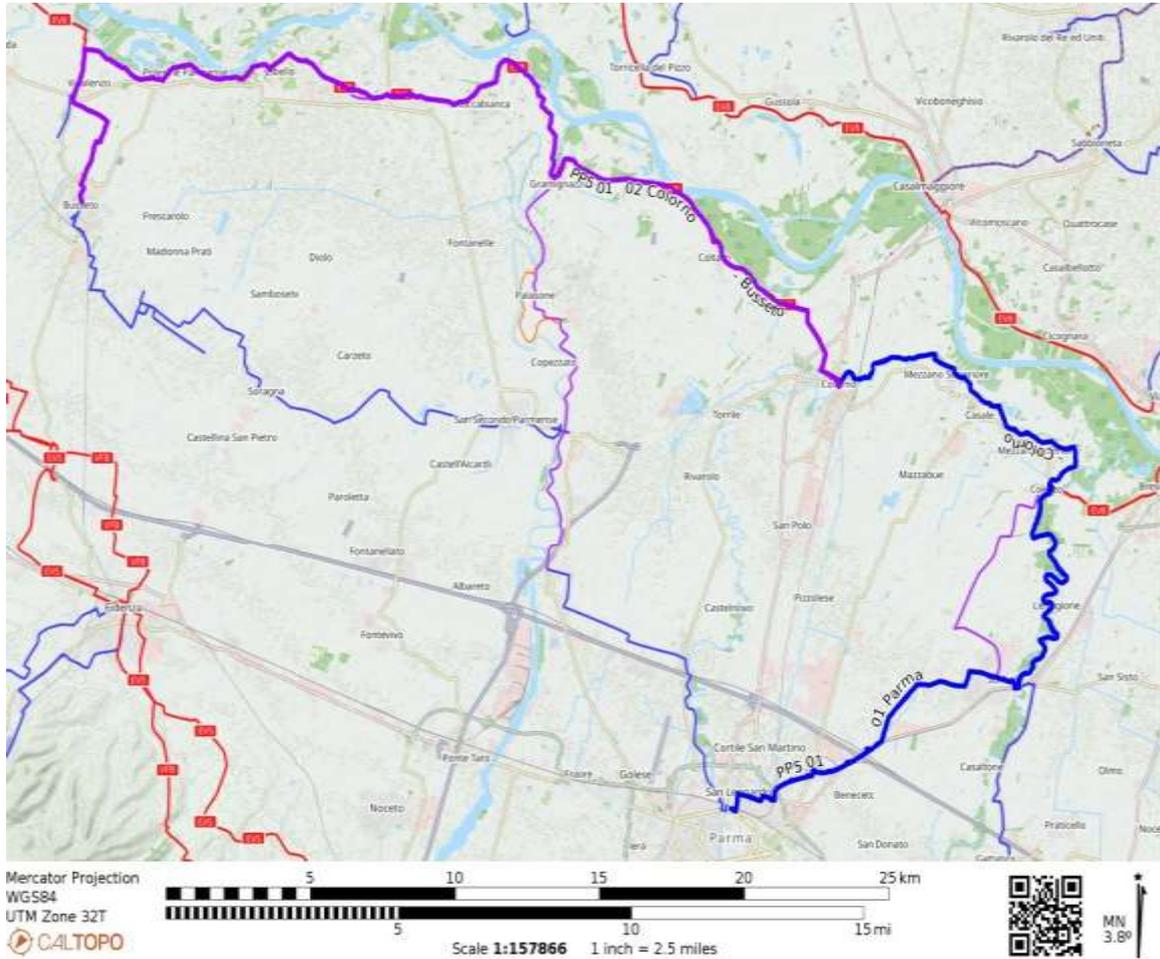
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Program:

Day 1. Parma - Colorno

The main theme of the cycle route 'Food Valley bike' emerges in its first section. This stage develops in the area where Parmigiano Reggiano cheese is produced, but also of a typical fresh pasta dish such as anolini, of Sorbolo tomatoes and Lentigione zucchini plums. Given its flat nature which often follows the course of the Po, the Food Valley Bike can be ridden by cyclists of all ages and abilities. You will have a perfect opportunity to discover the villages, castles and museums that tell the history of this wonderful area.

Taking the path near the Barilla factory, after cycling for about 40 kilometres you arrive at Colorno and its palace, the so-called Reggia.

Take advantage of discovering excellent local wine and food as a symbol of identity and culture. The building houses 'ALMA', *the International School of Italian Cuisine*, offers advanced training courses in the heart of the Food Valley.

Overnight in Colorno: <https://shorturl.at/uH3Yq>



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Day 2. Colorno - Busseto

Breakfast and check-out.

Get ready for cycling from Colorno to Busseto.

After tasting the 'tortel dòls', a special type of tortelli made with vino cotto (cooked wine), mostarda jam and breadcrumbs, and visiting the marvellous *Reggia di Colorno*, it is time to continue along the cycle route towards the village Roccabianca. Cycling along the Spalla Cruda di Palasone route you will first reach the village of Sissa Trecasali. After a short stretch of just 5 kilometres along the Ciclabile dei Ciccioli cycle route you will come within sight of the small town, famous for its 15th-century castle that can still be visited today. The finishing point of the Food Valley Bike is Busseto, but many attractions are yet to be seen along this route. An example is Polesine Zibello, the cradle of the famous Culatello di Zibello DOP cold cut, which can be reached by riding about 10 kilometres along the cycle path of the same name. After tasting this speciality, food enthusiasts will also appreciate a visit to the *Culatello Museum*. Once you have taken the Spongata cycle path and arrived in Busseto, all you have to do is enjoy the Verdi sites before going back to your starting point (which can also be travelled by train) or continue exploring other Italian regions.



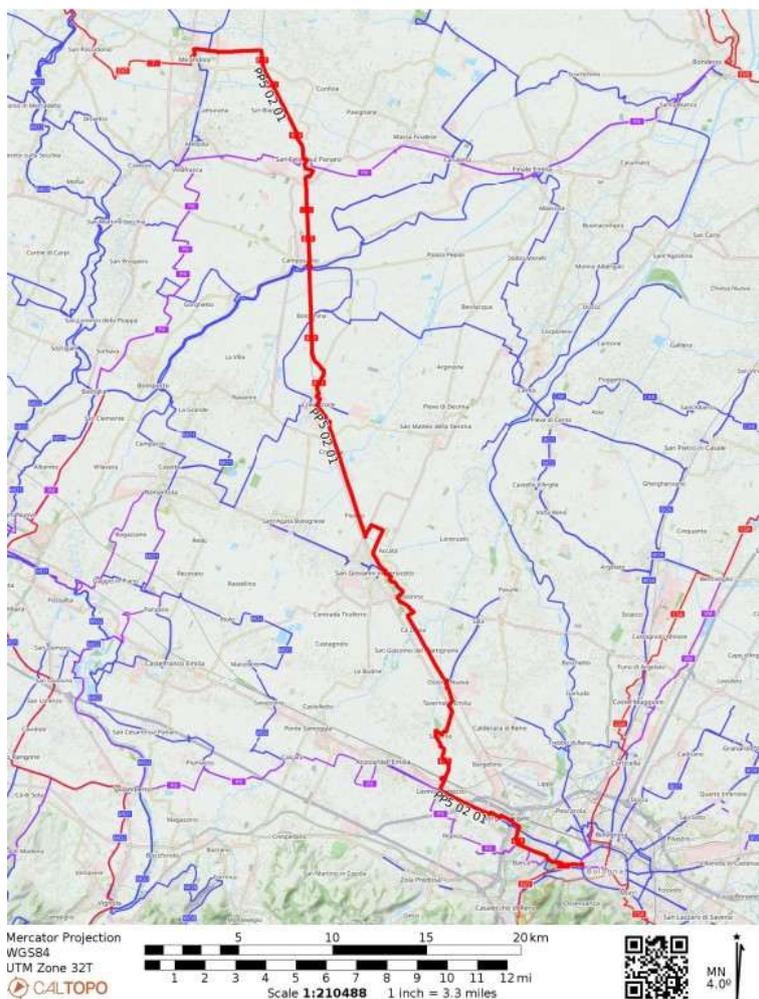
ITINERARY No. 12

ITINERARY NO. 2	ITA - Emilia Romagna – PP5
Title	Ciclovia del Sole/ Sun route
Subtitle	Emilia-Romagna lowlands, tagliatelle and old stations
Route (starting- ending point)	Mirandola - San Felice sul Panaro - Camposanto - Crevalcore - San Giovanni in Persiceto - Sala Bolognese - Bologna
Short description	60 km of lowland and the pure essence of Emilia. A straightforward, undemanding route that crosses a land of nihilists and empiricists, eccentrics and artists, of cordial and angry characters like the moody, Naïve painters of the lowlands who depict the plain. This region is a sort of 'Italy in miniature'. A 60 km section of the Sun Route constructed basically on the embankment of the old Bologna-Verona railway, scattered with small old abandoned stations. Crossing the imposing metal bridges of the former railway on your bike is an experience that you will rarely live elsewhere and, whatever your speed, you will always feel like a handsome "Littorina" (legendary steam train) of bygone times.
Itinerary (daily tour)	Day 1: Mirandola - Bologna
Route statistics/ technical description	Day 1.: Length: 63 km Total ascent: 120 m Surface: 95% paved road, 5% gravel



POI	Castle of the Pico, Mirandolese Valleys, murals, Ferraresi tower, Palata Pepoli castle, Tanks of the former sugar factory, the Leo Preti puppet museum, San Giovanni Battista Church, Palazzo Comunale, Piazzetta Betlemme, La Bora, Santa Maria and San Biagio Pieve in Sala Bolognese, Piazza Maggiore, Piazza del Nettuno, the Asinelli and Garisenda Towers, The Basilica of Santo Stefano, Quadrilatero
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Program:

The 60 km Mirandola - Bologna stretch of the Ciclovía del Sole is the ideal way to discover this territory slowly, visiting offbeat towns and villages, checking out unusual sights and immersing yourself in the nature of the Po Valley.

