

Alps-Adriatic Bicycle Map 2021

A NETWORK SYMBOL IN A COMMON EUROPE









Cycling for pleasure on the sunny southern side of the Alps

A cyclist in Carinthia is always accompanied by wonderful mountain and lake panoramic views, regional Alps-Adriatic cuisine and the possibility to cool off in one of the many Carinthian lakes.

DRAURADWEG – THE 5-STAR CYCLE PATH

One of the best-known cycle paths in Austria is the Drauradweg. You can cycle along the River Drau from the starting point in Toblach / Dobbiaco in South Tyrol, then leading through Eastern Tyrol and Carinthia to be connected in Slovenia and Croatia. The Drauradweg also has plenty of culinary highlights to offer, with 50 Drauradwegwirte (Drau cycle path inns) along the way. > *drauradweg.com*

ALPE ADRIA RADWEG FROM THE NATIONAL PARK TO THE SEA

The Alpe-Adria-Radweg is an unforgettable experience, which was awarded the European Cycle Path Award of the year 2015 in Amsterdam. The diversity of the countryside is unique: mighty mountains and sunny valleys with up to 28 degrees warm lakes. The Alpe-Adria-Radweg is also a symbol for cross-border cooperation with Italy and is supported by the EU. > *alpe-adria-radweg.com*

CARINTHIAN LAKE LOOP – 340-KILOMETRE CYCLE TOUR TO THE MOST BEAUTIFUL LAKES

The pure joy of cycling: Travelling light by bike through Aus tria's sunny south – past blue and turquoise lakes, embedded in the dreamlike hill and mountain landscape on the



Cycling from Central Alps over culture cities to wine destinations

Biking in Styria offers a tremendous variety of impressions in natural and cultural aspects, from the Dachstein icefields via the culture capital Graz till the scenic wine and thermal

THE MUR CYCLING PATH - FROM STEIRERKAS CHEESE TO WINE AND PUMPKIN SEED OIL

The Mur Cycling Path is known as one of the most diverse scenic river bike paths in the Alps, which always runs slightly downhill through magnificant culinary destinations. The route starts in the High Tauern National Park and accompanies the Mur river through Austria's culinary capital of Graz to the wine and thermal springs country in the border triangle of Austria-Slovenia-Hungary. > steiermark.com/murradweg

THE STYRIAN WINE COUNTRY CYCLING TOUR

The new slightly longer than 400 km circular cycling tour takes you to the Styrian wine country with its culinary and cultural features. It is more than just the cycling experience through the vineyards and eight wine routes. You will discover Styria with its people, culinary specialities, vineyards, apple orchards, river landscapes, thermal areas, Nature Parks and historic cities. > steiermark.com/weinlandradtour

From the glaciers and peaks of the Central Alps to the deep blue Adriatic sea and from Alpine forests and meadows to the charming villages and vineyards of the more Southern regions the Alps-Adriatic variety has no comparison throughout the world. The abundance of natural resources, cultural heritages, culinary specialties or touristic destinations and therefore meeting points of inhabitants or tourists can be visited in many ways. Riding a bicycle is one of the options and maybe the best. In a decelerated manner and with all senses focused to extraordinary impressions this bicycle map shall promote your motivation to experience the richness of Central European diversity. After the exceptional global situation of the Corona pandemia this publication shall raise the awareness of our common values, strengthen the solidarity in European partnerships and above all enable an enjoyable network experience for all bicycle friends in tremendous Alps-Adriatic surroundings.

This publication would have been impossible without the help of our Alps-Adriatic Contact Points. Therefore a big Thank You goes out to all our colleagues and friends at the regional adminstrations of the Alps-Adriatic Alliance's members and to the Association of Municipalities and Towns of Slovenia, namely Larisa Križan Breljak, Helena Matuša, Tanja Ivek, Vladimir Šadek, Vesna Haluga, Judit Bánovits, Krisztina Rimányi, Ulrike Pichler, Ferdinand Krainer, Saša Kek, Alemka Mirkov and Franka Moscarda.

The content work of this colourful bike map was provided by the regional tourist associations of the Alps-Adriatic Alliance and the three partner regions Zagreb, Karlovac and Friuli Venezia Giulia with widespread information about the countless attractions in the Alps-Adriatic area. Therefore a special appreciation also to Philipp Hahnenkamp, Günther Steininger, Marko Lenarčič, Iva Vurušić Mađarić Petra Murković, Nikola Pavić, Miran Bojanić Morandini, Marinela Ćurčić, Ivana Alilović, Lana Trifunić, Želiko Fanjak, Vlasta Mastrović, Davor Dobrila, Alice Venaruzzo, Renata Liut.

Have a safe trip and many outstanding bike riding impressions!

Thomas Pseiner and Hannes Slamanig

September 2021



border to Italy and Slovenia. There are many places to stay along the route for cyclists with varied tastes and budgets. he tour is also ideal for e-bikes.

