

Kat's Great Adventures

Italy - Slovenia - Alpe Adria Trail from Cividale to Trieste Hiking Tour 2023
Self-Guided Tour
8 Days / 7 Nights



The starting point of this hiking holiday is Cividale del Friuli. The long distance hiking path Alpe Adria Trail starts in Carinthia and runs through Slovenia to Friuli-Venezia Giulia; therefore it is a meeting point of three cultures. The tour offers both culturally and naturally enormous variety: starting with the place of pilgrimage of Castelmonte, through Cormons, Karst and Brda to the end of this stage in Trieste, a former Habsburg city.

Itinerary Day to Day

Day 1: Arrival in Cividale del Friuli

Individual arrival at the hotel in Cividale del Friuli.



Day 2: Cividale del Friuli – Prepotto + 520 m - 540 m 7 hours

Alternative: + 90 m - 110 m 3 - 4 hours

The path out of the Langobard town takes you to Castelmonte, the oldest sanctuary in the region of Friuli-Venezia Giulia, even one of the oldest Christian sanctuaries. Enjoy the breathtaking view over the plain of Friuli and the Slovenian Brda. The day will end with a good glass of wine in Prepotto. The alternative is following the official Alpe Adria Trail.

Day 3: Prepotto – Smartno + 620 m - 460 m 5 hours

Today's route takes you along the Italian-Slovenian border, passes vine landscapes of the Collio and numerous churches. Today you will

walk to Smartno, a small residential area in the township of Brda. Your gaze will wander from the Carnic Alps over the wide Friuli to the Adria.

Day 4: Smartno – Cormons + 350 m - 550 m 4 - 5 hours

Surrounded by grape vine plants of the famous DOC vines, as well as old and autochthonous grape variety which plays even more of a role in recent years, you reach Cormons with its Habsburg flair. This small town is nowadays the cultural center of the Collio. Indulge yourself in a taste of good wine in the Enoteca directly on the main square.

Day 5: Cormons – Gradisca d'Isonzo + 100 m - 120 m 4 - 5 hours

Today you hike through the hilly landscape of the "Görzer Collio" with its vineyards to Gradisca. The name Gradisca has Slavic roots and means "settled place". Under Venetian rule it was built into a fortress against the Turkish threat from east in the end of the 15th century. During Austrian ruling the fort was used as prison. In the historic center you will find the "Enoteca Regionale" (regional wine store) in the Palazzo dei Provveditori (15th century), known as La Serenissima. You can taste different wines of the region and buy them. Further objects of interest are remainders of the mighty town walls.



Day 6: Gradisca d'Isonzo – Monfalcone – Duino/Sistiana + 670 m - 650 m 8 - 9 hours; Optional tour: + 420 m - 420 m 6 hours + bus (ticket not included)

You leave Gradisca d'Isonzo and the plain of the Isonzo territory and hike through the barren karst, which is characterized by many traces of the First World War. Numerous subterranean water courses in the basin of the river Isonzo share your way today (e.g. Doberdo del Lago), as well as the water mouth of the river Timavo. This river with its length of 2 kilometers is probably the shortest river in the world. The last part of the tour from Monfalcone to Duino/Sistiana can be shortened by using the bus (ticket not included). At the end of the day Duino welcomes you with its homonymous castle.

Day 7: Duino/Sistiana – Trieste + 460 m - 500 m 7 - 8 hours

The first part of the route takes you on the famous trail of Rilke which is named after the homonymous German author. You continue as if on a terrace along the karst to Prosecco and the capital city of Friuli-Venezia Giulia, Trieste. Have a relaxed end of the day on the main square (Piazza della Libertà) with its opulent buildings.

Day 8: Departure

Individual departure or possibility to extend your stay.



Route



Technical Characteristics:

Route Profile: Medium. This hiking track runs along existing paths which are connected to each other. It was conceived as an easy to walk pleasure trail in mainly non-alpine terrain. No climbing knowledge required.

Distance: Daily hiking between 4 and 8 hours

Travel Season: Departures Saturdays from April 1 to November 4, 2023
Season 1: April 1 – July 11 and September 10 – November 4
Season 2: July 12 – September 9
No departures from July 15 - August 18

Price per Person:

Double Occupancy B&B Season 1	€ 789.00
Double Occupancy B&B Season 2	€ 849.00
Surcharge Single Occupancy	€ 205.00
Extra Nights Cividale del Friuli Double Occupancy B&B	€ 79.00
Extra Nights Cividale del Friuli Single Occupancy B&B	€ 104.00
Extra Nights Trieste Double Occupancy B&B	€ 89.00
Extra Nights Trieste Single Occupancy B&B	€ 124.00

Acommodation:

Guesthouses or hotels in 3* category

Included:

- 7 nights' accommodation
- Breakfast buffet or a full breakfast
- Luggage transfer from hotel to hotel
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for during the entire tour
- Navigation app

Not Included:

- Visitor's tax payable locally
- Bus ticket Monfalcone – Duino
- Transfer: Return transfer from Trieste to Cividale del Friuli by shuttle every Saturday € 39.00 per person - reservation and payment upon booking.