Between *Mirandola* and *Osteria Nuova*, the Ciclovía del Sole follows a dedicated path running along a former stretch of railway. The symbol of the route is a sun – so you'll find it painted on the actual path, and on signs along the way. Just follow the sun, and you'll be on your way! All along the Ciclovía del Sole, the old railway stations have been repurposed as '*bike stations*', where you'll find a bike stand and a selection of tools. The route crosses the towns of Mirandola, Camposanto, Crevalcore, San Giovanni in Persiceto and Sala Bolognese – all of which have accommodation options.

Start your adventure in Mirandola. Before setting off on the Ciclovía, ride a couple of km north into town. The town's most famous citizen is Pico della Mirandola, a Renaissance philosopher who was said to have a prodigious memory. From Mirandola, ride southeast for approximately 18 kilometers along an excellent cycle path, straight as an arrow except for the section crossing San Felice sul Panaro. After about an hour you'll reach *Camposanto*. The main draw here are 20 large-scale murals, completed by local artists as part of the Quadricromie street art festival. In Camposanto, you can also join a beautiful cycle path along the banks of the river Panaro, perfect if you want to cycle a little longer. The path is 14 km long and ends in Bastiglia, just north of Modena. Ride next 7.5 km from Camposanto to reach *Crevalcore*, a sleepy town in the heart of the *bassa*, the Po Valley lowlands. You may be tempted to ride on, but we recommend stopping to check out a couple of sights. The first is the statue of *Marcello Malpighi*, Crevalcore's most famous citizen, a 17-century doctor who was the first one to discover the difference between arteries and veins. A few steps away you'll find the world's smallest museum! The *Leo Preti puppet museum* houses a collection of puppets and backdrops made by a local puppet maker, and it only comprises one room. In the heart of the city San Giovanni in Persiceto, you'll find San Giovanni



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Battista Church, surrounded by elegant porticoes. It's the perfect place to stop for a coffee or a spritz. San Giovanni in Persiceto is one of the oldest towns in the area. The original concentric layout of the old town, so-called "Round Town" (Borgo Rotondo), has been preserved until today. Home to the "Africanetto", a tasty egg cookie, Persiceto is home to the traditional Carnival, one of the oldest in Italy. The last stretch of the Ciclovía del Sole is especially beautiful, surrounded by trees and with some picturesque bridges offering cool photo opportunities. The final stage to Bologna involves a series of narrow streets and some high-traffic roads to enter the historic center of Bologna. Here you can leave your bike and explore the city for a few days.

Food is one of the great joys of cycling the Ciclovía del Sole! Food in Emilia is delicious – expect lots of cured meats, excellent cheeses like Parmigiano and delectable homemade pasta dishes. This is where lasagne comes from, and you can't miss *tagliatelle al ragù*.



ITINERARY No. 13

ITINERARY NO. 1	CRO – DNŽ – PP6	
Title	Korčula cycling tour	
Subtitle	The big island challenge	
Route (starting- ending point)	Korčula – Lumbarda - Smokvica - Vela Luka – Račišće – Korčula	
Short description	Korčula is an ideal destination for cycling enthusiasts – an island of diverse landscapes, picturesque villages, olive groves, vineyards and stunning sea views. With a mild Mediterranean climate and numerous sunny days, Korčula is suitable for cycling all year round.	
Itinerary (multi-day tours)	Day 1: Dubrovnik Day 2: Dubrovnik – Korčula - Vela Luka Day 3: Vela Luka - Korčula Day 4: Korčula - Dubrovnik	
Route statistics/ technical description	Day 2.: Length 66 km Total ascent 1000 m Surface 90% paved, 10% dirt	Day 3.: Length 63 km Total Ascent 850 m Surface 60% paved, 40% dirt road
POI	historic fortress town of Korčula, the Cathedral st. Mark, the Town Museum, Marco Polo house, the Psephisma from Lumbarda, wineries in Smokvica and Čara, Vela spila (Big cave), traditional Knight dances Kumpanija, Moštra and Moreška, Dubrovnik old town, the Pošip path	



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Map:



Program:

DAY 1.

Arrival to Dubrovnik airport 'Ruđer Bošković' by plane or by ferry from Bari (ITA).

Note: Connection between Bari and Dubrovnik is seasonal (ferry line 54 - operated by Jadrolinija). It usually runs from April to October with around 4 ferry crossings per week. Check the schedule and prices: <https://www.ferryhopper.com/en/ferry-routes/direct/bari-dubrovnik>

Transfer to the accommodation, check-in.

<https://visitdubrovnik.hr/accommodations/>

Free afternoon for sightseeing of Dubrovnik old town, which is under UNESCO protection. Discover the most important places of interest, such as: Stradun, Pile Gate, Fort Lovrijenac,



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the large Onofrios fountain, Dubrovnik cathedral, the Rector's palace, Orlando's column, the Old city walls and many others. Have dinner in one of the numerous restaurants with a rich and diverse culinary tradition.

Overnight in Dubrovnik.

DAY 2.

Check-out. Departure from Dubrovnik port to the island of Korčula.

The ferry route from Dubrovnik to the island of Korčula in Croatia is active all year round, with up to 7 daily crossings during the high season. *Kapetan Luka-Krilo*, *Tp Line* and *Jadrolinija* serve the ferry route with high-speed vessels and the journey can take approx. 1 hour 40 minutes.

Find updated info, ferry timetables and prices: <https://www.ferryhopper.com/en/ferry-routes/direct/dubrovnik-korcula>

Upon arrival in Korčula, tour of the city's sights. Start your cycling tour in direction to Lumbarda, which is known for white wine Grk from the indigenous grape variety of the same name that thrives in the sandy vineyards of the Lumbarda field. Continue cycling the southern side of the island through the vineyards of Pošip. Stopping in the villages of Čara and Smokvica and visiting small family wineries are highly recommended on this route. The route continues along the coast on winding asphalt and unpaved roads through Mediterranean maquis, vineyards and olive groves. Take a break in Blato and visit the Sanctuary of Blessed Marija of Jesus Crucified Petković, an oasis of peace, quiet and contemplation. Pass through the linden tree alley which stretches from town's side to side and represents the second longest linden tree alley in Europe. Finish your ride in the coastal town Vela Luka, once known for fishing and oil production, and today a tourist center.

Accommodation: <https://tzvelaluka.hr/en/smjestaj>

Explore the town at sunset, stroll along the longest mosaic in the world and enjoy authentic Dalmatian ambiance with traditional cuisine, domestic wine and more. Overnight in Vela Luka.





DAY 3.

Check-out.

Today's cycling route leads you through the largest olive groves on the Croatian coast as well as visiting Vela Spila, one of the most important Neolithic archaeological sites in Europe. The route continues along the northern side of the island of Korčula, following the coastline. The winding road passes through areas of lush Mediterranean vegetation interspersed with olive groves and vineyards and offers countless opportunities for refreshment and swimming in small hidden coves and beaches. Before returning to Korčula town, you should definitely stop in the picturesque village of Račišće and visit some of the local taverns with traditional offerings.

Once you are in the town of Korčula, explore this historic fortified town of great cultural and architectural significance. Among its most prominent historical monuments are the Cathedral of St. Mark, the Town Hall and the formidable town fortifications. Find out more about Marco Polo, the celebrated explorer and author of 'Il Milione', renowned for his vivid descriptions of traveling from Venice to China.

Accommodation: <https://visitkorcula.eu/en/categories-accommodations/hotel-en/>

Korčula's cuisine reflects a fusion of tradition and local ingredients. One of the most famous dishes is Žrnovski makaruni, handmade pasta served with a rich meat or fish sauce. Toast with a glass of indigenous wine like Pošip, Grk or Plavac mali.



Day 4.

Check-out. Take a fast ferry from Korčula to Dubrovnik.

Schedule and prices: <https://www.ferryhopper.com/en/ferry-routes/direct/dubrovnik-korcula>

Late evening boarding the ferry to Bari or flight from the airport.

ITINERARY No. 14

ITINERARY NO. 2	CRO – DNŽ – PP6	
Title	Island of Mljet bike tour	
Subtitle	Odysseus' island	
Route (starting-ending point)	Sobra – Pomena - Sobra	
Short description	Cycling on the island of Mljet offers a range of diversity. It's a real pleasure to explore the national park Mljet and surround the lakes on 2 wheels, and then head out on a photogenic tour to the opposite side of the island.	
Itinerary (multi-day tours)	Day 1: Dubrovnik Day 2: Dubrovnik – Sobra - Pomena Day 3: NP Mljet - Sobra Day 4: Sobra - Dubrovnik	
Route statistics/ technical description	Day 2.: Length 31 km Total ascent 650 m Surface 100% paved	Day 3.: Length 53 km Total Ascent 850 m Surface 100 % paved
POI	National park Mljet, Small and Large lakes, the St. Mary's island with the Monastery, Roman palace in Polače, Odysseus cave, Blatine	



Map:



Program:

DAY 1.

Arrival to Dubrovnik by plane or by ferry (from Bari/ ITA).

Transfer to the accommodation. Free afternoon for exploring Dubrovnik Old Town. Visit some of the most attractive sights and check why Dubrovnik is the pearl of Croatian tourism and its strongest brand.

Accommodation: <https://visitdubrovnik.hr/accommodations/>

DAY 2.

Breakfast and check-out.



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The fastest way of reaching the island of Mljet from Dubrovnik is by catching a ferry to the port of Sobra. Find information about the Dubrovnik - Sobra (Mljet) ferry route, schedules and fares: <https://www.ferryhopper.com/en/ferry-routes/direct/dubrovnik-sobra>. Ferries from Dubrovnik to Sobra make the crossing in 1 hr to 1 hr 20 min, depending on the schedule.