MOUNTAIN BIKING – AN ENJOYABLE MOUNTAIN AND LAKE EXPERIENCE

Single trails are the cherry on the cake. At least for mountain bikers. Carinthia has made significant investments in their MTB infrastructure in recent years, with a primary focus on flow trails. Around 40 trails and a route network covering around 3,000 km make biking on the south side of the Alps particularly fun. Numerous bike parks of varying difficulty levels are available.

EVENTS "LAKE WÖRTHER SEE AND LAKE OSSIACHER SEE CAR-FREE"

All the roads around both lakes are only open to cyclists and skaters, one day long. > *cycling.carinthia.at*

NATURE AND CULTURE - KÄRNTEN CARD OFFERS FREE ADMISSION TO MORE THAN 100 ATTRACTIONS The Kärnten Card is the key to adventure, fun and lots of advantages. It opens the doors to more than 100 destinations throughout Carinthia. > visitcarinthia.at/attractions

CULINARY: CARINTHIAN ALPE-ADRIA CUISINE

Discover the culinary south – Passing on the traditional food trade from generation to generation, taking care of preserving the diversity of species and varieties, treating nature's treasures respectfully and producing high-quality food i rhythm with the seasons. A special focus in this context is the "Slow Food Travel Destination Carinthia". > kaernten.at/kulinarik

visitcarinthia.at/activities/summer/culture-culinary/ carinthian-alpe-adria-cuisine



MOUNTAINBIKE REGIONS IN STYRIA

The routes in the mountain bike regions of Styria take cyclists from the Schladming Tauern, the Dachstein massif and the Ausseerland-Salzkammergut to the hilly, enjoyable landscape of the region of Graz with its adjoining wine regions, which extend to the border of Slovenia. The highlight par excellence is the Dachstein loop with its 20 signposted loops. > steiermark.com/mountainbike

EVENT TOUR DE MUR

Every year in June a three days' bicycle event leads the participants along the Mur-Radweg from St. Michael via Murau, Fohnsdorf, Graz and Mureck all the way down to Bad Radkersburg. Natural beauties, cultural attractions and culinary highlights are guaranteed along the whole trip. tour-de-mur.at

CULTURE IN THE CITY & COUNTRY

From historic castles to contemporary art exhibitions or modern architecture Styria guarantees cultural variety surrounded by imposing landscapes. In addition to cultural insider tips in the regions and an abundance of excursion destinations, small historic cities invite you to stroll through them. Graz excels with its excellent offering in the culture and creative scene. > *steiermark.com/kultur*

CULINARY STYLE OF STYRIA

According to the motto "When Styria is on the label, Styria is in it"! the businesses of Kulinarium Styria conjure up regional and seasonal flavours on your plate with lots of heart and creativity. Kulinarium Styria with the "green heart" as a seal of quality and with its ten promises of enjoyment stands for local food with a verifiable origin and for a ,yes' to the season. > *steiermark.com/kulinarium*





A cyclist's paradise - from easy To challensing

Cyclists enjoy 2.000 hours of sunshine in unique landscapes and the mild Pannonian climate which allows a longer outdoor season and a refreshing change in different topographies. > *burgenland.info/en*

B10 LAKE NEUSIEDL CYCLE PATH -

A ROUTE FOR LAKE LOVERS There is so much to experience on your trip around the lake. With various shortcuts and numerous stop-offs, the B10 Lake Neusiedl cycle is a good route for both families and sports cyclists.

SOUTHERN BURGENLAND PARADISE ROUTE -AS BEAUTIFUL AS ITS NAME

300 days of sunshine each year, gently undulating landscapes and an extensive cycle path network: Southern Burgenland is truly a wonderland for cyclists all year round.

IRON CURTAIN TRAIL - A BORDERLESS EUROPE

The Iron Curtain Trail shows, in a number of ways, how much the former border area has changed. Contemporary history can be experienced up close in unique places, such as the Bridge of Andau or the Pan-European Picnic area.



Biking along the Amazon of Europe

Koprivnica-Križevci County lies in the fertile Drava river basin along the Hungarian border and the forested hills of Bilogora and Kalnik. Its natural wealth, rich culture and traditional values expressed through naive painting, local cuisine, events, folklore and pilgrimage heritages have made it a favorite all year round destination with special hospitality of the County's residents. > ured@podravinaiprigorje.hr

AMAZON OF EUROPE BIKE TRAIL

International cycle tour leading in 27 stages along both sides of the rivers Mura, Drava and Danube, with North and South Routes: both of which provide plenty of opportunities to visit tourism attractions and to experience the rivers. > aoebiketrail.com

EUROVELO 13 – IRON CURTAIN TRAIL

EuroVelo 13 retraces this 'Iron Curtain', a border stretching from the Barents Sea to the Black Sea. With more than 9,950 km it is one of the longest EuroVelo routes. It has something to offer every type of cycle tourist, from the vinevards in southern Czechia and northern Austria to the mountainous border of Bulgaria and Greece and from the bustling ports of the Baltic States to the stark beauty of Lapland.

BILOGORA BIKING ROUTE

his route connects the County with Krapina-Zagorje including the routes Križevci-Vrbovec and Križevci-Marija Bistrica. In a charming scenery you discover the natural resources and cultural varieties of Northern Croatia combined with culinary specialties and events from spring until late fall

Biking from the Amazon of Europe

Varaždin County is one of the areas with the highest con-

centration of castles, manors and fortifications in Croatia.

