



PEDAL & SEA
adventures

SLOVENIA CYCLING ADVENTURE GUEST TOUR PACKAGE

As you prepare for your cycling tour in Slovenia, here is
some important information to help you plan your
vacation with Pedal & Sea Adventures





SLOVENIA PRE TOUR KEY INFORMATION



AIRPORTS

● Ljubljana Airport (LJU)

We recommend you fly into Slovenia's capital's airport, [Ljubljana Airport \(click here\)](#).

HOTELS

● Hotel Kompas Bled

Our tour begins at [Hotel Kompas Bled \(click here\)](#). We recommend staying here for convenience.



TRANSPORTATION

● Taxi

Follow the “Taxi” signs at Ljubljana Airport to locate the dedicated taxi stations outside Terminal B. Ensure the taxi has a permit issued by Fraport Slovenija. Make sure the taxi meter is turned on and request an estimate to Bled. For your safety, refuse solicitations by taxis. The ride to Bled will take approximately 35 minutes.

● Bus

The bus station at Ljubljana Airport is located in the immediate vicinity of Terminal A. Busses run directly to Bled.

TOUR START

● Check in + Registration 2 PM (14:00)

The tour begins at Hotel Kompas Bled.

● Meeting with your Guides 2:30 PM (14:30)

Coffee & famous ‘Bled’ Cake, bike fitting and initial bike ride.



**Suggested
Apps To
Install:**



We use WhatsApp —
Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)



We use Ride With GPS —
Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)

MEDICAL & ALLERGIES



Guests with any medical issues, medications or allergies that we ought to be aware of, must inform our guides when they check in.

- **GUESTS WHO CARRY AN EPIPEN:** Please tell the guides at check-in where you keep it so they can assist if necessary.
- If you have any cardiac, pulmonary, breathing issues or recent surgeries, we urge you to inform our guides at check-in so we can assist in the best manner possible.
- In the event of an incident, Guides will make the best decisions in consultation with each guest and their respective partners/designates. Guests agree to understand this to be the case.
- **ALLERGIES:** We must be informed of any allergies you have, whether food or substance so we can make every effort to provide a safe environment.
- **DIETARY:** Please confirm any dietary requirements with your guides.



ADDITIONAL INFORMATION

What we provide:

- Small bike bag (it is also recommended that you bring a lightweight backpack)
- Van support
- Bilingual guides
- Any entrance fees
- Water bottles
- Route maps
- Snacks and cold refreshments
- Trip support



Weather

In late May and early June, Slovenia experiences comfortably warm and mostly sunny weather, especially in the lowlands and along the coast. Average daytime temperatures typically range from 21°C to 25°C (70°F to 77°F). Nighttime temperatures are cooler, generally between 11°C and 15°C (52°F to 59°F).

From mid-September through mid-October, Slovenia enjoys pleasant conditions as summer eases into early autumn. Daytime temperatures are usually in the low 20s°C in October, and can reach up to 25°C (77°F) in September. Nighttime temperatures during this period range from 10°C to 17°C (50°F to 63°F).

Occasional showers or short thunderstorms may occur, particularly in the mountains and interior regions.



Roads & Traffic

Slovenia roads use kilometers (km) for distance and speed limits. In Slovenia, traffic drives right of centre on the road.



Banking and shopping

- Banks are open Monday-Friday and closed on Saturday & Sundays
- Shopping is generally open Monday to Saturday and closed on Sunday
- Alcohol can be purchased in shops/supermarkets before 9 PM (21:00)



Tipping Your Guides

While tipping is always at the discretion, we are often asked for guidance. Here is what we suggest:

- 15-25 Euros per day – per guest – per guide (as a general amount).

Should you believe more or less is warranted, feel free to adjust accordingly.

CHECKLIST

Items We Suggest You Bring

- | | |
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| ☐ Airline tickets | ☐ Bring a few lightweight clothing items for city wear (dinner and sightseeing) |
| ☐ Valid Passport / government ID / Any required travel documents | ☐ Fleece / Lycra sweater / long sleeves |
| ☐ Phone and charger | ☐ Sun hat or visor |
| ☐ Luggage: 2 carry-on sized suitcases, if possible, but not necessary. | ☐ Sandals |
| ☐ One personal bag (if your tour has a hiking portion, a knapsack to carry items) | ☐ Swimsuit |
| ☐ Cycling jerseys (2 or 3 - short sleeve and long sleeve) | ☐ Sunglasses |
| ☐ Cycling shorts (1-3 pairs) | ☐ Sunscreen/bug spray |
| ☐ Arm warmers if desired | ☐ Any medical or nutritional items you deem necessary |
| ☐ Cycling rain (jacket, pants waterproof and breathable) | ☐ Gel seat cover, or your own saddle, do not bring the post (if cycling) |
| ☐ Cycling shoes | ☐ Universal power outlet adapter, or European power outlet adapter |
| ☐ Cycling gloves | ☐ Rear view mirror, if desired. Helmet version preferred. |
| ☐ Helmet: if you wish to bring your own, otherwise one will be provided at no additional cost | ☐ Pedals: If you want to clip in, bring your own pedals. Our guides will put them on your bike. This does not apply to e-bikes. |
| ☐ Comfortable walking shoes, sweater, light jacket or windbreaker for after dinner | ☐ Extra water bottle, if desired. |

