

EXPLORE!



Self-Guided Alpe Adria Bike Path

8 days

Austria, Italy - Trip code CSAA

Self-Guided Alpe Adria Bike Path

A self-guided cycle journey from Salzburg through the Alps to Venice. After a train ride to Mollbrücke, you follow the Alpe Adria bike path through superb alpine scenery all the way to Udine in Italy. From here the route is flatter as you ride south to Grado on the Adriatic coast. Leaving the bikes behind you continue by train to Venice.

Trip highlights

- ★ **Alpe Adria bike path** - peaceful and scenic cycling away from vehicles
- ★ **Salzburg** - explore this picturesque city, birthplace of Mozart
- ★ **Landscapes** - ride through a variety of natural landscapes from Nockberge Biosphere Park, Carinthian Lakes, Southern Kalk Alps, Friuli lowlands to the Adriatic
- ★ **Local delicacies** - Nockalm beef, fish from Upper Carinthia, Gail Valley alpine cheese, San Daniele prosciutto, Italian wine and lots more
- ★ **Adriatic** - celebrate ending your ride with a dip in the Adriatic in Grado
- ★ **Venice** - end your holiday in enchanting Venice

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

CYCLING GRADE:

Moderate

Medium length rides suitable for cyclists who are used to undulating routes with occasional energetic climbs. Mainly on trails and quiet roads and you should have a reasonable level of fitness.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Holiday starts in Salzburg

After arriving into Salzburg and checking in to your hotel the rest of your day is free to relax and explore. Salzburg is one of the best preserved cities in this region and is a UNESCO World Heritage Site. The name Salzburg means 'Salt Fortress' in Bavarian. Details of how to reach the start point of your holiday can be found on our website in the tour specific 'dates and prices' section by clicking on 'Joining Info' and then the 'Show More' button.



Accommodation: Hotel Der Salzburger Hof (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Train to Villach and circular ride around Ossiacher Lake

Today we take the 10:12 hrs train to Villach that follows the route of the Alpe-Adria cycle path. Upon arrival in Villach you head to your hotel to check-in (room may not be available until later) and leave your luggage. Your bike will be delivered to your hotel (you will be required to sign an agreement of care upon receipt of the bike). Once comfortable and happy with the settings on your bike you head to Annenheim for a spin around Lake Ossiacher to enjoy the beautiful views of the Gerlitz Alps that surround this glacial lake. From Annenheim the route goes towards Landskron on the southern side of the lake. Riding through the Bleistätter Moor (Bleistatt Swamp), you come to the north side of the lake and return to Annenheim on the opposite shore. Along the way you pass several regional attractions such as the unusual construction of the stone house in Steindorf and Ossiach Abbey. You can also opt for a ferry ride or a swim in the lake. Return to hotel in Villach via the same route. Your total cycling distance today is approximately 43 kilometres (total ascent 160 metres).



Accommodation: Hotel Mosser (or similar)



Standard Hotel



Single room available

DAY 3 - Ride from Villach in Austria to Tarvisio or Camporosso in Italy

From Villach you follow the River Gail, a tributary of the Drava, on the southern side of the Villacher Alpe, crossing a section of the Dobratsch Nature Park. Pedalling through small villages, the route gently and gradually climbs on its approach to the Italian border, which you cross at Thörl-Maglern. Following an abandoned railway line recently converted into a cycle path, you soon arrive into Tarvisio, just a few kilometres beyond the border and the northern boundary of the region of Val Canale. Depending on hotel availability at the time of booking you may need to continue cycling 4km further to Camporosso. Your total cycling distance today is approximately 38 kilometres (total ascent 350 metres).



Accommodation: Hotel Spartiacque (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Cycle from Tarvisio to Venzone or Gemona

For a bird's eye view of the Julian Alps, we suggest you take the cable car up to Monte Lussari Monastery from where you can enjoy impressive vistas of Mangart and Jof di Montasio mountains. Once back on the cycle path, breath in the crisp mountain air as you continue downstream, cycling high above the River Fella. This beautiful and easy path cuts straight through the narrowest section of Val Canale, passing small mountain villages and offering wonderful views at every turn. Finally you reach Venzone - a pretty village so lovingly restored after it was razed to the ground during the earthquake of 1976. Depending on hotel availability at the time of booking you may need to continue cycling to Gemona. Your total cycling distance today is approximately 64 kilometres (total ascent 340 metres).



Accommodation: Locanda al Municipio (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Ride Venzone to Udine

Continue down the valley to Gemona where the mountains give way to the fertile plains of the Tagliamento River. Meandering your way through lush fields and small villages you will eventually reach Udine - the historical capital of the region of Friuli. You have now reached flatter terrain and end of the mountains. It is said that Attila the Hun instructed his soldiers to bring soil in their helmets and shields here in order to build a hill from where he could control the siege of Aquileia. Wandering through the old town signs that this town has always been a crossroad between East and West are still clearly visible in the many beautiful palaces dating back to the various periods of different domination. Your total cycling distance today is approximately 55 kilometres (total ascent 220 metres).