Varaždin city is home of artistic and architectural heritage:

This international long-distance cycling trail offers you an

meanders of the rivers Mura, Drava and Danube for over

1.250 km with Varaždin County as the fifth daily stage S5.

This trail covers the entire region of Varaždin County with

It includes scenic low mountain areas as well as wine bars

and restaurants, lakes, rivers, ethnological sites, castles,

churches and museums. > *bike-routes-vzz.com*

138 km connecting the hilly region with the Pannonian plain.

Varaždin County is a mostly rural area with a beautiful land-

unique opportunity for cycling holidays following the natural

800 years of history, society, arts and crafts especially in

the late 18th century when it was the capital of Croatia.

to unique baroque history

AMAZON OF EUROPE BIKE TRAIL

aoebiketrail.com/stages/s5

VELIKA-MALA BIKE TRAIL



BIKE EVENTS

CULINARY



scape, valuable cultural monuments and rich culinary heritage. Amidst such surroundings you will find 45 Holiday Homes with an own story of the history and the lives of the people and their traditions. > *myvarazdinholiday.com*

BAROQUE CITY OF VARAŽDIN

HOLIDAY HOMES WITH A STORY

Varaždin city reveals itself as a rare urban pearl. A city that shows its specific identity with old baroque architecture as

Burgenland awaits you with over 110 ADFC certified bike friendly accommodations. Several bike and e-bike rental stations are along the routes. burgenland.info/en/by-bike

burgenland.info/en/bike-friendly-accommodations

UNESCO WORLD HERITAGE – SUN-KISSED NATURAL LANDSCAPE

On the Austrian side, the Neusiedler See-Seewinkel bio sphere reserve, the reed bed, the old town area of Rust, the Purbacher Kellergasse and the Mörbischer Hofgasser were recognized as regions of outstanding universal value and therefore, have been on the UNESCO World Heritage List since 2001.

NATIONAL PARK NEUSIEDLER SEE – SEEWINKEL -NOT JUST A PARADISE FOR BIRDS

Unique habitats await, such as salt pans, small sandy habitats, hay meadows, and pastures. The variety of bird species is unique throughout the year, because the national park is a popular stopover, widely used as a rest stop for birds migrating between Europe and Africa. > nationalparkneusiedlersee.at

FESTIVE CULTURE – CULTURE OF FESTIVALS Time to experience some unforgettable festival moments

in Burgenland. > *burgenland.info/en/cultural-festivals* CULINARY EXPERIENCES – LIVE DELICIOUSLY Burgenland invites you on a culinary journey with excellent

wines and delicious food. > burgenland.info/en/live-deliciously



MOUNTAINBIKE REGION

Cycling in this area offers breathtaking experiences for all lovers of beautiful nature and unique cultural heritage. Trails in Podravina valley leads you to the most untouched Drava river basin areas and biking through the hills of Bilogora and Kalnik offers scenic views of their picturesque landscapes. Enjoy also the local dishes and wines of Podravina and Prigorje. > *podravinaprigorjebike.com* | > *aoebiketrail.com*

EVENT CALENDAR

An enormous variety of events prove the special cultural wealth of this region. The calendar starts with Easter high lights in Koprivnica, continues with cake culinary, naive art and historical date events in spring at various places, the internationally renowned Folklore and Renaissance festivals in summer in Koprivnica / Križevci, religious processions in summer, wine ceremonies in fall and entertainment performances until November

CULINARY

Cakes and sweets are the core competence of this region. The unique "Bregofska pie" with raisins, walnuts, apples, eggs, sugar, butter, sour cream, cinnamon and filo dough or traditional pastries and strudels create this special reputation. A tasty diversity of soups, pastas, gnocchis or cheese as well as wines from the soil of sand of Đurđevac complete the culinary attractions

NATURAL BEAUTIES

he biodiversity of Koprivnica-Križevci County is represented by many protected areas such as the Regional Park Mura-Drava, the Botanical Reserve Durdevac, the Borik and Župetnica Forest Parks, the Čambina and Kalnik Significant Landscapes, the Repaš or Pod Lipama monuments of nature or the Crni Jarki Forest and Veliki Pažut Ornithology Special Reserves. > *zastita.prirode.kk-zupanije@kc.t-com.hr*

well as the warmth of its lovely squares, streets and parks and above all with its numerous museum collections.

CASTLES OF VARAŽDIN COUNTY

The castles in history served as nurseries of culture with artists, concerts and festivities. Some of these are still seats of cultural life. The parks and gardens contribute to their fairytale atmosphere and take you back to the nobility time.

MOUNTAINBIKE

In Varaždin County there are marked MTB trails to which the Velika-Mala route leads. This offer will be extended in future.