☐ **ETIAS (New European Union travel visa.)**

ETIAS PROJECTED TO BEGIN IN THE 4th QUARTER OF 2026.

- As with all travel authorization and visa documents, it is your responsibility to apply for and submit an application. Please be aware of, and have received, everything you require to travel. [Monitor the European Union's OFFICIAL Website for the latest status on ETIAS \(click here\).](#)

ITINERARY

Day 1 : Bike ride: 12 km / 7 mi (relaxing)

The tour begins in one of the most romantic places in the world. Bled is an image of paradise. Its lake with the only natural island in Slovenia and a castle perched on a cliff is one of the most beautiful Alpine resorts in Europe. The World Famous cake Rezina was born here. After check-in in your hotel, we will begin our adventure, where the original recipe still exists and where over 16 million slices have been made and sold since it was first created in 1953. In the afternoon we will make an easy ride around Lake Bled and the surrounding area. After that you will have free time before we will take you to the dinner with local food.

Day 2 : Bike ride: 43 km / 27 mi (moderate to challenging)

You will depart today from Bled and make your way to another Alpine pearl – Slovenia's biggest mountain lake Bohinj, one not yet spoiled by tourism, a true gem of nature surrounded by beautiful forests and high mountains. The route takes you from the Bled lake shore through the nearby villages, green meadows and the sound of cowbells up a paved road to the mountain pastures on the high karst plateau of Pokljuka. It's a part of Triglav National park which takes name from Slovenia's highest mountain, Triglav (2,864 m), and is seen by many as a kind of holy mountain. From Pokljuka there you mostly descend through forests, passing some more wooden huts and villages down lower, until the asphalt road takes you through the valley, all the way to the Bohinj lake, where you can relax and cool down with an after bike swim. And if you ride a little bit more to the source of Sava river you will find out why Agatha Christie wrote that "Bohinj is too beautiful for murder".



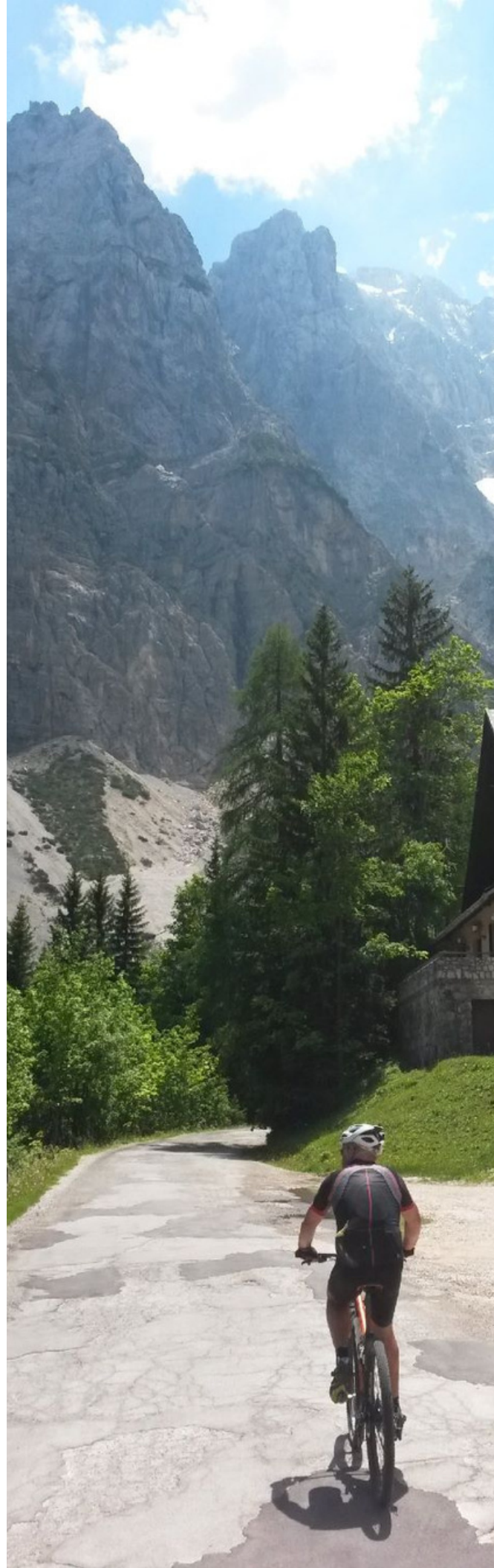
Day 3: Bike ride: 63 km / 39 mi (moderate to challenging)