Accommodation: Hotel San Giorgio (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Ride Udine to Grado on the Adriatic coast via Aquileia Roman site

Zigzagging your way on bike lanes and quiet country roads through small towns, fields and forests, you reach Palmanova - founded in 1593 and built with 3 imposing star-shaped concentric city walls and an immense central square. Continue on to Aquileia, a large and prominent city in Antiquity and one of the largest cities in the world in the 2nd century AD with over 100,000 inhabitants. Nowadays it is a small town with an important archaeological site that you may choose to visit. Finally you reach Grado where the Adriatic Sea awaits you for a refreshing swim. Your cycling ends today and your bike will be collected either today or tomorrow. Your total cycling distance today is approximately 57 kilometres (total ascent 60 metres).



Accommodation: Hotel Villa Rosa (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Train to Venice

A short taxi ride takes you to the station where you catch the train to Venice. After checking in to your hotel downtown you have the whole day at leisure to be mesmerised by the uniqueness and beauty of this floating city.



Accommodation: Locanda Al Leon (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Holiday ends in Venice

After breakfast the organised part of your holiday comes to an end.



Meals Provided: Breakfast

Cycling information

DAILY DISTANCES



General cycling information

On this journey you cycle 257 km over five days (an average of 52 km per day). The rides mostly follow paved cycle paths with sections on quiet secondary roads (busier near the major towns) and there are some sections with gravel trails (10%). We have graded the route as moderate.

Bike included

24 gear hybrid bike. Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday (£90). You will be required to pay a refundable deposit upon collection of the e-bike in country. Please contact us for more details or to request your e-bike.

Bike information

Your included bike is a 24 gear hybrid bike and will be the correct frame size for your height. Each bike is fitted with a lateral pannier bag. A map holder is provided for every two bikes. The bike has facility to fit your own pedals or saddle seat post if you wish to bring them. A lock, pump, spare inner tube and puncture repair kit with tyre levers will be provided. You will be required to sign an agreement of care upon receipt of the bikes. All you need to bring is your own helmet.

Cycling grade

Moderate



Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a pump, lock, spare inner tube and tyre levers. All you need bring is your own helmet.

What's included?



Included meals

Breakfast: 7



Transport

Bicycle
Boat
Car
Train



Accommodation

7 nights standard hotel

Trip information

Country information

Austria Holidays & Tours

Climate

Austria has a variable climate with frequent changes of weather from day to day. Expect a contrast of warm summer days with the possibility of showers at any time.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

German

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Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

Italian

Budgeting and packing

Optional activities

Throughout this trip there are opportunities to visit picturesque churches and local museums. Day 1 - Depending on your arrival time in Salzburg it is worth visiting the fortress or Mirabell Palace. Day 6 - On arrival in Grado visit the beach or take time to stop at the Basilica di Sant Eufemia to see its mosaics. Day 7 - Venice has lots to see and do. Explore the Grand Canal by Gondola, visit St Mark's Square and Basilica, or Doges Palace.

Clothing

Bring cycling gear such as quick drying cycle tops, padded cycle shorts and cycle gloves. If travelling in Spring or Autumn months and even in summer in the Alps it can be cool, especially at night, so bring a warmer jacket/fleece. A waterproof cycle jacket is recommended in case of rain. A light windproof jacket is always useful.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to tours that combine sightseeing with cycling. Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage: On tour

Bring one main piece of baggage as per your airline luggage allowance, maximum 20 kg per person. Remember you are expected to carry your own luggage during transfers by public transport so don't overload yourself. Luggage transfers between hotels are normally arranged by the hoteliers. Mark your bags clearly and leave them at the place and time arranged with them. When travelling on public transport you should always take your luggage with you.

Luggage transfer

Included between each hotel except on day 2 between Salzburg and Villach and on day 7 between Grado and Venice. On these days you will be required to take all your luggage with you on these journeys.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage. Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced map we recommend the following:- General maps Region Alpe Adria FB 1:200.000 Freytag & Berndt ISBN: 3707913635 Veneto e Friuli Venezia Giulia 1:200.000TCI Touring Club Italiano ISBN: 8836548350

Tipping

Local fees

Local city tax is required to be paid in cash upon check in to the accommodation. The amount varies from 1 to 3 Euros per person per night, with the higher amount relating to higher category hotels. It is only applicable to a number of towns and cities, but it is being rolled out to cover more places in time so please allow accordingly in your budget. The train journey between Cerviano train station and Venice Santa Lucia is not included in the holiday package and you will be required to purchase this locally. There are regional and intercity trains and price varies from 10 to 15 Euros per person. The Vaporetto boat ticket on arrival into Venice is also not included and you will need to buy this locally (7.50 Euros per person).

Country Information

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Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£27

Beer price

£2.85

Water price

£1.8

Foreign Exchange

Local currency

Euro

Recommended Currency For Exchange

GBP, USD and Euros cash are accepted at exchange offices and banks.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

All main towns and cities have ATM's for cash withdrawal.

Credit Card Acceptance

Credit cards are widely accepted.

Travellers Cheques

Travellers Cheques can be changed in main banks.

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Dinner price

£10.00 - 14.00

Beer price

£2.00 - 4.00

Water price

£1.00 - 2.00

Foreign Exchange

Local currency

Euro.

Recommended Currency For Exchange

GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

Major towns.

Credit Card Acceptance

Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Transport Information

Bicycle, Boat, Car, Train

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Standard - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Austria: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office. Italy: Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office. All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the

dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer click [here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

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Vaccinations

Nothing compulsory, but we recommend protection against tetanus, polio and hepatitis A. Tickborne encephalitis is recommended by some medical sources if travelling in certain areas of Europe, at specific times of the year. Check latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Italy Holidays & Tours

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Nothing required. Tetanus recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.
