













Alpe Adria Cycle Route: Salzburg to Trieste

Cycle along the Alpe Adria cycle path on this epic tour

From the Alps to the sea! Join us on a cycling adventure towards the south and immerse yourself in stunning landscapes, rich cultural treasures, authentic customs, and delicious cuisine. During this 12-day journey, you'll have ample opportunities to explore all the remarkable highlights along the route. Once you reach the sea, you'll undoubtedly concur with us that a cycling excursion couldn't be more splendid!

The Alpe Adria Cycle Path is a renowned long-distance cycling route that stretches from the majestic Alps to the picturesque Adriatic Sea. It offers cyclists a unique opportunity to traverse diverse terrains and experience a blend of cultures and traditions along the way.

The route passes through charming villages, historic towns, and breathtaking natural landscapes, making it an ideal choice for those seeking an unforgettable cycling adventure. Whether you're a seasoned cyclist or a leisure rider, the Alpe Adria Cycle Path promises an enchanting journey filled with both physical challenges and cultural enrichment. So, hop on your bike and embark on this incredible cycling odyssey through the heart of Europe!

Book this holiday: Alpe Adria Cycle Route: Salzburg to Trieste

Details of the cycle tour from Salzburg to Trieste

From the festival city to the former K&K Austrian-Hungarian port metropolis. Along the way, you'll encounter magnificent mountain panoramas, thundering waterfalls, picturesque village centres, and wide sandy beaches. On this cycle tour, you'll finish in Trieste. Trieste, a captivating city nestled on the northeastern coast of Italy, is a must-visit destination on this journey. With its rich history and diverse culture, Trieste offers a fascinating blend of Italian, Slovenian, and Austrian influences.

Highlights of the Alpe Adria Cycle Path cycle tour at a glance:

- **Scenic diversity:** The Alpe Adria Cycle Path from Salzburg to Trieste offers a remarkable variety of landscapes, including the stunning Alpine region around Salzburg, picturesque lakeshores, lush green valleys, and the coastal beauty of the Adriatic Sea.
- **Cultural exploration:** Along the 470 km route, cyclists have the opportunity to explore historic towns, charming villages, and cultural landmarks, immersing themselves in the rich heritage of Austria, Slovenia, and Italy.
- **Culinary delights:** The journey includes a chance to savour diverse cuisines, from hearty Austrian dishes to Mediterranean delights in Trieste. Be sure to sample local specialities and wines at quaint roadside taverns and restaurants.
- **Accessibility and Infrastructure:** The path is well-maintained and offers a mix of challenging terrains and easy stretches suitable for cyclists of various skill levels. Signage and facilities, such as bike-friendly accommodations and repair stations, make the trip enjoyable and convenient for riders.

Useful information about the cycle tour from Salzburg to Trieste

You mainly cycle on well-maintained cycle paths and quiet side roads. Only a few stretches also lead along roads with heavier traffic or unpaved paths. Overall, the route is gently hilly, with the most challenging sections between St. Johann and the Gastein Valley and between Villach and Tarvis which can be reached by train.

This tour has been graded as **Medium**. Find out more about our **cycling holiday difficulty levels**.

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Tour information



Medium



12 Days / 11 Nights



Self-Guided



Luggage transfer included



Total cycling distance: approx.
470 km

To the online version



Itinerary

DAY
1

Arrival in Salzburg

Arrive individually in the Festival, Mozart, and cultural city of Salzburg. Winding alleys and squares beckon you to stroll, while charming cafes invite you to savor authentic Austrian coffee specialties. At every step, you'll immerse yourself in culture and history.

DAY
2

Salzburg – Golling approx. 30 km

Through the shady meadows of the Salzach, you leisurely roll out of the festival and Mozart city of Salzburg, with the Salzach as your companion. The route takes you to Hallein, a Celtic town that used to be rich in salt mining. The main attraction is undoubtedly the world-famous Celtic Museum. Passing the Golling waterfall, your overnight stop of the same name is characterised by its pretty market square and the 13th-century castle.

