

## Why book this trip?

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A self-guided cycle journey hugging the Adriatic Sea from Venice to Porec. On this fascinating route through Italy, Slovenia and Croatia we have carefully selected the best sections to cycle, while travelling other parts by train.

- **Aquileia Roman ruins** - Option to visit the remains of this once important Roman city
- **Trieste** - Grand architecture, plazas and coastal promenade
- **Wetlands** - Varied and beautiful habitats with birdlife in the protected delta of the River Isonzo .



**INCLUDED MEALS**  
Breakfast: 7



**TRIP STAFF**  
None



**TRANSPORT**  
Bicycle  
Boat  
Car  
Train



**ACCOMMODATION**  
7 nights  
comfortable hotel



**CYCLING GRADE:**  
Easy To  
Moderate

## Itinerary

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

### DAY 1 - Arrive in Mestre, free time to visit Venice

Check in to your hotel in Mestre on the mainland. The 'Republic of the Serenissima' awaits you - from the mainland you can easily reach Venice downtown with public transport and details will be included in the route notes and destination manual. Your bike will be delivered either today or tomorrow morning and you will be required to sign an agreement of care upon receipt of the bike.

Public transport is available to get you from Marco Polo Venice Airport (VCE) to Mestre.



**ACCOMMODATION:**  
Hotel President, Venice (or similar)

**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

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## DAY 2 - Cycle from Venice to Caorle

Today you have two cycle route choices. The shorter coastal route is to cycle from Mestre into Venice, then board the ferry and Vaporetto water bus with your bike, crossing the Venetian lagoon to Punta Sabbioni. Here we recommend a quick detour to see the lighthouse at the tip of the headland. Skirting the lagoon you will head northwest along the Litorale di Cavallino, which is a thin strip of land that separates the lagoon from the sea. There are several opportunities at this point to stop off for a swim. Continue cycling along the coast until you reach Caorle with its pretty historic centre and harbour.

An alternative route option is to cycle inland from Mestre via Quarto d'Altino to Caorle. This is a longer cycle route, but can be shortened with a train ride from Mestre to Quarto d'Altino.

If choosing the coastal route your total cycling distance today is approximately 62 kilometres (180 metres total ascent and 190 metres total descent). If you choose the inland route via Quarto d'Altino, the cycling distance is approximately 79 kilometres or 59 kilometres if you take the train (113/103 metres total ascent and 130/120 metres total descent).



ACCOMMODATION:  
Hotel Cleofe (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Cycle inland to the Renaissance town of Portogruaro

Say goodbye to the sea as you head inland towards the Julian Alps, visible in the distance. Cycling along waterways and a succession of fields you reach the Renaissance town of Portogruaro, an important inland harbour of the 'Serenissima' during the rule of the Venetian Republic. Still today it preserves the look and feel of a Venetian city with canals, narrow streets and grand palaces.

Your total cycling distance today is approximately 30 kilometres (40 metres total ascent and descent).



ACCOMMODATION:  
Hotel Alla Botte (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 4 - Train to Latisana; cycle to Aquileia Roman ruins**

This morning take the train with your bike from Portogruaro to Latisana. If you prefer, you can cycle this section. This adds 20 kilometres to today's total distance.

From Latisana cycle through beautiful open farmland dotted with old farms and small parish churches to Aquileia, an important city during the Roman Empire with over 100,000 inhabitants at its height. Take your time here to visit the open air excavations, the two museums and the beautiful mosaics in the church. On the way to Aquileia there is the option to extend the cycling with a detour to visit Palmanova, a small fortified town built during the renaissance period. This town is a national monument due to its characteristic nine-pointed star shape. After exploring Palmanova continue cycling to Aquileia.

From Aquileia cycle to the seaside town of Grado, the final point on today's ride, to see its fishing port and a nice historic centre. Your accommodation tonight will normally be in Grado, but due to availability may be in Aquileia or Palmanova.

The total cycling distance from Latisana to Grado is approximately 61 kilometres (176 metres total ascent and 165 metres descent). With the extension to Palmanova, your cycling distance is approximately 74 kilometres (225 metres total ascent and 215 metres descent).

If you choose to cycle the Portogruaro to Latisana section instead of taking the train, your cycling distance is approximately 83 kilometres (345 metres total ascent and 290 metres descent). With the extension to Palmanova, your cycling distance is approximately 96 kilometres (405 metres total ascent and 345 metres descent).