- CULTURE EVENTS Varaždin Baroque Evenings: *vbv.hr/en* (September)
- Špancirfest: **spancirfest.com/en** (August) Rabuzin's days: *tz-novi-marof.hr* (end of March and April) Internat. Lace Festival, Lepoglava: *festival-cipke.com* (Sept.) Advent in Varaždin: tourism-varazdin.hr/en (December)

Tour de Kaj is a road cycling recreational marathon in Varaždin County, which consists of two routes (137 km, 76 km). County on two wheels is a bike event using the proposed routes including cultural and natural attractions with stamps to collect. Varaždiensia 1895 is a cycling event held in memory of the oldest international cycling race in Croatia held back in 1895.

At the gastronomy website you can find culinary highlights, listed specialties or protected products of Varaždin County. > turizam-vzz.hr/en/explore/gastronomy





There are still places to explore in Italy

Kilometres of beautiful mountains, hills, countryside and coast are just waiting to be explored, also with e-bikes. A cyclist in Friuli Venezia Giulia will experience a unique holiday visiting awesome villages, nature parks and taste our wines and cuisine: each trip to Friuli Venezia Giulia is as exciting as the first time. > *turismofvg.it/en/bike*

CICLOVIA ALPE ADRIA – A FASCINATING CYCLE ROUTE THROUGH AWE-INSPIRING LANDMARKS

The bike route Ciclovia Alpe Adria Radweg is a perfect example of cross-border cooperation with Austria for the development of sustainable mobility. Cycling 180 km with a low level of difficulty from Tarvisio in the mountains to Grado you can discover some of the most beautiful small towns in Italy like Udine and the two World Heritage Sites of Palmanova and Aquileia. The bike route Alpe Adria, by integrating old railway tracks and tunnels, makes the Alpine crossing a pleasure tour. > *alpe-adria-radweg.com*

FAMILY-FRIENDLY BIKE RIDES

In Friuli Venezia Giulia there are many cycle routes suitable for families with small children for a relaxing holiday: along the sea, lakes and in the countryside of Pordenone. These routes are easy and safe, they rarely pass through public roads and mostly run along cycle paths, limited-access roads or easily-rideable dirt roads. > *turismofvg.it/en/bike*



The perfect combination of islands, sea and mountains

The name Kvarner comes from the ancient Roman term Ouaternarius as a meeting area of the four cardinal points and thus also a combination of different traditions and cultures. Beside the Opatija, Rijeka and Crikvenica-Vinodol coast there are four large islands - Krk, Cres, Lošinj, Rab and in Gorski Kotar two large European mountain ranges meet, the Alps and the Dinarides.

TOP BIKE TRAILS IN KVARNER - A VARIETY OF NATURE

CULTURE, CULINARY AND CYCLING PLEASURE The entire region is criss-crossed with themed bike trails. It is possible to enjoy the sea and mountain air on the same day. Here you can cycle through old towns and fortresses, along beautiful beaches or lakes as well as in through pine forests and labyrinths. You can also cross from one island to another by ferries and catamarans.

OPATIJA RIVIERA

In this area cyclists can explore Učka Nature Park in combination with exceptional wellness treatments and excellent gourmet restaurants in a relatively small area. visitopatija.com | > tzmatulji.hr | > pp-ucka.hr | tz-moscenicka.hr

RIJEKA BIKE

The Rijeka Area Bike Route connects the industrial heritage of Rijeka, the dry stone walls of Bakar, the paths of the zvončari bell ringers in the Viškovo and Kastav areas, Grobnik and sunny Kostrena. > *bikerijeka.com*



European trails meet regional attractions

Vas County is in a good position in terms of cycling tourism. Both EuroVelo 13 and EuroVelo 14 cross the area.

EUROVELO 13 – IRON CURTAIN TRAIL

For almost half a century, Europe was forcibly divided into East and West. EuroVelo 13 retraces this "Iron Curtain", a border stretching from the Barents Sea to the Black Sea. Along the route of the Trail in Hungary there are numerous memorials and reminders of this troubled period of the European history. > *en.eurovelo.com/ev13/hungary*

EUROVELO 14 – WATERS OF CENTRAL EUROPE

Crossing Austria and Hungary, EuroVelo 14 provides an important east-west link and connects several important waterways – rivers, lakes and spas – located in Central Europe. It surrounded by beautiful landscapes and also provides a great cycling adventure for those who want to travel longer distances. The Hungarian part includes the Őrség Natural Park in Vas County and also a well-established cycle route along the northern shore of the mighty Lake Balaton. > en.eurovelo.hu/ev14

FAMILY ROUTES

Szombathely-Dozmat-Bucsu-Bozsok and back The route is a comfortable one-day trip for families with children. It offers historical, cultural and kid-friendly programs, with traditional restaurants and confectioneries as well. > bit.ly/3kgQx8p

MOUNTAIN BIKING IN THE MOUNTAINS AND THE HILLY COUNTRYSIDE

Routes in untamed wilderness of the Natural Park of the Julian Alps or on the hills through the vineyards near Cividale del Friuli and Gorizia, in the Natisone Valleys and on the Karst near Trieste with a view on the Adriatic sea. For the more intrepid ones there are the mountain-biking trails of the Zoncolan mountain. Bike parks are available in Forni di Sopra and Piancavallo. > *turismofvg.it/mountain365*

BIKE EVENTS

Every year the region hosts one or two stages of the "Giro d'Italia" because of the beautiful routes for roadbikes. One of the most challenging downhill marathon is the "Matadown" in the Natisone Valleys. > *turismofvg.it/events*

FVGcard: A PASS TO VISIT ATTRACTIONS AND TAKE PART TO EXCURSIONS, WHILE SPENDING LESS!