DAY
3

Golling – St. Johann approx. 35 km

From Golling, you cycle uphill to Pass Lueg-Höhe, enjoying the splendid view of the striking Tennengebirge mountains. The mountains draw closer to the Salzach, and the sound of the rushing water grows louder. You'll pass through the impressive "Salzachöfen," a gorge carved by the Salzach river. After Werfen, with its towering castle, you'll soon arrive in St. Johann. Here, unmistakably, like twin peaks, the towers of the Pongau Cathedral rise up.

DAY
4**St. Johann – Mölltal** approx. 60 km + train journey

Shortly after Schwarzach, you bid farewell to the Salzach River. From today onwards, the Gasteiner Ache river will accompany you through the wild and romantic Gastein Valley. Cycling through Dorfgastein and Bad Hofgastein, you'll make your way to the renowned spa and winter sports resort of Bad Gastein, nestled at the foot of the Hohe Tauern mountains. Here, you'll find a plethora of natural, historical, and architectural attractions. The town's centrepiece is the Gastein Waterfall, a subject of inspiration for many painters and poets. Now, you're just a stone's throw away from Böckstein, where a train from the Tauernschleuse will transport you to the other side of the Alps, to Mallnitz, in just 10 minutes. Once back in the saddle, enjoy the exhilarating descent to your hotel in the Mölltal.

DAY
5**Mölltal – Spittal** approx. 30 km

Today, you'll cycle alongside the Möll River, through breathtaking high mountain landscapes. As you approach the village of Möllbrücke, you'll enter the Drau Valley, marking the beginning of the sunny south of Austria. Enjoy a leisurely ride for the last few kilometres to Spittal an der Drau. This town has a rich history, serving as a crucial transport hub for pilgrims during the Middle Ages, contributing significantly to its prosperity.

DAY
6**Spittal – Villach** approx. 40 km

Almost effortlessly, you'll glide along the gentle downhill path beside the Drava River. About halfway, consider taking a break in the quaint market town of Paternion, where you can explore churches and castles of historical significance. A few more pedal strokes will bring you to Villach, where the charming old town awaits, exuding southern charm and offering cozy "Beisl" (taverns) and restaurants.

DAY
7**Villach – Tarvis** approx. 35 km

You begin by cycling along the Drava River for a while, but soon the cycle path takes you along the Gail River towards Italy. The motto at the border is "Servus Austria - Ciao Italia." In Tarvisio, you will be greeted in three languages, as Austrians, Slovenes, and Italians have lived together here for centuries. This is where all three major European language families - Germanic, Romance, and Slavic - converge directly.

DAY
8**Tarvis– Venzone** approx. 60-70 km

In Italy, too, the cycle path is well-developed so you cycle leisurely downhill through the Canal Valley and admire the beauties of the Friulian Alpine region with its intact, untouched nature and extensive forests from the saddle. One of the pretty villages at the foothills of the Julian Alps serves as your overnight accommodation.

DAY
9**Venzone – Udine** approx. 55 km

At the southern exit of the Canal Valley, you'll find one of the most beautiful historic towns in Friuli Venezia Giulia. The majestic Cathedral of Santa Maria Assunta stands tall in the picturesque town of Gemona del Friuli and is sure to leave you inspired. As you continue on your journey to Udine, you'll notice the first vineyards appearing along the cycle route. Once you arrive in the city, immerse yourself in the "dolce vita" by enjoying a coffee in the main square or taking a leisurely stroll through the charming alleyways, where you can admire the late Gothic and Renaissance buildings.

**DAY
10****Udine – Grado** approx. 55 km

A warm Scirocco breeze blows around your nose! You will drive through wide reed landscapes and along small water channels towards the Gulf of Venice. In any case, you should plan a stop in the Roman city of Aquileia, the so-called "Second Rome", before you reach your destination.