ACCOMMODATION:  
Hotel Villa Rosa (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 5 - Cycle through protected wetlands to Monfalcone; train to Trieste

Today's ride is dedicated to the wild and varied natural habitat of the delta of the River Isonzo - a protected wetland area. You skirt the coastline then ride on the river dike before the final stretch into Monfalcone where you take the train to Trieste. You can extend the ride by 28 km cycling to Trieste passing by villages such as Duino and Sistiana (and it is well worth visiting the seaside palace of Miramare located above the bay of Grignano, surrounded by a beautiful park with more than 2000 different species of plants and a protected marine area). Spend the afternoon and evening soaking in the Habsburg period atmosphere as you wander through the streets, plazas and coastal promenade of Trieste lined with grand and imposing palaces.

Your total cycling distance today is approximately 37 kilometres (75 metres total ascent and 25 metres descent) with optional 28 kilometre cycle extension to Trieste (225 metres total ascent and 225 metres descent).



ACCOMMODATION:  
Hotel Abbazia (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 6 - Boat from Trieste to Muggia and cycle to Portoroz in Slovenia

A short boat ride takes you to Muggia and then once back on the bike, after a few kilometres following the coastline, you ride into Slovenia! Continuing along the coast you reach the well-known villages of Koper (Capodistria), Izola (Isola d'Istria) and Piran (Pirano) until you reach the resort of Portoroz on the Slovenian Riviera. Perhaps spend time this evening to relax at the beach.

Your total cycling distance today is approximately 31 kilometres (350 metres total ascent and descent) with optional 5 kilometre extension to Piran.



ACCOMMODATION:  
Hotel Marko (or similar)



Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 7 - Cycle from Portoroz along the Parenzana into Porec in Croatia**

Firstly you ride along the coast to the salt lakes of Secovlje, where sea salt is extracted through natural evaporation. Next you cross the border into Croatia where the famous Parenzana route (a disused railway line converted into a gravel cycle path) gently meanders through the Istrian hills to Buje where a fast descent takes you back to the coast for a final coastal ride to the bustling medieval seaside town of Porec where the UNESCO heritage Euphrasius basilica is not to be missed.

Your total cycling distance today is approximately 60 kilometres (475 metres total ascent and descent).



ACCOMMODATION:  
Hotel Flores (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 8 - Holiday ends in Porec**

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

You may choose to take the ferry back to Venice if you have booked flights returning Marco Polo Venice Airport (VCE). The ferry operates in the morning between April and October. Alternatively, you may like to fly back from Pula Airport (PUY) where public transport is available to get from Porec.



MEALS PROVIDED: BREAKFAST

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# Trip information

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## Climate and country information

### Croatia

#### Climate

The Croatian Adriatic has a Mediterranean climate with mild winters and warm, dry, sunny summers. There is a chance of sporadic rain in spring and autumn, though generally it is in the form of short showers. Thunderstorms can occur in summer, generally helping to cool the air. Hvar Island gets the most sunshine in summer with 10-12 hours each day, followed by Split, Korcula Island and Dubrovnik with around 7-8 hours. Temperatures from May to October are generally in the low to mid 20's (in °C), but can reach into the 30's (in °C) in July and August. Trip itineraries with boat cruises can occasionally be disrupted due to bad weather.

Time difference to GMT	Plugs	Religion	Language
+8 PST	2 Pin Round	Roman Catholic	Croatian

### Italy

#### Climate

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

Time difference to GMT	Plugs	Religion	Language
+8 (PT)	2 Pin Round	Roman Catholic	Italian

### Slovenia

#### Climate

Slovenia has a continental climate, with warm summers and the possibility of some rain in the Julian Alps. There is an average of 5-6 hours of sunshine in April, May, June and September and 7-8 hours in July and August. Seasonal weather patterns can be unpredictable. In the capital, Ljubljana, in spring and autumn temperatures average at around 15°C, with April being cooler at around 9°C, and in summer the temperatures average at 20°C.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Slovene

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## Budgeting and packing

## Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Day 1 - Depending on your flight arrival time it is worth travelling into Venice and exploring the Grand Canal by Gondola, Doges Palace or St Mark's Basilica.

Day 2 - On arrival in Caorle take time to visit the fresco at Santuario dell Madonna dell'Angelo and the Duomo Santo Stefano tower.

Day 3 - Perhaps visit the Concordiese National Museum in Portogruaro.

Day 5 - Visit Miramara palace and have a ride on the Opicina Tramway in Trieste.

Day 7 - After exploring the Euphrasius Basilica if time perhaps visit the Grotta Baredine caves.

## Clothing

Bring cycling gear such as quick drying cycle tops, padded cycle shorts and cycle gloves. The weather can be hot in this region in mid summer, though at the start and end of the season you should 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.

## 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. Other items to consider bringing are a sunhat



and sun cream, torch, earplugs and insect repellent. 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. 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

Croatian Coast Road Map - Istria-Dalmatia-Dubrovnik 1:200.000 Freytag & Berndt.

