

Milan to Ljubljana Cycle

Trip code: ML



Overview

 Total 7 days

 Hotels

 Difficulty: 

 Cycling 5 days

 Italy & Slovenia

 June, July, September

This epic multi-day ride takes you from the bustling heart of Milan to the charming capital of Ljubljana, covering diverse landscapes, historic towns, and scenic waterways. Starting with a peaceful warm-up along the Naviglio Martesana canal, you'll traverse Lombardy's countryside, the sparkling shores of Lake Garda, and the rolling Berici Hills. The journey continues across the Veneto plains via tranquil cycle paths, historic cities like Treviso and Palmanova, and the gentle plains of Friuli-Venezia Giulia, before crossing into Slovenia for the challenging Podkraj/Col climb and a flowing descent into Ljubljana.

Highlights

- Beginning the ride under an architectural marvel, the *Duomo di Milano*
- Warm up from Milan's Duomo along the scenic Naviglio Martesana canal
- Ride Lake Garda's southern shore, finishing with Via Monte Grappa climb
- Glide peacefully along the Ostiglia–Treviso cycle path through countryside and villages
- Stopping at Palmanova, the star-shaped UNESCO fortress in Friuli-Venezia Giulia
- Descending into Ljubljana's historic center

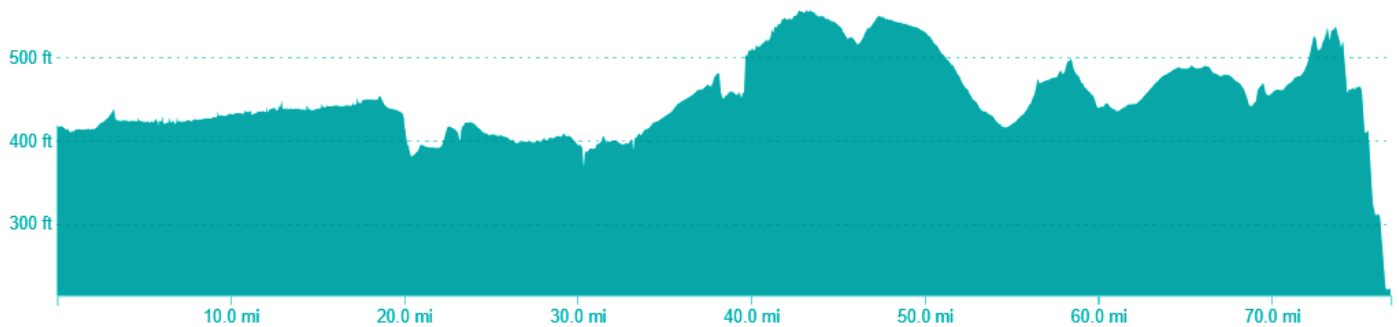
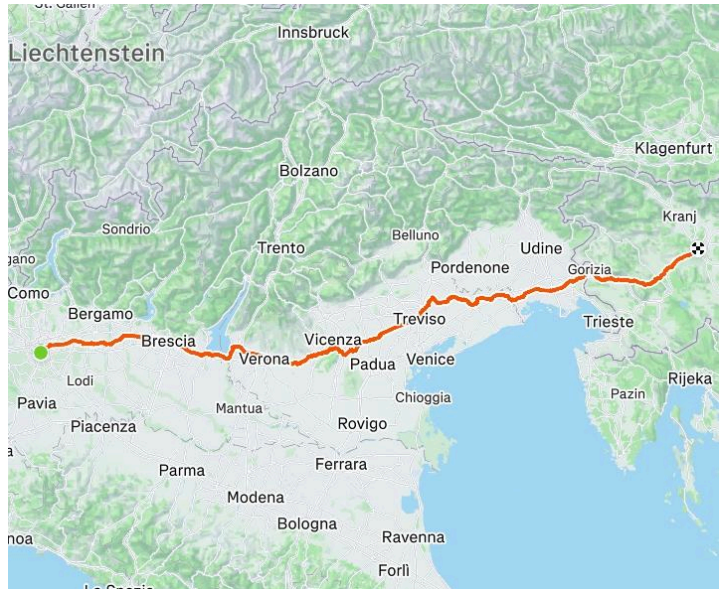
Detailed Ride Itinerary