One of the most popular seaside resorts on the Adriatic, the historic fishing town of Grado, is not only known for its extensive sandy beach but also for its historic harbour and narrow alleys with cosy restaurants that exude Italian flair.

**DAY
11****Grado – Trieste** approx. 70 km

You'll ride your bike through the lagoon towards the Gulf of Trieste. As you return to the sea, you'll be greeted by a breathtakingly beautiful coastal landscape, and the world-famous Miramare Castle will be another highlight of today's bike tour. The historic port city of Trieste serves as a fitting and impressive conclusion to your journey.

**DAY
12****Departure from Trieste**

Leave your bikes in Trieste and make your way home. Alternatively, spend extra nights in the historic port city.

Route information

You'll primarily follow well-maintained cycle paths and peaceful side roads on your journey. There are only a few sections that traverse roads with heavier traffic or unpaved paths. In general, the route features gentle hills, and the most demanding part between St. Johann and the Gastein Valley can be conveniently covered by train.



Prices and dates

Price calculation and check availability: **Alpe Adria Cycle Route: Salzburg to Trieste**

Place of arrival: **Salzburg**

	Season 1 27.04.2024 - 10.05.2024 28.09.2024 - 05.10.2024 Daily	Season 2 11.05.2024 - 24.05.2024 07.09.2024 - 27.09.2024 Daily	Season 3 25.05.2024 - 06.09.2024 Daily
Alpe Adria Cycle Route: Salzburg to Trieste, AT-AARST-12X			
Base price	1,449.00	1,619.00	1,709.00
Single room surcharge	449.00	449.00	499.00

Hotel information: 3*** and 4**** Hotels

Additional nights

Place of arrival: **Salzburg**

	Season 1 Apr 27, 2024 - May 10, 2024 Sep 28, 2024 - Oct 5, 2024 Daily	Season 2 May 11, 2024 - May 24, 2024 Sep 7, 2024 - Sep 27, 2024 Daily	Season 3 May 25, 2024 - Sep 6, 2024 Daily
Salzburg			
Double room p.p.	99.00	105.00	119.00
Single room surcharge	65.00	65.00	65.00
Grado			
Double room p.p.	105.00	115.00	125.00

	Season 1 Apr 27, 2024 - May 10, 2024 Sep 28, 2024 - Oct 5, 2024 Daily	Season 2 May 11, 2024 - May 24, 2024 Sep 7, 2024 - Sep 27, 2024 Daily	Season 3 May 25, 2024 - Sep 6, 2024 Daily
Single room surcharge	55.00	55.00	55.00
Trieste			
Double room p.p.	99.00	99.00	99.00
Single room surcharge	59.00	59.00	59.00

Our rental bikes

	Price
21-Speed Unisex Bike	109.00
21-Speed Men's Bike	109.00
27-Speed Bike PLUS	185.00
Unisex E-Bike	279.00
7-Speed Unisex Bike	109.00

Prices per person in GBP

Included services and travel information

Services

Included services:

- Overnight stays as listed
- Breakfast
- Personal tour information (DE, EN)
- Luggage transfers
- Well-prepared route guide
- Detailed travel documents 1 x per room (DE, EN, FR)
- 1 train ride Böckstein - Mallnitz incl. bike
- Navigation app and GPS data
- Service hotline

Optional:

- Return transfer to Salzburg every Saturday morning, cost per person € 219,-, for own bike additional € 39,-; reservation required, payable in advance.

Travel information

Arrival / Parking / Departure:

- Salzburg train station
- Salzburg Airport
- Parking approx. EUR 10,- to 20,- / day, payable on site, no reservation possible/necessary!
- Public garage approx. EUR 95,- / week
- The return journey by public transport is only possible with a change of train.

Not included:

- Visitor's tax, if due, not included in the travel price!