Itineraries are easier and convenient with the FVGcard which offers free entrance to various museums and a wide range of discounts to be used in services and tourist attractions throughout the region, such as bike and boat trips in Grado and Lignano.. > *turismofvg.it/en/fvg-card*

CULINARY: FRIULI VENEZIA GIULIA AND ITS UNIQUE WINES AND LAND PRODUCTS FOR SPECIAL MOMENTS

Get a new two-wheeled perspective of the places taking a break in osterie, typical inns, restaurants and wineries to discover our typical food and wine or experiencing an encounter with one of our craftsmen. > turismofvg.it/en/strada-del-vino-e-dei-sapori



CRIKVENICA-VINODOL RIVIERA

Circular cycling tours connecting Frankopan castles, riding from the coastal area to the backcountry of Crikvenica or to the viewpoints of Vinodol with great views. > *tz-vinodol.hr* | rivieracrikvenica.com | > tz-novi-vinodolski.hr

KRK BIKE

28 cycling routes on the island of Krk with more than 650 km of marked trails divided into three categories: MTB, trekking and road. > krk.hr

ISLANDS OF CRES AND LOŠINJ From trails through the forest and hills of Tramuntana on Cres to the connection with the southernmost part of the island of Lošinj. > *tzg-cres.hr* | > *visitlosinj.hr*

ISLAND OF RAB

In addition to several trails on the island or the demanding climb to Kamenjak, the island's highest peak, we recommend the Kalifront-Dundo Forest-Rab bike tour. > rab-visit.com

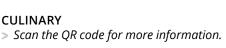
GORSKI KOTAR

More than 400 km of connected marked MTB trails that pass through the most beautiful parts of the wooded and hilly area, including Risnjak National Park. > gorskikotarbike.com

EUROVELO 8 – THE MEDITERRANEAN ROUTE

If you are embarking on this adventure, welcome to the EuroVelo 8 route also in Kvarner. > *en.eurovelo.com/ev8*

BIKE EVENTS <u>CroRace</u>: International cycling race with the participation of UCI professional teams; MTB race <u>"4 islands"</u>: From Krk to Cres, Rab and Llosinj; Gorski kotar bike tour



CULTURE Rijeka was European Capital of Culture 2020-21.



Bicycle circle around Celldömölk You can visit the Kemenes Vulcano Park, the train station with three steam locomotives and can taste Hungarian culinary as well. > *bit.ly/3yY6uV1*

MOUNTAIN BIKE TOUR

<u>Irottkő detour</u> (length 170 km) If you are an experienced mounter biker, this is your field! Varied relief, mountain forest roads and cliffs and the highest peak of Alpokalja are waiting for you. In the Irottkő lookout tower you can feel the territory of two countries at your feet at the same time. Settlements: Aspang-Kőszeg-Szombathely (on MTB route)-Bucsu-Bozsok-Rechnitz-Aspang. > bit.ly/3rcFe2r

CULTURAL AND HISTORICAL JOURNEY TO THE RUIN TIME Szombathely becomes a roman city during the Savaria Historical Carnival at the end of every August, which is one of

the biggest historical festivals of Central Europe. > karnevalsavaria.hu THE CULINARY OF VAS COUNTY YOU MUST TRY AT

LEAST ONCE IN YOUR LIFE! Hungarian gastronomy is famous of its spicy, sweet and sour flavours. You can find high quality wines and the fruit brandy: "pálinka" in the countryside. > visitvas.hu/gasztrotippek

ŐRSÉG NATIONAL PARK – IN HARMONY WITH NATURE Are you tired of the urban noise and stress? The solution for your problem is the Őrség. Come and experience how the pure nature can help you to slow down and give you an ac-





IN THE FOREST KINGDOM

than 140 years. Scan the QR code for more information.



Charming intermediate river country in a scenic landscape

style. > visitmedimurje.com

THE AMAZON OF EUROPE BIKE TRAIL WITH THE DAILY STAGES S2, S3, S4 AND S6. <u>R1 Drava Route:</u> The route connects to Drauradweg in Ptuj and enters Međimurje at Trnovec. From there you can head towards Pušćine, the Drava river and Prelog or towards Čakovec. Near Otok, you can cycle on the embankment and enjoy the views of the lakes. The route finishes near Legrad. R2 Mura Route: The route connects to the Austrian Murradweg in Bad Radkersburg. It leads through Slovenia to Međimurje in Banfi. From Bukovje, the route leads through the villages in the valley along the Mura river. In Kotoriba the route turns towards Donja Dubrava and crosses Drava river. <u>L 16 Mill Route:</u> The circular route begins at Sv. Martin spa and continues in the valley through the Natura 2000 protected area towards Štrigova and leads back through Jalšovec. Along this route you can visit Terme Sveti Martin, a traditional river ferry and the mill or the Regional Park "Mura-Drava". Steiner's Route: The route starts and finishes in Donji Kraljevec the hometown of Rudolf Steiner, philosopher and founder of anthroposophy. Attractions along the way are among others floodplain forests and grassland along the Mura or

ethnic collections of locally made lace in Sv. Marija.