Disembark in Sobra ferry port. The cycling route around Mljet begins in Sobra, and the first section leads to the central settlement of the island - Babino Polje. We recommend visiting the Ethno collection, owned by a family that produces olive oil. In the nearby olive grove you'll find an olive tree that is over 1600 years old.

Cycling around the island of Mljet is very attractive, but also dynamic and demanding because on the route from the east to the west of the island you have to overcome several ascents and descents through unique and untouched nature.

You will be amazed by the plant and animal species in the Blato locality, and the landscape of the Mljet National Park is particularly attractive. Along the route, it is definitely recommended to visit some of the producers of traditional products, which can also be tasted. If you have more time and are keen to find out Odysseus' love story with nymph Calypso, then visit the Odysseus Cave on the south coast.

End your ride in Pomena, grab a refreshment or jump into the crystal clear sea.

Accommodation in Pomena: <https://www.mljet.hr/?u=accommodation/en/sm/5>



DAY 3.

The most attractive cycling route on the island of Mljet is certainly the route around the Large and Small lakes within the national park. Cycling in the Park is really pleasurable. Lovely and quiet cycle lanes lead along the edge of the lakes. It is recommended to visit the Islet of St. Mary on the Great Lake, which is a natural phenomenon. The return to Sobra will be equally exciting and attractive.

Accommodation in Sobra:

https://www.mljet.hr/?u=smjestaj%2Fhr%2Fsm%2F5&kliknuti=da&lokacija_11=Sobra

Full of impressions from adventurous days, take a sit in one of the island's taverns, guesthouses or restaurants and, through a combination of seductive flavors and aromas, get to know the gourmet story of the island. We recommend trying dishes from the so-called 'peasant menu', which is rich in fresh, high-quality and diverse fish, shellfish and other fruits that the sea selflessly gives to the islanders.



DAY 4.

Embark the ferry to Dubrovnik. Free time to relax and explore some attractions. In the afternoon/ evening take a ferry to Bari (Italy) or a flight from the airport.

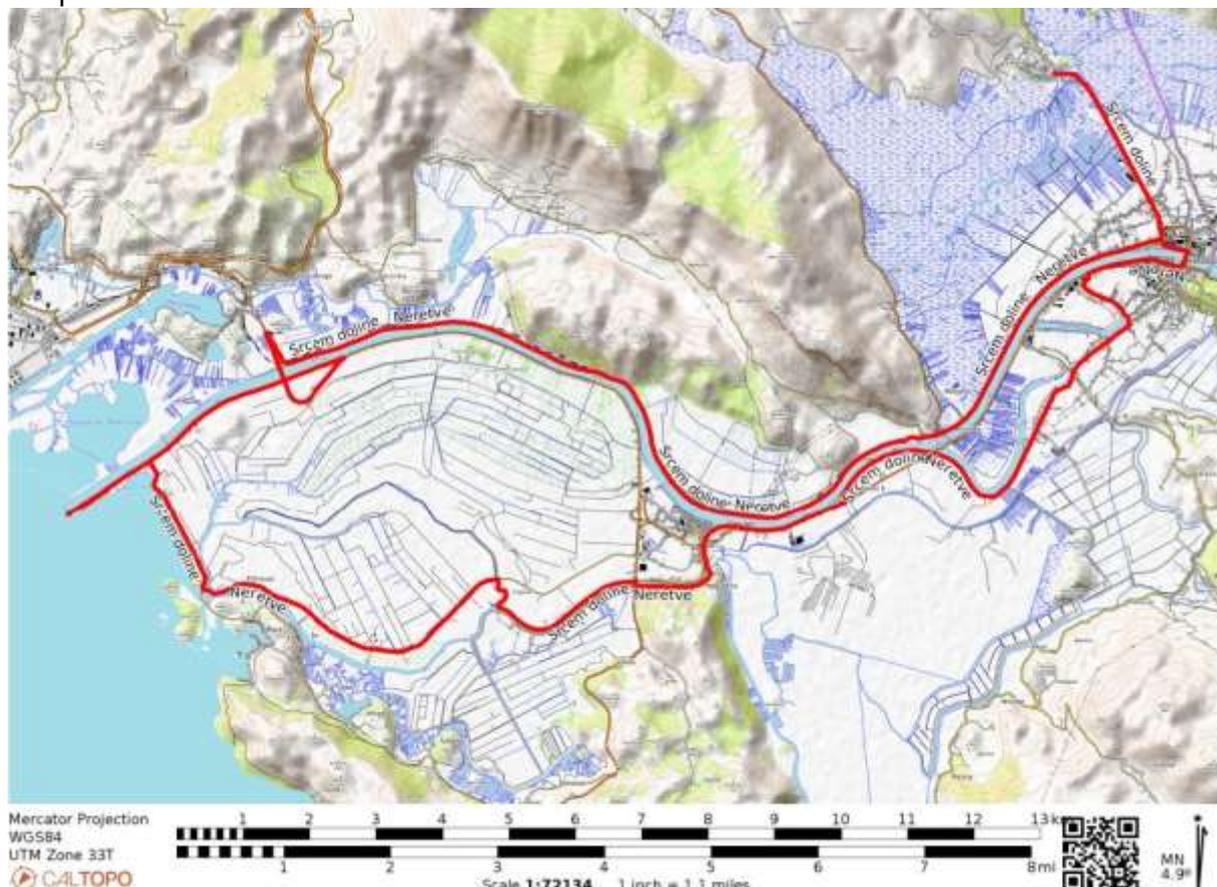


ITINERARY No. 15

ITINERARY NO. 3	CRO – DNŽ – PP6
Title	Through the heart of the valley
Subtitle	The valley of Neretva
Route (starting- ending point)	Vid - Metković - Opuzen - Rogotin - Kula Norinska - Vid (circular route)
Short description	Cycling through the heart of the Neretva Valley, you can get lost in the vast mandarin groves, to sweat on the climbs that offer spectacular views of the "Croatian California" or embark on a multi-day exploration of the rich and interesting history, culture and indigenous gastronomy of this region.
Itinerary (daily excursion)	Vid – Metković – Opuzen – Komin – Kula Norinska - Vid
Route statistics/ technical description	Day 1: Length 57 km Total ascent 229 m Surface 100% paved road
POI	Mouth of the river Neretva, Narona archaeological museum, Natural history museum, the Prud Ornithological Reserve, Kula Norinska fort, mandarin harvest



Map:



Program:

Take a daily excursion through the Valley of Neretva and experience its magic. This trekking route starts from the town of Vid, in front of the Narona Archaeological Museum. After arrival in Metković, continue south along a well-maintained path along the river's course. Passing by the historic town of Opuzen, the route approaches the mouth of the Neretva River, after which it turns and returns towards Vid along the right bank of the river, through the towns of Komin and Kula Norinska. We recommend visiting one of the most important ancient archaeological sites in Croatia - the Archaeological Museum 'in Situ' in Vid. A visit to the Neretva estuary is a unique experience where you can enjoy the delta landscape with



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its numerous stories and rich flora and fauna. On your tour, be sure to stop and taste some of the rich selection of Neretva fruits and vegetables and their products, along with the inevitable mandarin.

Finish your bike tour through the valley with 'brodet'. The region is widely known for the authentic Neretva *brodet*, in which the main ingredients are eel and frogs.



ITINERARY No. 16

ITINERARY NO. 1	CRO – PGŽ – PP7		
Title	APSYRTIDES BY BIKE		
Subtitle	On the trail of Jason and the Argonauts		
Route (starting- ending point)	Labin – Cres – Mali Lošinj - Zadar		
Short description	The "Apsyrtides Bike Route" follows the Adriatic – Ionian cycling route through Cres and Lošinj islands, but the story is based on the 'Apsyrtides' (this archipelago was called Apsyrtides in ancient times). The route connects the far north and south of the Cres-Lošinj archipelago, and offers visitors a handful of interesting information about the island's heritage, history and biodiversity.		
Itinerary (multi-day tours)	Day 1: Labin - Cres Day 2: Cres – Mali Lošinj Day 3: Mali Lošinj - Zadar		
Route statistics/ technical description	Day 1.: Length 54 km Total ascent 890 m Surface: 100% paved	Day 2.: Length 55 km Total ascent 790 m Surface: 100% paved	Day 3.: Length 20 km Total ascent 260 m Surface: 95% paved, 5% gravel
POI	Labin National Museum, The sculpture park Dubrova, The Moise palace, the town Loggia, city gate Cres, The Archaeological Collection Osor, Mining Museum Osor, Museum Apoxyomenos, Blue world Institute, Garden of fine scents, Nerezinac Lugger, Providenca viewpoint		