Day 1: Meet at Milan hotel

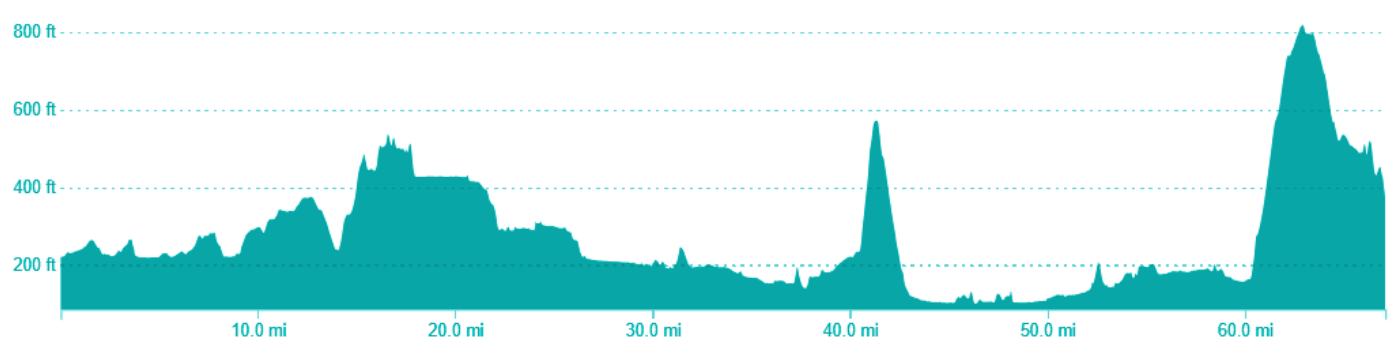
This trip starts at our hotel in Milan. Details of the hotel and how to get there will be issued once the trip has been confirmed. Here you'll be met by the More Adventure team for a trip briefing and evening meal before making any final preparations.

Day 2: Milan to Desenzano del Garda 124km & 250m ↑ / 77 miles & 800 feet ↑

After breakfast in the hotel we'll load up the support vehicle then begin our first days' riding from the Duomo in Milan. Heading northeast, we'll then join the Naviglio Martesana canal path east which offers a flat, traffic-free warm-up on a smooth towpath riding alongside the water, passing green stretches, old locks, and canal towns like Gorgonzola and Cassano d'Adda. From Cassano, we leave the canal and continue east through open Lombardy countryside on mostly flat to gently rolling roads, threading through farmland and small villages as you gradually build mileage toward Brescia, where urban riding returns and a longer break is well earned near the historic center (around the halfway point). Leaving Brescia, the route turns more scenic and slightly more undulating, skirting vineyards and rural lanes as Lake Garda draws closer, with a noticeable shift in light, air, and terrain. The final miles descend gently toward the lake, delivering you into Desenzano del Garda with sweeping views of the water, palm-lined promenades, and a well-deserved finish by the lakeside.



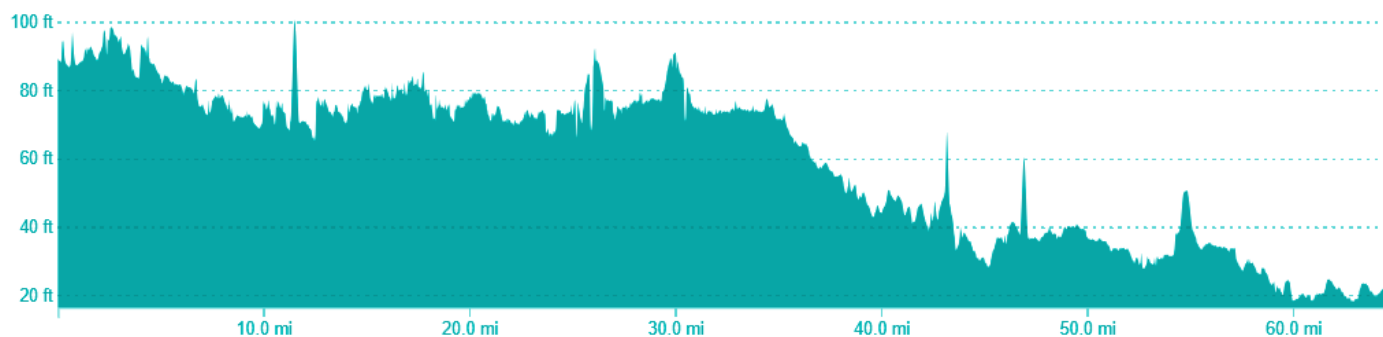
Day 3: Desenzano del Garda to Arcugnano 108km & 800m ↑ / 67 miles & 2500 feet ↑