Outstanding Nature and Culture on an Adriatic Peninsula

In Istria, you can ride your bike on rocky trails and forest paths, through green valleys, along streams and over picturesque hills to welcoming villages and towns. > istra.hr | > istria-bike.com/en

PARENZANA – THE ROUTE OF HEALTH AND FRIENDSHIP

Parenzana was a 123 km long narrow-gauge railway line between 1902 and 1935 from Trieste to Poreč. Today it is the most famous and picturesque mountain bike and hiking trail in Istria with 9 tunnels, 11 bridges and 6 viaducts. Along the route there are 25 Bike&Bed facilities, seven repair shops and 15 rental agencies. > *parenzana.net*

The two-wheeler ride to a truly fairy-tale forest begins in Vrsar. On the trail intended primarily for children we will pass through the Kapetanova Stancija settlement and the Kontija special reserve. It represents an unusual forest kingdom hiding the magical forest of Oriental hornbeam which has been preserved for more

Between the rivers Mura and Drava lies lovely Međimurje. With the hills and valleys the endless green shades are laid out just like a garden. The people of Međimurje are widely known as hard-working and hospitable with an active life-

Zazorje - fairy tale at hand

Zagorje is located in the northwestern part of the Republic of Croatia. Here you will find everything a true fairy tale must have – forests, castles and manors, museums, thermal springs, churches, trails, vineyards and wine routes, delicious food, nice people, stories, legends and "popevke" (traditional songs).

CROSS-BORDER ROUTE SLO-HR HARMICA-RIGONCE This beautiful cycling route will take you through the neighbour area between Croatia and Slovenia. This region is famous for its numerous natural, cultural, touristic and historical sites, dotted with hills and valleys, streams and rivers.

ERDŐDY FAMILY ROUTE IN KLANJEC

Klanjec is a small town of rich history and tradition, situated beneath the Cesar Hill next to the river Sutla, at the border with Slovenia. The greatest contribution to picturesque Klanjec was given by the noble family Erdődy that ruled the city for over 400 years. The Franciscan Monastery and the galleries of the famous sculpturer Antun Augustinčić are

MOUNTAINBIKE REGION

open for public.

Numerous MTB routes enrich the variety of the Zagorje bicycle offer. Laterna Magica Route Zlatar; Dirt houses Kumrovec, Bedeković Route - Bedekovčina, Rattkay Route-Desinić, Feller Route – Donja Stubica, Badl Route – Krapinske Toplice, Through the Nature Parks Medvednica and Stubica Region and Over the Slopes of Ivančica.

MOUNTAINBIKE REGION

In Istria there are 69 MTB trails. Each trail has an individua number and there are labels describing the bike trail's difficulty. This way at all times you know exactly where you are on the trail and which direction you must take. To improve the experience of families we have introduced the category "Family&Recreation" which focuses on safe and easy trails.

EVENTS AND ATTRACTIONS

Annual calendar of bike events in Istria and annual calendar of all events on the links below. Furthermore explore the rich cultural and natural heritage of Istria through the offer of numerous cultural sights, museums, churches or natural attractions. > *istria-bike.com/hr/manifestacije* | > istra.hr/hr/kalendar | > istra.hr/hr/dozivljaji/kultura

CULINARY

Reward your palate with the delicious Istria cuisine, enjoy the high-quality Istrian wines and olive-oils. Istria is an ideal destination for gastronomical challenges and exploring the gourmet offer, but also to enjoy already known tastes and smells. > *istra.hr/hr/gourmet*

SUSTAINABLE ACTIVITIES

Istra Ecoxperience introduces eco-certified facilities and offers from accommodations to eco-producers, eco-beaches, e-charging stations, eco-events, protected areas, eco-museums and eco-friendly activities in a special brochure. It encourages local communities to preserve our natural resources and cultural heritage. > *istraecoxperience.com*



Pušipel Route: The scenic circular route starts and finishes at Sveti Martin spa. It leads past numerous vineyards with elevations which offer spectacular views. The trail runs almost entirely on the road. It passes through several picturesque villages and meets various wineries and tasting rooms. > *medimurje-bike.com*

NATURE IN MEDIMURJE:

Two natural-geographical elements can be distinguished clearly in Medjimurje: hilly upper and plain lower Medjimurje which both create its diverse and beautiful scenery. You will be amazed by the green hillocks with thousands of vineyards, the river Mura's meanders or Drava's sandbars. visitmedimurje.com

CULTURE AND HISTORY

Many archeological findings dating from the Neolithic and Eneolithic up to the Bronze Age testify the ancient life in Medjimurje. The Zrinski count family period represents the golden age of the feudal history in Medjimurje. Modern cul tural forms are created with an interdisciplinary approach to art through festivals and various multimedia events.