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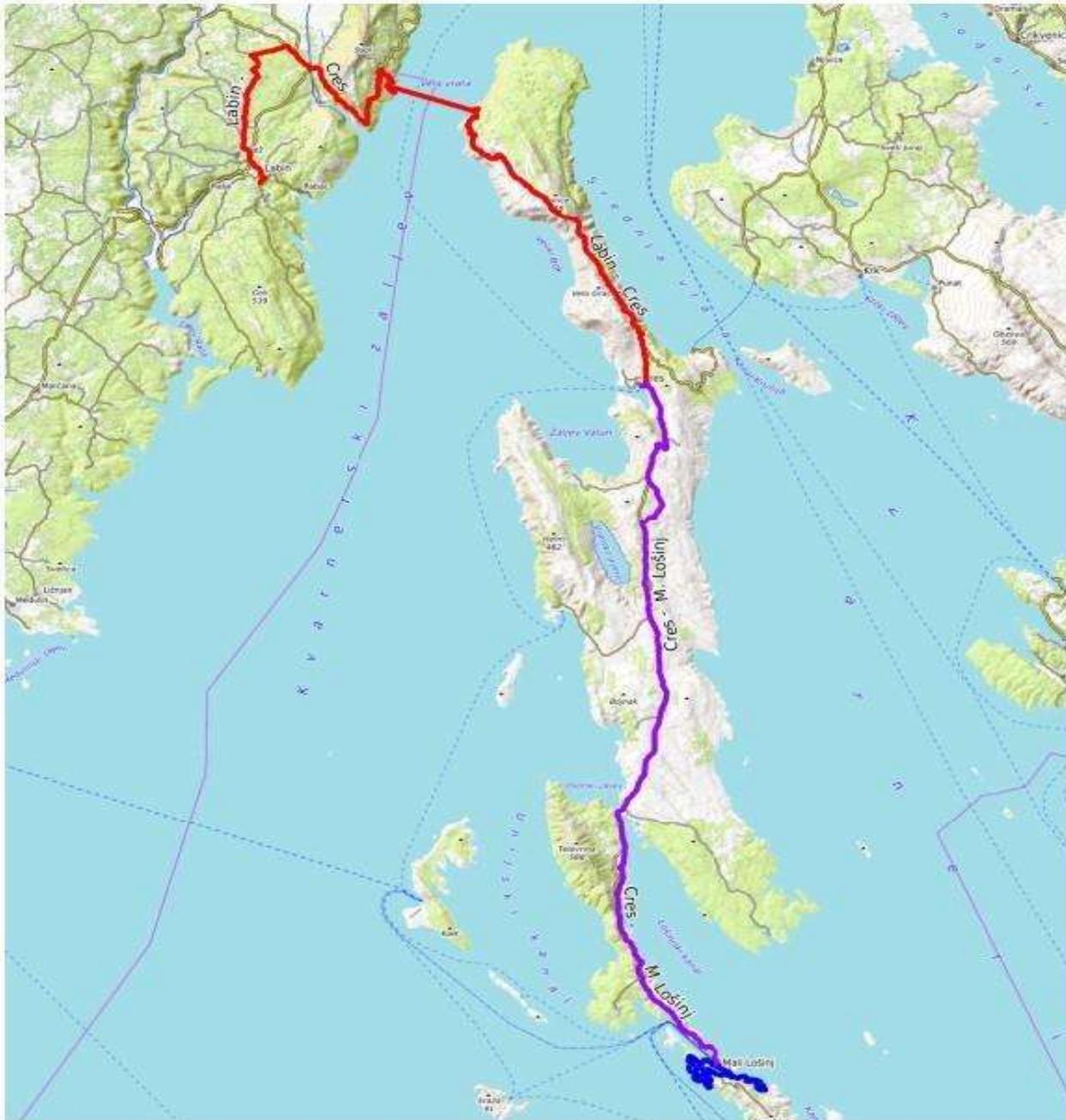
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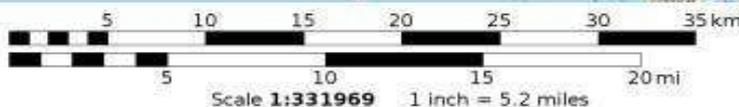


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Map:



Mercator Projection
WGS84
UTM Zone 33T
CALTOPO



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Program:

Day 1. Labin - Cres

Start cycling in Labin. Before departure, visit Labin National Museum with a History of mining collection. After you leave the center of Labin at km 4 take a look at Dubrova sculpture park which offers unique moments of art and nature in an open-air gallery. You continue towards Kršan, where awaits you at km 13 an imposing castle from the 13th century which is considered one of the best preserved Istrian castles. You follow the route for another 5 kilometers and reach Plomin, one of the oldest Istrian settlements, where another castle awaits you, as well as an excellent opportunity for a break and lunch. After a break, you descend towards the sea to the Brestova ferry port and embark for the island of Cres. A pleasant 20-minute sail and you are already on the largest Croatian island. From the ferry port of Porozina, there is a 10-kilometer constant climb to the highest point (450 m) and a viewpoint with a beautiful view of both sides of the island. The last 15 kilometers are mostly downhill towards the town of Cres - your final destination for the first day.

Sailing schedule:

<https://www.jadrolinija.hr/download/84ed0f37e01d202029ea71b86f3e4c60>

Tariffs for passenger and bike:

<https://www.jadrolinija.hr/download/fbc1b85221488569db348d61fc7ef30f>

Accommodation in Cres

<http://www.kvarnerfamily.hr/katalog.aspx?mjesto=776&Smjestaj=0&zvjezdice=0&NazivMjesta=Cres&VrstaSmjestaja=0>

Treat yourself to a perfect holiday on the island without stress!

Dinner in a local restaurant, taste island's lamb and some sheep cheese together with Cres olive oil.



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Day 2. Cres - Mali Lošinj

Breakfast and check out. The second stage takes you on a ride to two islands. To warm up, you start the ride with a 6.5-kilometer climb, followed by a ride along the island's ridge. You'll see small, indigenous island towns, and you might even be accompanied by griffon vultures. Take a break after 33 km in Osor, a small town that once held great importance as one of the major cities of the Adriatic. Osor thrived as an international port due to the excavated channel that facilitated navigation between seas, serving as the primary transit route connecting the northern Adriatic and the Dalmatian coast. After a sightseeing tour around this little town-museum and its historical centre (archeological collection), treat yourself to a refreshing drink and a local dish, or bask in the sun at the shores of the crystal clear sea. From Osor onwards, the route is not overly demanding. The highest point (80 m) is at the 45th kilometer in the village of Ćunski, followed by a gentle descent towards Mali Lošinj.

With more than 200 sunny days a year and a mild Mediterranean climate, Lošinj is perfect for enjoying nature, sun and sea.

Accommodation in Mali Lošinj: <https://www.visitlosinj.hr/accommodation.aspx>

Free afternoon, visit Museum of Apoxyomenos and Nerezinac lugger.

Have dinner in a number of Lošinj's restaurants and enjoy specialities prepared in the antique way (for example 'antique apoxyomenos cuisine' based on local products).

Overnight.



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Day 3. Mali Lošinj - Zadar

The last day is reserved for relaxing and revitalizing on the island of vitality! After breakfast and check out go for a leisurely, relaxing ride around the island of Lošinj. The Čikat area with its dense pine forest and path right by the sea will fill your body with the energy you need, and a tour of Veli Lošinj will leave you breathless.

Visit Blue world institute and Garden of fine scents.

After the round trip, return to the port of Mali Lošinj where a boat will be waiting to take you to Zadar.

Take ferry from Mali Lošinj to Zadar (ferry line 401)

Schedule: <https://www.jadrolinija.hr/download/c838408e076ce89cdde293ca07eb7bbe>

Prices: <https://www.jadrolinija.hr/download/5503654b121b253a4c568475f051c01b>

Arrival to Zadar late evening.

Accommodation in Zadar <https://www.zadar.hr/en/plan/where-to-stay>



ITINERARY No. 17

ITINERARY NO. 2	CRO - PGŽ - PP7		
Title	Frankopans Route		
Subtitle	Following the footsteps of the Croatian noble family		
Route (starting- ending point)	Valbiska (Krk) - Crikvenica - Novi Vinodolski - Crikvenica - Valbiska (Krk)		
Short description	<p>The Frankopan Cycling Route is a scenic historical-themed trail inspired by the legacy of the noble Frankopan family, whose fortresses and estates shaped much of the Kvarner region. The route connects the island of Krk with the Crikvenica-Vinodol hinterland, blending coastal beauty with inland cultural heritage.</p>		
Itinerary (multi-day tours)	<p>Day 1: Valbiska (Krk) – Crikvenica Day 2: Crikvenica - N. Vinodolski - Crikvenica Day 3: Crikvenica - Valbiska (Krk)</p>		
Route statistics/ technical description	<p>Day 1.: Length: 51 km Total ascent: 850 m Surface: 80% paved, 20% unpaved</p>	<p>Day 2.: Length: 48 km Total ascent: 800 m Surface: 85% paved, 15% unpaved</p>	<p>Day 3.: Length: 53 km Total ascent: 600 m Surface: 55% paved, 45% unpaved</p>
POI	Kimpi Castle, Krk Castle, Košljun Monastery, Vrbnik Old Town, Crikvenica Castle, Novi Vinodolski Castle, Bribir Castle, Drivenik Castle, Soline, Biserujka Cave, Visitor centre DubOak		