Your epic day will start with a 5 min walk to a railway station. You'll catch the train and have a nice ride to Soča Valley. The Soča River is called an emerald beauty by everyone. The phenomenal turquoise color contrasting with the white stones surrounding the river will take your breath away. The river uncovers the heritage of the First World War as well as other stories of the valley. Bike ride starts at Kanal, an important crossing point over the Soča. After the first 15 kilometers easy riding by the Soča River in Slovenia we cross the border towards Gorizia (Italy). After nice original Italian coffee break, we leave Italy and continue with typical "up & down" part of Vipava valley and Slovenian Karst region – the land of unique vines and first-rate cuisine between the Alps and the Adriatic Sea. On your way you'll visit Štanjel, the medieval settlement with narrow alleys and a castle. Overnight stay in town Sežana.

Day 4 : Bike ride: 59 km / 37 mi (easy)

Day 4 is reserved for Mediterranean Slovenia. After breakfast the tour will take you to Lipica, birthplace of noble white Lipizzaner horses. The oldest European stud farm that has been breeding the same horses without interruption is a cultural and historical monument, which impresses people with its horses and its surprising landscape. After Lipica you descend toward Parenzana – a biking trail running along the former 123 kilometers long railway line between Trieste in Italy and Poreč in Croatia. Along this route you'll be accompanied by a warm sea breeze, pine trees, olives, mediterranean stone and picturesque Slovenian coastal towns – the sunny Koper, the fishing town Izola or romantic Piran.

Feel the salt on your skin, taste the nobility of the local wines and dishes with excellent olive oil. Get to know the "salty" side of Piran and the adventures it brings with it.



Day 5 : Bike ride: 57 km / 35 mi (moderate)

After breakfast pick up will have you in our van and quickly outbound from Piran to Divača and the start of the tour. You have Slovenian Karst on the menu today. After some rolling hills at the start the tour will take you to the largest cave castle in the world. Predjama Castle For over 800 years it has been guarding a rock face, 123 metres high. Mysterious underground tunnels of knight Erazem connect it with the cave directly beneath. Speleologists discover new caves in Slovenia every year, which amount to more than 8,000 by now, but only about 20 of them are show caves. One of them is your next stop – the largest and most visited is Postojna Cave, the home of the human fish. Postojna Cave is the only karst cave with a railway, which was built more than 140 years ago. The unique tourist train will take you to the underground network of karst corridors, galleries and halls.



Day 6 : Bike ride: 63 km / 39 mi (easy)

Today's bike ride in the Green heart of Europe starts in Postojna and takes you to Ljubljana. So-called green trails toward Central Slovenia lead through places of UNESCO heritage of humanity and primeval forests and the marsh where the oldest wheel in the world was discovered. The capital, whose name sounds like beloved in Slovenian (Ljubljana–ljubljen), lives with a thousand faces of urban culture and art, festivals and events. The area on either side of the river with its picturesque bridges and the central market owes its distinctive appearance to the great architect Jože Plečnik. In the evening take a stroll through the charming city streets or actively exploring points of interest in Ljubljana and restore your strength with a fine culinary experience of Ljubljana chefs.



Day 7

Breakfast (after breakfast optional transfer if needed).

**Please note: Itinerary is subject to change to provide our guests with the best tour experience.*





A NOTE TO OUR GUESTS:

We are excited to have you as part of our tour! I trust this tour package answers many questions and provides insights about your upcoming trip. It's our role to provide you with a great cycling adventure. Please ask our guides for anything you may need.

Have a great trip and have lots of fun!

My best,

Michael

Michael O'Leary
President,
Pedal and Sea Adventures Inc.

michael@pedalandseaadventures.com

Office: [902-858-3030](tel:902-858-3030)

Toll-free North America: [1-877-777-5699](tel:1-877-777-5699)

WhatsApp/Mobile: [972-975-2266](tel:972-975-2266)