ENOGASTRONOMY

Just as Medjimurje's heritage is interesting and imaginative so is the traditional cuisine. As a testimony, there is a famous cookbook dating from the 17th century Zrinski court, which contains a list of recipes of Mediimurie's authentic Baroque culinary experience. The dishes are best accompanied by Medjimurje's lively refreshing wines which include Graševina Sauvignon Blanc, Chardonnay or Traminac as well as wonderful Bordeaux varieties. > visitmedimurje.com

BIKE EVENT BIMEP

Međimurje Association of Sports Recreation "Sport for All" organizes an annual sports and recreational cycling race "Bikes on Medimurje trail BIMEP" with a trail length of more than 150 km. > *medimurje-bike.com/manifestacije*



EVENTS AND CULTURE

Various and colourful events complete the touristic offer of Krapina-Zagorje County: "Peasants' Revolt" in Donja Stubica (February), Rally in Kumrovec (March), Kostelska Pištola (around Easter), Hot Air Balloon Rally in Gubaševo-Zabok (May), Air meeting for Rudi and the Tabor Film Festival (both in July). Natural and cultural beauties such as the famous Krapina Neanderthal Museum or the significant landscape of Zelenjak among many others invite a visit to this charming part of Croatia. Tourist Info centers are in Krapina, Tuheljske Toplice, Klanjec, Marija Bistrica, Donja Stubica and Zlatar.

GASTRONOMY INFO

More than 100 restaurants, caffes and bistros in the County offer delicious food. Typical dishes are Zagorski štrukli and Bučnica (different strudel pastries with cheese and pumpkin), Zagorska purica z mlincima (Zagorje turkey with flatbread) or Zagorska juha (typical soup). Local wineries produce authentic grapes and in the wine variety mostly Pinot noir, Sauvignon Rhine Riesling and Welschriesling.

WATER PARKS

After an active day, the best way to rest, relax and have fun is to go to the thermae. In Zagorje you can choose modern water parks with thermal water, water slides and waves. If something can be called a sweet concern, then that is the choosing of the thermae in Zagorje. Aquae Vivae, Thermae Tuhelj, Thermae Jezerčica, Hotel Matija Gubec ... It is our advice to find your favorite thermae and surrender to the comforts they provide. And next time, some other can become your favourite, why not?

visitzagorje.hr/en | > zagorjebike.com.hr/en





Untouched nature as it's best connecting North and South

Exciting green landscapes filled with activities and cultural heritage are a favorite destination for an active vacation. The natural wealth of forests and rivers have left a deep mark in the tradition of the Karlovac region, and its location in central Croatia, at the border between the north and south, has marked its history. Two of the major Croatian cycling routes go through Karlovac region towards the Plitvice Lakes. > cyclingadventure.net/en

EXPLORE THIS IMMERSIVE BEAUTY WITH YOUR BIKE

If you'd like to get to know the beauty of Karlovac Region and its attractions while cycling, you can explore total of 31 routes providing around 525 kilometers of marked cycling trails. So, while on your bike, you can explore the four rivers valleys of Karlovac, the stone bridges, ancient castles, old villages, wineproducing hills and expansive meadows. The routes mostly go along the side roads with less traffic, including the historic roads to the Adriatic Sea. Some of them go along the picturesque valleys of the Kupa, Korana, Mrežnica or Dobra rivers, others wind near the medieval castles and churches.

FAMILY BIKING

Around Karlovac there are over 500 km of bike routes in a beautiful scenery with widespread cultural heritage. Karlovac is the town of beer, parks and one of the rare towns that has four rivers flowing through it. The largest one, Kupa, passes



A green adventure with countless natural beauties

DRAVA CYCLING ROUTE

Drava Cycling Route in Slovenia and Croatia offers an adventure at every turn. It is divided into six stages, which are between 30 and 50 km long and add a total of approx. 210 km. Among other things, cyclists that take the route this way will encounter rafting, rowing, swimming, gold panning, natural attractions and cultural offerings of towns and places along the way. > *dravabike.si*

PARENZANA

The trail connects Italy, Slovenia and Croatia, with most of the trail going on the latter two. Now you have 120 km of great trekking bike experience (lots of gravel roads), with great views and the hint of history on the tracks. They are not too demanding, so appropriate for everyone. You can do it in one day, when you want to train, but its better to extend your trip to 2 or 3 days, stopping and taking in the views, the feelings and the history.

FAMILY BIKE RATEČE-KRANJSKA GORA-MOJSTRANA GORIE-BLED

Starts in Rateče at Slovenia-Italia border. First option is biking to Tarvisio or Lago di Fusine. Second option is biking via Kranjska Gora on the track of old railway trail leads to Mojstrana and and forward to the Radovna Valley, from there the trail leads to village Gorje and forward to Bled lake.



Cycling across the Green King and in picturesque hills

The Green Ring of Zagreb is versatile enough to provide all cycle travellers, recreational and sports cyclists with different riding experiences according to their personal taste and preferences. The areas towards north and west are hilly and spotted with lakes and on the way to south and east, there are forests and floodplains. > visitzagrebcounty.hr/en/visit-county/bicycle-maps

ZAGREB COUNTY CYCLING ROUTE

This route is 207 km long and connects the towns and municipalities of the County by networking the existing bike trails. > Scan the QR code for more information.