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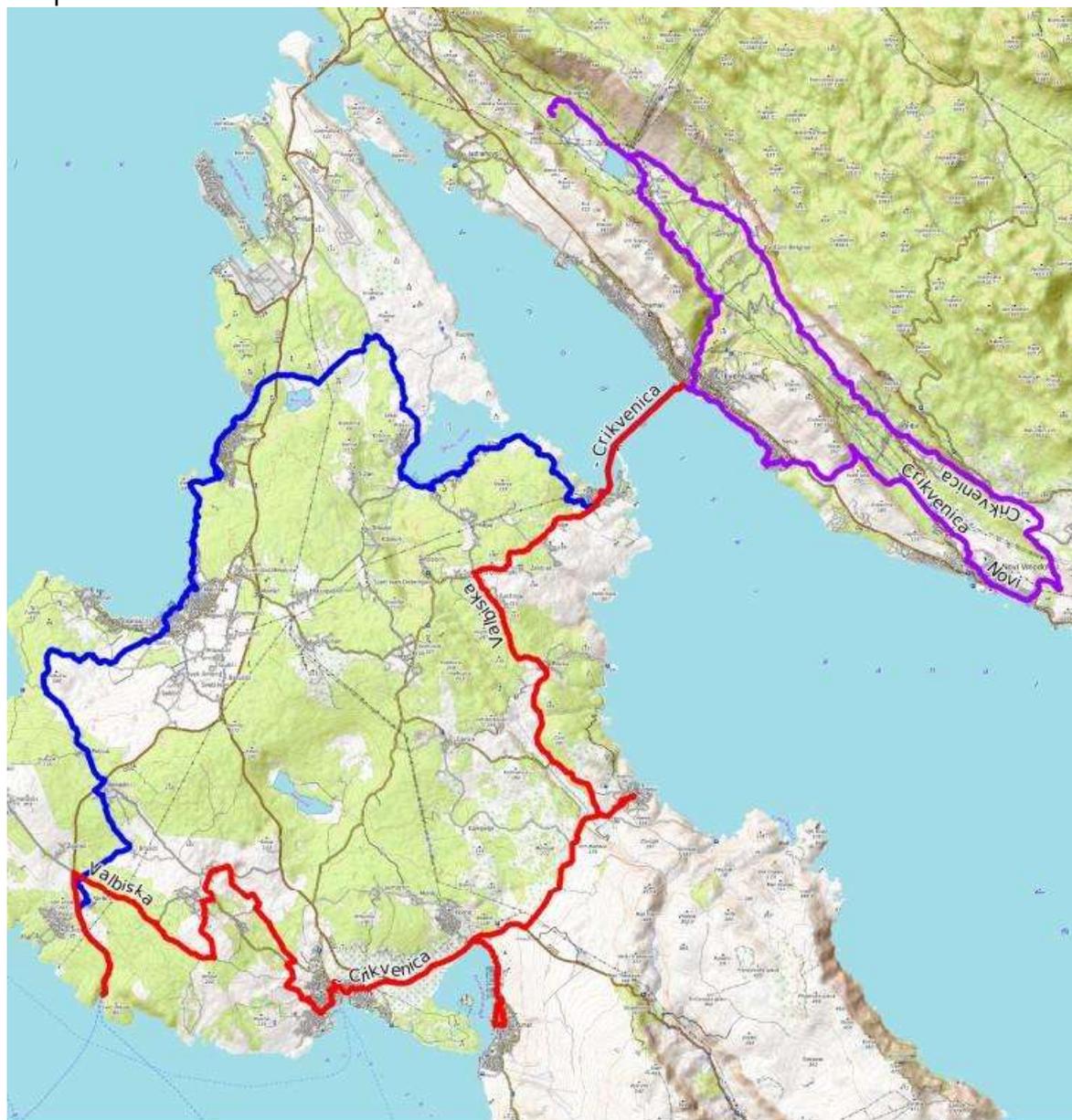
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Program:

Day 1. Valbiska - Krk - Punat - Vrbnik – Šilo

The route begins at the ferry port in Valbiska, with a gradual ascent from the port, passing through rural landscapes with olive groves and stone walls. Take a break in the town of Krk and visit the Old Town — well preserved medieval streets within ancient city walls, Krk Cathedral and Frankopan Castle or just stroll by the promenade, perfect for a coffee or gelato with a sea view. Continue riding the cycling path towards Punat bay with rewarding views to Marina and Košljun island. We recommend visiting Košljun Monastery (a peaceful Franciscan monastery set on a forested island - boat trip possible in 10–15 min). After Punat, the countryside becomes quieter, lined with vineyards and pastures.

You'll pass through vineyard-covered slopes and quiet inland roads and come to the Old Town Vrbnik with narrow stone alleys and medieval charm. Find one of the narrowest streets in the world or just sit on the terrace and drink a glass of Žlahtina, the famous local white wine. Vrbnik is a good place for lunch or refreshments. Your ride will finish in the coastal village Šilo with the view of Crikvenica directly across the channel.

Take the fast ferry line Šilo - Crikvenica.

Timetable - during season: https://www.crikvenica.hr/wp-content/uploads/2025/06/Brodaska-linija-Crikvenica-Silo_Srpanj_Kolovoz-2025.pdf

Off season: https://www.rivieracrikvenica.com/sites/default/files/silo_crikvenica_listopad_-_ozujak_vozni_red.pdf

Off season: https://www.rivieracrikvenica.com/sites/default/files/silo_crikvenica_listopad_-_ozujak_vozni_red.pdf

Find a pleasant place to stay: <https://www.rivieracrikvenica.com/en/find> and discover what's on offer on the Crikvenica Riviera!



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Day 2. Crikvenica - Novi Vinodolski - lake Tribalj - Crikvenica

Breakfast and prepare for another bike adventure. Whether you drive past wonderful beaches, picturesque medieval towns, magnificent Frankopan castles, or above the steep cliffs of Vinodol, a bike tour of the riviera Crikvenica - Vinodol is always an enjoyable experience. The Frankopans, the Princes of Krk, marked more than five centuries of Croatian history, leaving behind a legacy of numerous castles, forts and manors throughout the Kvarner region.

Starting from the centre of Crikvenica, the route leads along the coastal road to Selce and next to Novi Vinodolski, a town with a rich cultural heritage and long history. A slight ascent begins towards the hinterland and the vineyards after which this area is named. The whole of Vinodol is an enchanting area that abounds in rich history, cultural and historical monuments, beautiful landscapes, and interesting traditions.

Visit Drivenik, where a Frankopan castle keeps watch on the hill. From Drivenik, the route leads through picturesque hamlets around Lake Tribalj and descends to the starting point in Crikvenica along the Dubračina stream.

The Crikvenica Riviera was one of the first places in Croatia to engage in health tourism. With the help of the local nature, the superb services offered by the leading health resorts, the wellness and spa facilities and the cosmetics treatments on offer, every day here will become an oasis of harmony and well-being for you.

You can try the local cuisine in the restaurants or at one of the numerous culinary events. We strongly recommend that you try at least one of the tasty fish dishes on the 'Oily Fish Route', such as Crkveniške rupice fish balls.

Overnight in Crikvenica.



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Day 3. Crikvenica - Šilo - Čižići - Njivice - Malinska - Valbiska

Breakfast and check-out.

Take a fast ferry from Crikvenica to Šilo. Timetable: <https://zlu-crikvenica.hr/en/news/2025/plovidbeni-red-zupanijske-brodske-linije-crikvenica-silo>

You'll step on the island of Krk again. You'll ride the north-eastern side of the island and open the door to the past. This ride will show you what the island life was like many years ago. There are many churches and historical records in the Glagolitic script there to peek in and find out about the everyday life in the area.

An easy road trail starts in Šilo, where the island's first steamboat company was founded. It is also the home port of the first ferry boat in the Adriatic. You'll pass by Soline bay, known for pre-Roman salt pans and medicinal mud, offering a view of the magical Crikvenica Riviera. Due to its geographical location, mild climate, sheltered cove and shallow sea, the bathing season starts as early as spring and lasts until late autumn, which is an extra reason for visiting.

Continue riding through the interior of the island and by the Njivice Lake which is the largest natural freshwater habitat of the Island of Krk. It's vital for the preservation of biodiversity values of the island. There are numerous wetland and freshwater vegetation types which are very rare in karst areas. It's an important bird habitat, and there's nothing like experiencing it in spring and summer when you can enjoy an intensive songbird migration.

You'll come to the western side of the island where touristic pearls like Njivice and Malinska will welcome you with nice beaches and the excellent gastronomic offer.



ITINERARY No. 18

ITINERARY NO. 3	CRO - PGŽ - PP7		
Title	Glagolitic route		
Subtitle	Along the paths of the Glagolitic alphabet		
Route (starting- ending point)	Krk (Valbiska) - Baška - Rab - Pag		
Short description	The route describes cycling trails that use sculptures of the Glagolitic alphabet to teach about the history of this Slavic script. These trails feature a series of artistic monuments, often made of stone, that correspond to the letters of the alphabet and guide visitors through scenic and historically significant locations on Kvarner islands. Visitors can learn about the script and the cultural heritage of the region.		
Itinerary (multi-day tours)	Day 1: Krk – Baška Day 2: Baška - Rab Day 3: Rab – Pag		
Route statistics/ technical description	Day 1.: Length: 42 km Total ascent: 700 m Surface: 70% paved, 30% unpaved	Day 2.: Length: 20 km Total ascent: 350 m Surface: 85% paved, 15% unpaved	Day 3.: Length: 42 km Total ascent: 540 m Surface: 75% paved, 25% unpaved
POI	Glagolitic path, Baška's tablet, Interpretation center of maritime heritage of island Krk, Kornić folk house, The collection and monastery of St. Bernardine - St. Euphemia, Native Land Museum Baška, Frankopan Interpretation Centre Krk, Interpretation center Čovjek i more, The olive gardens of Lun, Museum of salt Pag		