We depart Desenzano del Garda along the lakeshore in the early morning light, enjoying flat, scenic riding tracing the southern edge of Lake Garda toward Peschiera del Garda. Our route then continues east through Lazise, where the road gently rolls past marinas, olive trees, and café-lined waterfronts before turning inland toward Bussolengo on quiet secondary roads. From here the route follows the Adige River corridor into Verona, where urban riding increases but rewards you with a memorable passage through the historic center with its striking medieval walls and towers—an ideal place to pause briefly for photos and a refill. Leaving Verona, the terrain gradually toughens as you head northeast through open countryside toward the Berici Hills, saving your legs for the finale: a sustained climb up Via Monte Grappa to Berici, where gradients sharpen and the day’s accumulated miles are felt, but views open across the plains below. From the crest, enjoy a fast, winding descent into Arcugnano, finishing the day with tired legs, big smiles, and a well-earned hotel overnight in the quiet foothills south of Vicenza.

Day 4: Arcugnano to Oderzo

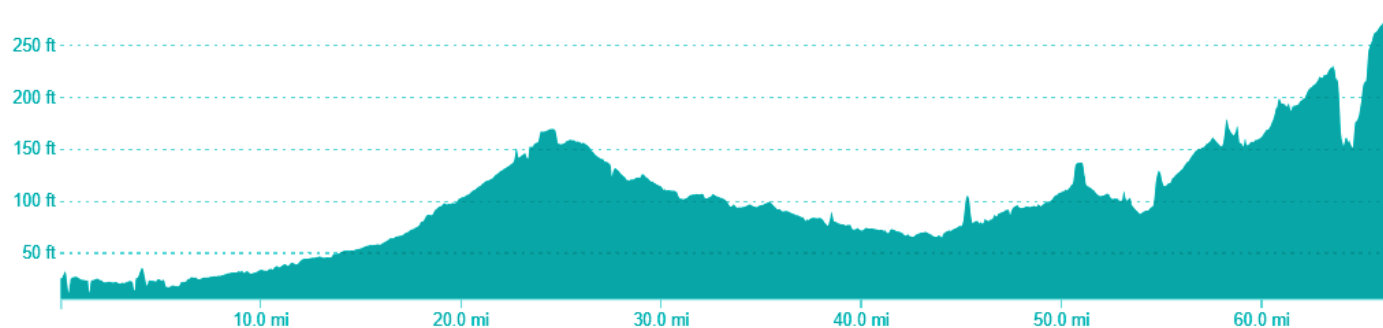
106km & 125m ↑ / 66 miles & 400 feet ↑



We leave Arcugnano and enjoy a quiet pedal through the Veneto countryside, gently rolling out of the Berici Hills toward Padua, where you’ll pick up the historic Ostiglia–Treviso cycle path — a long, mostly flat, former railway greenway that stretches across the Veneto plain with shaded tree-lined sections, rural landscapes, small villages, rest spots and occasional historical railway relics along the way. We follow it roughly west-to-east, rolling steadily past fields and tranquil farm towns, taking short breaks as needed for water and snacks. We follow the Fiume Sile river through Treviso before the final leg northeast on quiet backroads toward Oderzo, enjoying pastoral vistas and small town charm until you reach your finish in Oderzo.