MOUNTAINBIKE CHALLENGES

Zagreb Surroundings with the two Nature Parks Medvednica and Žumberak-Samobor highlands is ideal for MTB challenges and outdoor fun. The green Medvednica mountain is watching over the Croatian capital with almost a million inhabitants. It includes eight loop bike trails and one transverse trail connecting them. Žumberak and Samobor highlands are one of the least inhabited areas in Croatia and therefore the combination of pure nature and unforgettable views. The Park includes six cycling trails.

> parkovihrvatske.hr/nature-park-medvednica medvedgrad.eu/en/bike-trails-on-medvednica

parkovihrvatske.hr/nature-park-zumberak-samobor-highlands

through the town centre, and Dobra and Korana flow into it. A bit further down at Turanj, the river Mrežnica flows into Korana. The rapids made by these rivers attract adventurers who wish to try their hand at canoeing or rafting.

DUBOVAC CASTLE

This renaissance castle with Gothic elements is one of the most beautiful examples of architecture from the middle ages in Croatia. It is located above the Kupa river and can be traced back to 13th century. Its most famous owner was the Frankopan family. Today it is a museum and lookout over the surrounding area. In May, the experience is even better when the castle hosts the Medieval Nobility Fair.

RASTOKE - A WATERMILL PEARL IN THE MIDDLE OF CROATIA

Created by a whim of nature where the green and blue Slunj čica river flows over the travertine barriers into the Korana river. Bunch of multitude waterfalls, rapids, small lakes and cascades are the best description of Rastoke area. Among other things, Rastoke witness of the impressive harmony between the nature and human achievements whereby the power of the water was used as the main and only mill drive.

CULINARY EVENT WITH KARLOVAČKO BEER The most famous and biggest Croatian beer festival is the celebration of Karlovac's most famous beverage, Karlovačko beer, brewed right here. Called a smaller version of Oktoberfest, the party takes place late August or early September and lasts for 10 days.



MOUNTAINBIKE TRANS KARAVANKE The Trans Karavanke MTB Trail extends from lezersko to

Tromeja and can also be travelled in the opposite direction Mostly it runs along forest roads on the sunny slopes of the Karavanke Mountains and only climbs to a peak at the border with Austria at its westernmost point, Peč, or Tromeja (the tri-border). The 132 km which are divided into 5 stages, include visits to the Slovenian Alpine Museum in Mojstrana and several popular mountain outposts. The trail is suitable for well-prepared mountain bikers as the daily stages are generally from 25 to 35 km long, but as many as 1,650 altitude meters of climbing are covered in one day.

ANNUAL BIKE EVENTS

- Slovenia Pro Tour (around Slovenia) Maraton Franja (Ljubljana – Cerkno – Ljubljana)
- Around Pohorie • Marathon cherrys Ljubljana – Brda
- Logarska dolina Kamnik UEC European MTB Championships Maribor Merzedez Benz MTB World Cup Maribor

LOCAL BIKE DESTINATIONS Iulian Alps: bohinj.si, dolina-soce.si Brda: **brda.si** Kamnik Savinja Alps: kamnik-savinja-alps.cor

Koroška: **koroska.si** Pohorje: *rogla-pohorje.si*, kope.si, visitmaribor.si Kočevsko: kocevsko.com



BIKE ROUTES IN SAMOBOR HIGHLANDS Samobor with its hilly surroundings is the cradle of mountaineering in Croatia and a town with a long excursion and tourist tradition. Seven cycling routes have been created covering about 150 km of trails. The longest route is 30 km long and runs through the village of Rude to Ostrc and the shortest one of 10 km passes the beautiful Grgos, both trails lead back to Samobor. > *samobor.hr/en/visit/biking-i11*

CULINARY STORY AND THE FLAVORS The Green Ring surrounding Zagreb is primarily a rural region. The food from these fertile fields has always supplied the city of Zagreb with diverse and quality domestic products. The restaurants, households and mountain huts offer homemade food and a cosy atmosphere, They also interprete a traditional culinary story on a plate and furthermore offer a large natural supply of mineral waters, craft beers and quality wines of Plešivica and the Zelina Wine Roads. visitzagrebcounty.hr/en/information/gastronomy

SUSTAINABLE AND SAFE ACTIVE TOURISM AROUND ZAGREB The campaign "Around Zagreb" encourages staying outdoors, in greenery and nature, with a focus on health, safety, sustainability and compatibility of the offer of the city of Zagreb and its green surroundings. Creative suggestions on how to enrich your stay with new sights and memories plus unique, diverse and delicious food and drinks. > *aroundzagreb.hr*



Marathon Alpe (Kamnik – Jezersko – Bad Eisenkappel -

Moravske Toplice moravske-toplice.com

Bela Krajina: *belakrajina.si* Posavje: *visitkrsko.com* Doleniska[,] visitnovomesto s Vipava: *vipavskadolina.si* Kras: **visitkras.info**