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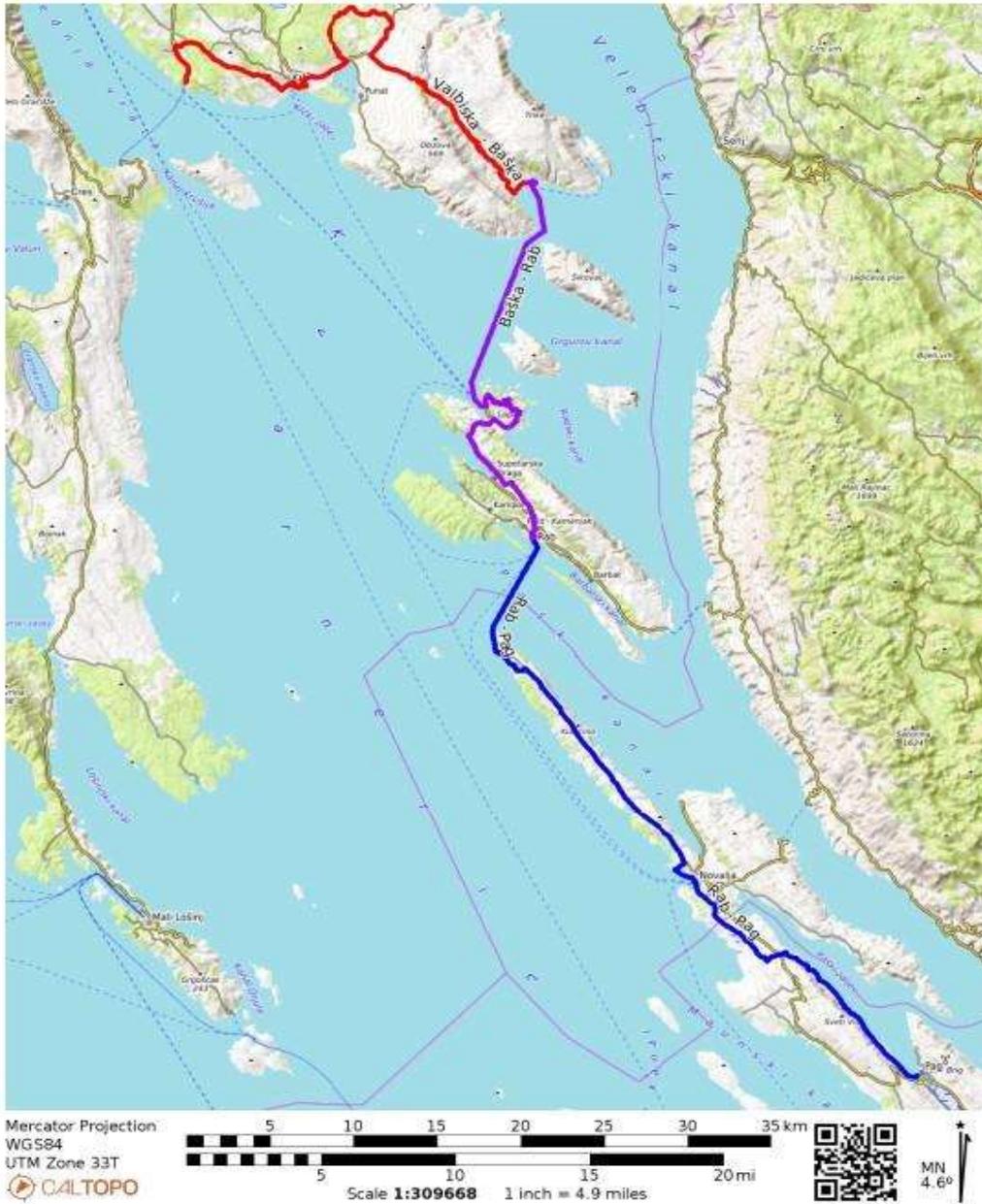
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Program

Day 1: Valbiska - Krk – Dunat – Kornić/ Lakmartin – Baška

You can start cycling in Valbiska ferry port (if you're coming from Cres/ Lošinj/ Rab islands) or from any other town on the island of Krk (Omišalj, Njivice, Malinska, Krk). Choose between paved roads and an extensive network of rural paths to explore Krk's hinterland on two wheels. The hinterland of the city of Krk, known as Šotovento (from Italian sottovento: in the lee), not only offers shelter from strong winds but also boasts scenic villages, ponds, dry-stone walls and ancient olive groves that will enrich your cycling adventure. Ride the cycling path between Krk and Punat which will lead you to the Romanesque Church of St. Donatus, dating to the second half of the 12th century. Enjoy the breathtaking view of Puntarska Draga bay, the islet of Košljun, the Prniba peninsula and the village of Punat. Following the Paths of the Golden Drops of Krk's Treasure, dedicated to olives, olive growing on the island and olive oil, visit village Lakmartin, where all lovers of local gastronomy can try traditional Krk sheep's milk cheese at the Magriž family farm.

Continue following the traces of Glagolitic heritage which will take you to the attractive Baška Valley, where you will get to learn more about the famous Glagolitic legacy. Make sure to visit the abbey complex of St Lucy in Jurandvor with a replica of the Baška Tablet. For the end of the perfect day treat your palate to the famous Baška lamb.

Dinner in a local restaurant and accommodation in Baška. Overnight.

<https://www.visitbaska.hr/en/accommodation/hotels>



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Day 2: Baška – Lopar – Supetarska Draga - Rab

Breakfast and check out. Take the boat from Baška to Lopar.

Important note: Check the timetable which changes throughout the year!

Sailing schedule: <https://www.zluk.hr/en/node/666>

Tariffs for passenger and bike:

<https://www.visitbaska.hr/hr/iz-rada-tz-a/vijesti/ljetni-vozni-red-zupanijske-brodske-linije-baska-lopar-baska-m-b-baska>

Experience the sand paradise. Lopar is a very popular holiday destination due to the numerous sandy beaches surrounding the town, the most famous of which is Paradise Beach. We recommend visiting the geological garden Lopar where you can see geological attractions and rare vegetation with free expert guidance. Lopar is also the birthplace of st. Marinus, the stone carver and founder of the Republic of San Marino. Before you leave Lopar, visit the interpretation centre "Man and the Sea" and experience a fragment of the rich fishing and maritime heritage of Lopar.

Head on towards the town of Rab, the settlement located on a small peninsula on the southwestern side of the island. The picturesque old town, which gave the island its name, is recognisable by its four bell towers. Walking through the old town feels like stepping back in time, with each corner revealing a piece of Rab's rich history. The town's architecture, influenced by Venetian and Roman styles, adds to its enchanting atmosphere. A visit to Rab Island wouldn't be complete without stopping by the House of Rab cake. This delightful spot is dedicated to Rab's famous dessert, made from almonds, lemons and Maraschino liqueur. Spend afternoon for a relaxing escape into nature, Komrčar forest park or Dundo forest and enjoy the refreshing shade of pines, oaks, cypresses, olives and palms, alongside exotic agaves and cacti.

The town of Rab is also known for its vibrant nightlife, so visit the town's enchanting squares and terraces that often feature live music or come during *Rapska fjera* – medieval summer festival.

Accommodation in Rab: <https://shorturl.at/vleq1>



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DAY 3: Rab – Lun – Novalja – Pag

Check out and take the boat transfer to the island of Pag (Lun).

Departures and tariffs: http://www.rapska-plovidba.hr/rab-pag_hr.html

After 20 min of sailing, disembark in Tovarnele village. Visit the gardens of Lun and make a lifetime of memories. Oldest olive trees in the world will excite your eyes and other senses and delight your every step with the beauty of nature. Ride along the peninsula Lun with the views on Velebit mountain and other nearby islands.

Take a coffee break in Novalja. Although Novalja is famous as a destination for young people in search of unbridled summer fun because of nearby Zrće beach, it is also a destination for family tourism and outdoor activities. Continue riding along the island. Plan your next stop in Kolan and taste the Pag cheese. This is the best known and most respected sheep's cheese in Croatia, made of milk from the Pag sheep, which graze on rocky pastures that are rich in various types of aromatic and medicinal plants. Have lunch in a local tavern and don't miss to try the Pag lamb. The lamb meat is prepared in various ways, most notably using a rotisserie or wellknown 'peka'.

Finish your ride in the town of Pag, where salt is the white gold, being produced for a thousand years in the traditional way.

Accommodation: <https://www.pag-outdoor.com/en/bike-and-bed/>

Relax at the end of your 3-days cycling tour and explore the town that offers preserved cultural monuments, gourmet specialties and different, magical stone landscapes.





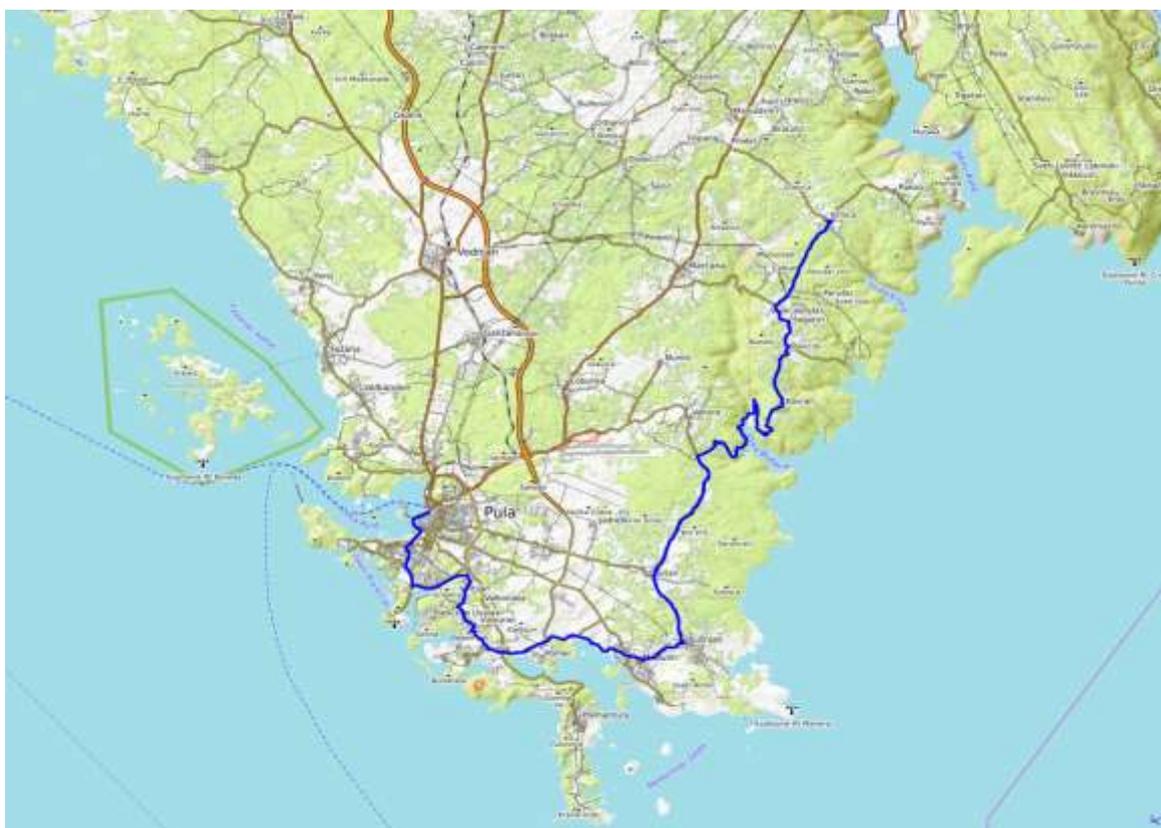
ITINERARY No. 19

ITINERARY NO. 1	CRO – IŽ – PP8
Title	ISTRIA SOUTH COAST
Subtitle	Istrian south coast bike trail
Route (starting- ending point)	Pula - Krnica
Short description	This scenic ride starts in Pula, famous for its Roman amphitheater and vibrant coastal atmosphere. Following the Adriatic-Ionian cycling route, the path heads north along quiet country roads, passing through olive groves, vineyards, and small Istrian villages. Cyclists enjoy gentle climbs and rolling hills, with occasional views of the eastern Adriatic coastline. The route ends in Krnica, a small village known for its peaceful rural charm, where it is advisable to book accommodation in advance. This route combines cultural landmarks, scenic landscapes, and a relaxed rural atmosphere, making it ideal for a half-day or full-day cycling trip.
Itinerary (daily tour)	Day 1: Pula - Krnica