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 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.

You will also need to pay the following train and boat fares locally as bike tickets cannot be bought in advance.

Day 4 Train from Portogruaro to Latisana, cost around €4.30 including bike.

Day 5 Train from Monfalcone to Trieste, cost around €6.60 including bike.

Day 6 Boat from Trieste to Muggia, cost around €5.10 including bike.

## Croatia

### 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	Beer price	Water price
£18	£2	£1.5

### Foreign Exchange

#### Local currency

Croatian Kuna.

#### Recommended Currency For Exchange

Pound Sterling, US Dollars and Euro cash can all be exchanged for the local currency.

#### Where To Exchange

Most major towns and cities - your Explore Leader will advise you on arrival. Only exchange money at reputable places like banks, ATM's and official Forex Offices.

### **ATM Availability**

Most towns and cities have ATM's for cash withdrawal.

### **Credit Card Acceptance**

Generally accepted throughout including most restaurants and hotels.

### **Travellers Cheques**

Travellers Checks can only be exchanged in banks.

## **Italy**

### **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.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£10.00 - 15.00	£20.00 - 25.00	£2.00 - 4.00	£1.00 - 2.00

### **Foreign Exchange**

<b>Local currency</b>	<b>Recommended Currency For Exchange</b>
Euro.	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.

<b>ATM Availability</b>	<b>Credit Card Acceptance</b>
Major towns.	Larger hotels and restaurants.

### **Travellers Cheques**

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

## **Slovenia**

### **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.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£8	£15	£2	£0.9

## Foreign Exchange

### Local currency      Recommended Currency For Exchange

Euro.                      Pound Sterling and US Dollars can be exchanged for the local currency.

### Where To Exchange

Most major towns and cities - your Explore Leader will advise you on arrival. Only exchange money at reputable places like banks, ATM's and official Forex Offices.

### ATM Availability

Major towns and cities have ATMs for cash withdrawal.

### Credit Card Acceptance

Credit cards are also generally accepted.

### Travellers Cheques

Accepted in most banks but not all money changing facilities.

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## Transport, Accommodation & Meals

### Transport Information

Bicycle, Boat, Car, Train

### Recommended airport

Venice Marco Polo Airport (VCE)

### Flying to your destination

We recommend return flights to Venice Marco Polo Airport (VCE) or one way flights into Venice Airport (VCE) and returning from either Pula Airport (PUY) or Trieste Airport (TRS). Venice Airport is served from several UK London and regional airports by airlines such as Easyjet, Monarch, Jet 2 and British Airways. Easyjet also fly to and from Pula Airport from London and Ryanair fly from Stansted to Trieste Airport.

### Accommodation notes

Comfortable - 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.

### Arrival and departure information

At the start of your trip you will need to fly into Venezia Marco Polo Airport (VCE). The airport is located on the mainland. From here travel by bus line 15 in direction Mestre Fs to stop Via F. Marghera, Gerlin (20 mins, €3) see [www.atvo.it](http://www.atvo.it). From here it is a short walk to your arrival hotel.

At the end of your trip from Porec you can travel by bus to either Pula Airport (PUY) or Trieste Airport (TRS) or take a ferry back to Venice.

By public transport from Porac to Pula Airport

There are several buses during the day from Porec (1.5 hours, around €10, you will need to pay in Kuna). On arrival at Pula bus station you will need to either take a second bus to the airport (12 mins, around €2, pay in Kuna) or take a taxi [www.pulainfo.hr](http://www.pulainfo.hr)

By public transport from Porac to Trieste Airport

There are limited daily buses to Trieste bus station (2 hours 15 mins, around €12). One arrival at Trieste bus station take a second bus to the airport. Buses run every 30 mins (1 hour, around €4).

By public transport to Venice Airport

There is one morning ferry running from Porac to Venice between April and October. Porec Port and the customs office are located close to Porac bus station. It is best to buy tickets in advance during busy travel months and can be bought online or at local travel agencies (boat ride takes 3 hours, around €75). See [www.venezialines.com](http://www.venezialines.com). On arrival into Venice take a bus to the airport.

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## Essential Information

### Government Travel Safety 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, Commonwealth & Development 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.

### Price Guarantee

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 and Passport Information

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.

Slovenia: Visas are not required by UK, US, Canadian, Australia and New Zealand citizens. Other nationalities should consult their local embassy or consular office.

Croatia: Visas are not required by UK, Australian, New Zealand, US or 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 be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## **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 receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

## **Croatia**

### **Vaccinations**

Nothing compulsory, but we recommend being up-to-date with your routine vaccination courses and boosters as recommended in the USA including protection against measles, mumps, rubella, tetanus, diphtheria, hepatitis A, typhoid and polio. Tick-borne encephalitis protection is recommended by some medical sources at certain times of the year. Ticks are most active between spring and late autumn. Please check the 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before traveling.