<p>Route statistics/ technical description</p>	<p>Day 1.: Length 41,7 km Total ascent 650 m Surface: 79% paved, 21% gravel</p>
<p>POI</p>	<p>Pula Arena (Amphitheater), Augustus Temple, Old Town Pula, Zerostrasse tunnels, Austro-Hungarian fortress, Medulin Bay, Cape Kamenjak Natural Park, Dinosaur footprints in Cape Kamenjak, Šišan Traditional Istrian village, Krnica Village center, Panoramic viewpoints</p>

Map:



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Program:

Day 1: Pula - Krnica

This cycling route follows the Adriatic-Ionian route from Pula to Krnica, combining scenic rural landscapes, small villages, and traditional Istrian culture. Starting in Pula, cyclists leave the historic city with its Roman Arena and old town before heading south toward Medulin Bay and the rugged Cape Kamenjak, a nature park famous for its dramatic cliffs, hidden coves, and Mediterranean flora. The route then turns northeast along quiet country roads, passing through charming villages such as Valtura and Kavran, surrounded by vineyards, olive groves, and rolling hills. Cyclists continue through peaceful inland roads and traditional Istrian countryside, enjoying gentle climbs and occasional panoramic views of the eastern coast and distant Kvarner islands. The ride ends in Krnica, a small village with stone houses and narrow streets, perfect for resting and sampling local cuisine. This route is ideal for moderately experienced riders, combining coastal scenery, cultural landmarks, and authentic Istrian charm in a memorable 42 km journey.

Sailing schedule:

https://www.krilo.hr/en/sailing-schedule/pula-unije-susak-mali_losinj-ilovik-silba-zadar/

Accommodation in Pula

<https://pulainfo.hr/pula-accommodation/>

Accommodation in Krnica

Krnica is a small village. Booking in advance is recommended

www.airbnb.com

www.booking.com



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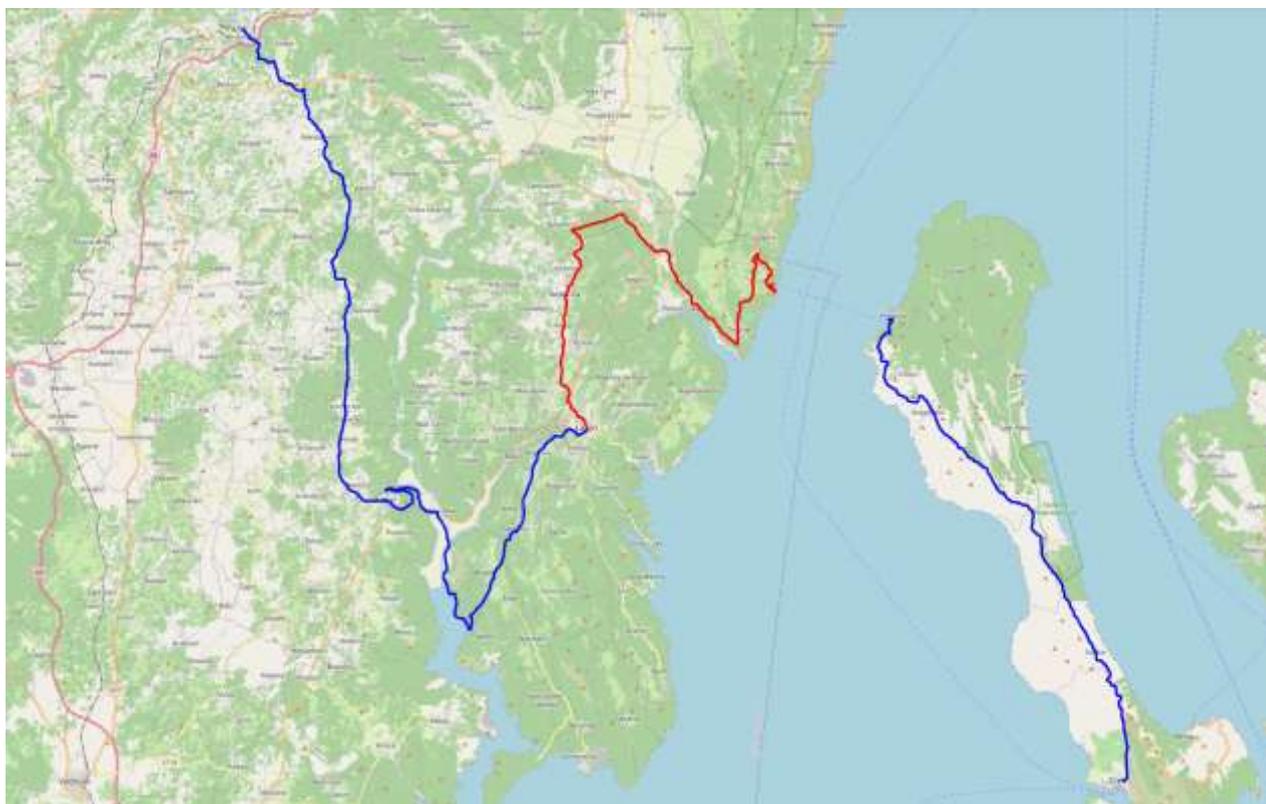
ITINERARY No. 20

ITINERARY NO. 2	CRO – IŽ – PP8		
Title	HINTERLAND AND COAST		
Subtitle	From Istrian hinterland to Cres island		
Route (starting- ending point)	Pazin – Labin – Cres		
Short description	<p>This two-day cycling route connects the heart of Istria with the island of Cres. It starts in Pazin, following quiet countryside roads through villages like Mandalenići and Jurićev Kal toward Barban, then continues along the Adriatic-Ionian route to the coastal town of Labin. On the second day, the ride descends to Brestova, where a short ferry crossing takes you to Porozina on Cres Island. From there, a scenic climb and a peaceful island road lead you to the town of Cres, surrounded by the Adriatic Sea. The route combines inland hills, coastal views, and Mediterranean charm in one rewarding journey.</p>		
Itinerary (multi-day tours)	<p>Day 1: Pazin – Labin Day 2: Labin – Brestova - Cres</p>		
Route statistics/ technical description	<p>Day 1.: Length 47,3 km Total ascent 830 m Surface: 100% paved</p>	<p>Day 2.: Labin- Brestova Length 27,2 km Total ascent 610 m Surface: 100% paved</p>	<p>Day 2.: Porozine- Cres Length 25,8 km Total ascent 755 m Surface: 100% paved</p>
POI	Pazin Cave, Pazin Castle, Typical Istrian villages with stone houses, quiet roads, and rural landscapes, Barban		



Medieval town walls and gates, Visitor center Barban, Labin old town, Labin National Museum, Mine Tour, Viewpoint above Plomin Bay, Old Town Plomin, Ferry to Cres (Jadrolinija line), Coastal viewpoint, Tramuntana Forest, Old Town Cres

Map:



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Program:

Day 1: Pazin - Labin

Start your cycling trip in Pazin, the green heart of Istria, surrounded by rolling hills and quiet countryside. You can arrive in Pazin by Bike & train service. Follow the EuroVelo 9 route southeast through peaceful rural landscapes and small traditional villages such as Mandaleniči, Brešnica, Bašiči, and Juričev Kal. The road winds gently through forests, vineyards, and meadows, offering scenic views of central Istria and occasional glimpses of Mount Učka in the distance. Reaching Barban, a picturesque medieval town perched above the Raša River valley, you join the Adriatic-Ionian cycling route. From here the path descends gradually toward the coast, where the air becomes salty and the scenery turns more Mediterranean. Your day ends in Labin, a charming hilltop town overlooking Rabac and the Adriatic Sea, known for its art studios, narrow cobbled streets, and relaxed seaside atmosphere. Enjoy a traditional Istrian dinner and rest for the island stage ahead.

Train schedule:

<https://www.hzpp.hr/en>

Accommodation in Pazin

<https://central-istria.com/en/accommodation>

Accommodation in Labin

<https://rabac-labin.com/en/accommodation/>



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Day 2: Labin - Cres

Leave Labin in the early morning and ride southeast along the winding coastal road toward the ferry port of Brestova, enjoying panoramic views of the Kvarner Bay and the islands ahead. The descent is steady and scenic, passing through pine forests and small coastal hamlets before reaching the sea. From Brestova, take the ferry to Porozina on the island of Cres, a short 20-minute crossing where bicycles are welcome. Upon arrival, a challenging climb awaits as you ascend through the dense Tramuntana forest to the island's plateau. The quiet road offers breathtaking views over the Adriatic and the neighboring islands of Krk and Lošinj. Continue south along the main island road toward the town of Cres, passing dry-stone walls, olive groves, and occasional flocks of sheep. Arrive in the late afternoon, descending toward the harbor and the old town center. Celebrate the end of your journey with a swim or dinner by the sea.