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## **Italy**

### **Vaccinations**

Nothing required. Tetanus recommended. Please check the 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 NaTHNaC link at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before traveling.

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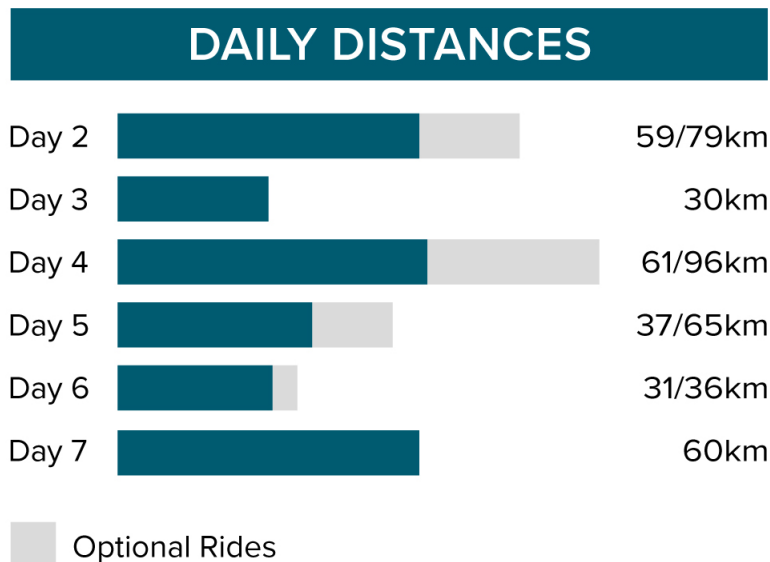
# Slovenia

## Vaccinations

Nothing compulsory, but we recommend being up-to-date with your routine vaccination courses and boosters as recommended in the UK including protection against measles, mumps, rubella, tetanus, diphtheria, hepatitis A, typhoid and polio. Tick-borne encephalitis protection is recommended by some medical sources at certain times of the year. Ticks are most active between spring and late autumn. Please check the 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## Cycling information



## General cycling information

On this journey you cycle 278 km over six days (an average of 46 km per day) with further optional rides up to 88 km extra available. The rides mostly follow well-asphalted country lanes and quiet secondary roads (busier near the major towns) and there are some sections with cycle paths and gravel roads. The terrain is flat with some hillier sections on the last two cycling days. We have graded the route as easy to moderate.

## Bike included

24 gear hybrid 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 one lateral pannier bag. A water bottle holder is included as well as the facility to fit your own pedals or saddle if you wish to bring them. A map holder is provided every two bikes. A lock, pump, spare inner tube and puncture repair kit with tyre levers is included. All you need to bring is your own helmet. You will be required to sign an agreement of care upon receipt of the bike.

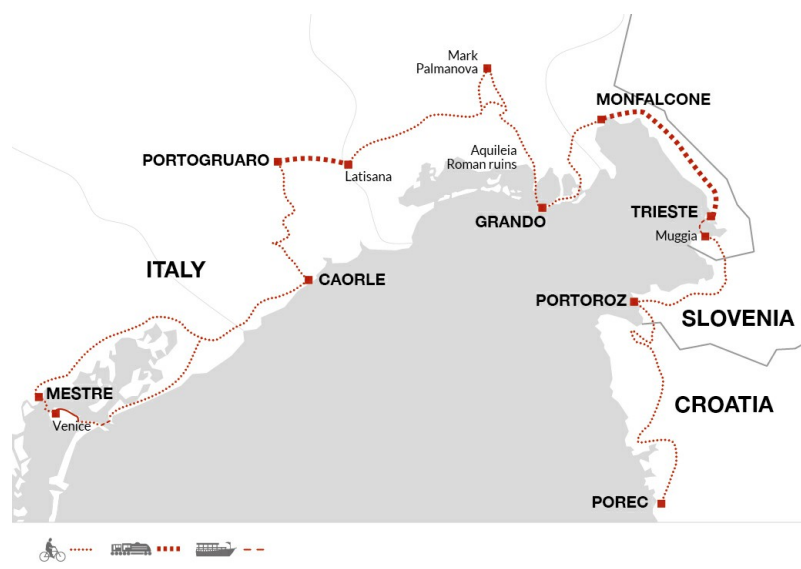
Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. You will be required to pay a refundable deposit upon collection of the e-bike in country. Please contact us for more details or to request your e-bike.

## Cycling grade

EasyToModerate

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## Additional Information



## 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.

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## Reviews





**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**