Sailing schedule:

<https://www.jadrolinija.hr/download/84ed0f37e01d202029ea71b86f3e4c60>

Tariffs for passenger and bike:

<https://www.jadrolinija.hr/download/fbc1b85221488569db348d61fc7ef30f>

Accommodation on the island of Cres

http://www.kvarner.hr/en/tourism/plan_a_trip/select_accomodation



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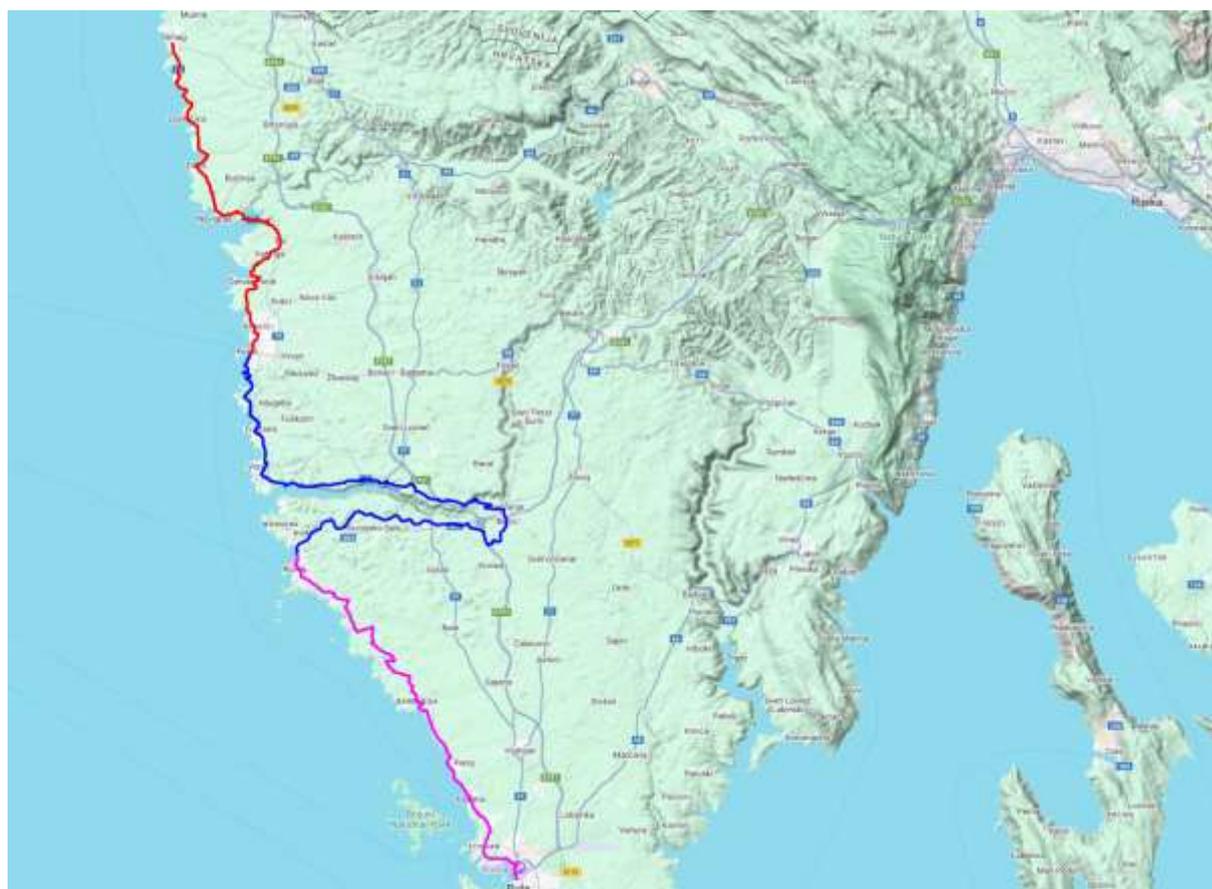
ITINERARY No. 21

ITINERARY NO. 3	CRO – IŽ – PP8		
Title	ISTRIA WEST COAST		
Subtitle	Istrian west coast bike trail		
Route (starting- ending point)	Umag – Poreč – Rovinj - Pula		
Short description	This three-day cycling journey follows the Adriatic-Ionian route along the stunning western coast of the Istrian Peninsula, combining seaside landscapes, roman and medieval towns, and authentic local cuisine. The route offers a mix of paved roads and gravel paths, suitable for touring or trekking bikes.		
Itinerary (multi-day tours)	Day 1: Umag - Poreč Day 2: Poreč - Rovinj Day 3: Rovinj - Pula		
Route statistics/ technical description	Day 1.: Length 35 km Total ascent 390 m Surface: 93 paved, 7% gravel	Day 2.: Length 58 km Total ascent 815 m Surface: 46% paved, 54% gravel	Day 3.: Length 39 km Total ascent 435 m Surface: 64% paved, 36% gravel
POI	Savudrija Lighthouse, Umag Town Museum, Novigrad historic city walls and towers, Lapidarium Museum, Euphrasian Basilica (UNESCO World Heritage Site), Old town Poreč, Vrsar Viewpoint, Lim Bay (Lim Fjord), Dvigrad ruins, Old Town Rovinj, Zlatni Rt (Golden Cape) Forest Park, Palud Ornithological Reserve, Colone Bay Dinosaur Footprints, Brijuni National Park, Pula Arena (Roman		



Amphitheatre), Temple of Augustus, Zerostrasse tunnels, Austro-Hungarian fortress, Olive oil roads and Wine Routes.

Map:



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Program:

Day 1: Umag – Poreč

Start your cycling adventure in Umag, a charming coastal town with rich Venetian heritage. Stroll through the old town and, if time allows, visit the Umag Town Museum or the Savudrija Lighthouse, the oldest on the Adriatic. Leaving Umag, ride along quiet coastal roads through vineyards and olive groves. Around km 7, stop in Lovrečica for a seaside coffee or swim, then continue to Novigrad (km 15), a walled medieval town perfect for a lunch break and a visit to the Lapidarium Museum.

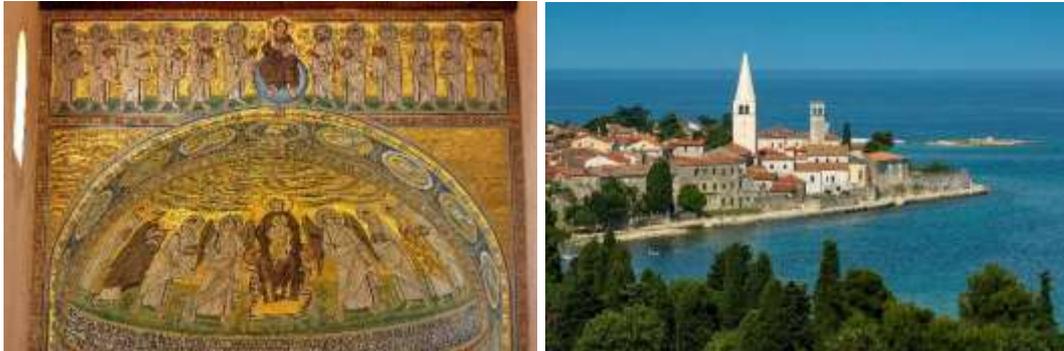
After Novigrad, the route turns inland before returning to the coast near Červar Porat, offering gentle hills and pine-shaded paths. Reaching Poreč (km 35), your first-day destination, explore the Euphrasian Basilica, a UNESCO site with stunning mosaics. End the day with dinner by the sea, enjoying Istrian specialties like truffle pasta, fresh fish, and a glass of Malvazija wine.

Accommodation in Poreč

<https://www.myporec.com/en/accommodation>

https://www.istra.hr/hr/smjestaj/hoteli-i-resorti?local_entity_id=2&accommodation_type=hotels





Day 2. Poreč - Rovinj

Begin Day 2 in Poreč, enjoying a morning stroll through its lively streets before heading south along the coast. The route passes quiet beaches and small villages, offering views of vineyards and olive groves. Around km 10, you'll reach Vrsar, a hilltop town with panoramic views of the Adriatic and nearby islets—an ideal spot for a short break or coffee by the marina.

Continue toward the stunning Lim Bay (Limski kanal), a narrow fjord-like inlet surrounded by green hills. At km 20, stop to admire the scenery or taste freshly farmed oysters and mussels at one of the small seaside restaurants. The ride then heads inland toward Kanfanar, a small town surrounded by rolling countryside, offering a quiet place for a rest.

From Kanfanar, continue southwest to Rovinj (km 58), one of Istria's most picturesque coastal towns. Explore the old town's cobbled streets and climb to the Church of St. Euphemia for breathtaking views over the Adriatic. End your day with a leisurely dinner in a seaside restaurant, savoring local seafood and wine as the town's lights reflect on the water.

Accommodation in Rovinj

<https://www.rovinj-tourism.com/en/accommodation>





Day 3. Rovinj - Pula

Start Day 3 in Rovinj, leaving the old town behind as you cycle south along scenic coastal roads through pine forests and small beaches. After about 20 km, you reach Fažana, a quaint fishing village and the gateway to Brijuni National Park. Pause here to stroll along the waterfront or enjoy a coffee while watching boats depart to the islands.

From Fažana, the route continues along gentle coastal and inland roads through olive groves and vineyards. Around km 39, approach the outskirts of Pula, where Roman architecture becomes visible. Explore the city's Pula Arena, one of the best-preserved Roman amphitheatres, and the Temple of Augustus. For history enthusiasts, the



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Zerostrasse tunnels and Austro-Hungarian forts like Kaštel or Fort Bourguignon add a military dimension. End your journey with dinner at a seaside tavern, savoring grilled fish, truffle dishes, and local Malvazija wine, reflecting on three days of coastal landscapes, culture, and history.

Accommodation in Pula

<https://pulainfo.hr/pula-accommodation/>



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