Day 5: Oderzo to Gorizia

108km & 215m ↑ / 67 miles & 700 feet ↑

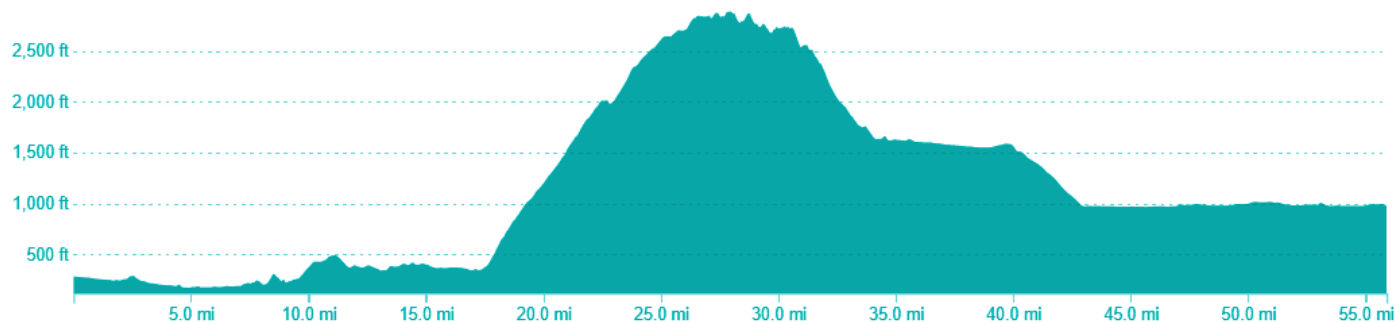


Our route heads east through gentle Veneto plains toward San Vito al Tagliamento, enjoying the mix of open farmland and historic town centers, before continuing south-east to Codroipo, keeping a steady rhythm on mostly flat roads. Midway, we’ll take a scenic stop in the star-shaped fortress town of Palmanova, a UNESCO World Heritage Site, which was built with nine points and concentric defensive walls to protect against invasions. We’ll then cross the tranquil Torrente la Tor, and follow quiet country lanes

through rolling landscapes and scattered villages as we gradually approach Friuli-Venezia Giulia. The final stretch brings you into Gorizia, perched on the Italian-Slovenian border, where you can finish your ride soaking in views of the nearby Soča/Isonzo River and reflecting on a day traversing diverse Italian towns, rivers, and historic sites.

Day 6: Gorizia to Ljubljana

92km & 1200m ↑ / 57 miles & 3900 feet ↑



We depart Gorizia in the morning, crossing the Italian-Slovenian border and easing into the scenic Slovenian countryside with gentle rolling terrain through vineyards and small villages. As you approach Ajdovščina, prepare for the climb of the day to Podkraj / Col. It's a steady ascent of roughly 10 miles with an average gradient of 4–5%, featuring a few steeper ramps up to 7% in short bursts, winding through forested sections and open farmland, offering panoramic views of the Vipava Valley below. After cresting the climb and enjoying a well-earned coffee we'll enjoy a fast, flowing descent toward the Ljubljana basin, passing picturesque Slovenian villages and riverside stretches. The final leg into Ljubljana is mostly flat, allowing you to roll into the capital in the afternoon, arriving relaxed and ready to explore the historic center along the Ljubljanica River. Congratulations on completing this epic journey from Milan to Ljubljana, it's time to celebrate!

Day 7: Ljubljana - trip ends

0 km & 0m ↑ / 0 miles & 0 feet ↑

Today the trip officially ends and we say our goodbyes, what an epic journey! It is a 30 minute taxi journey from the city centre to the airport if you're heading straight home, if not have a fantastic time exploring this incredible city!

Included

- Cycle leader(s)
- Support driver
- Support vehicle
- 5 x night's hotel accommodation
- 5 x breakfasts
- Daily fresh fruit and water in support vehicle
- All luggage and bicycle boxes transported during your trip
- GPX files of the route (if requested)

Not Included

- Bicycle and helmet
- Outbound travel to Milan
- Airport transfers
- Homebound flight from Ljubljana
- Lunches, evening meals & drinks
- Personal ride snacks
- Optional excursions in Ljubljana
- Personal travel insurance

This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.

Trip Notes

Support team

This trip will be led by at least two highly experienced and qualified leaders who will either cycle with the group or drive one of the support vehicles. They are first aid qualified and hold other relevant outdoor qualifications. The cycle leaders ride with the group each day and they will position themselves in the most appropriate positions throughout each day. They will guide and encourage the group, help deal with any bicycle mechanicals and navigate where required. The other leader will be driving a large van which is the main support vehicle. They will offer assistance where necessary, transfer all luggage from one hotel to the other, set up the buffet lunches and be on hand should anyone need a break from the cycling.

Trip suitability

You will be cycling for between eight and ten hours each day but this is not a race, this is a group trip and we like to cycle as such. You will be cycling through mountainous terrain with a few sustained climbs. If you are unable to keep a moderate pace or you simply want a break, you will be picked up and travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 8+ hour cycles so you will know what is required. You will need to get some hill practice in! A link to our trip grades that explains in depth our star rating is here:

www.moreadventure.co.uk/cycling-grades

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require a training plan visit <https://www.trainingpeaks.com/> who offer free and paid training programmes (you can also get a British Cycling member discount).

Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather, as it can rain at any time of the year and mornings and descents can be chilly. Our recommendations on what clothing to bring will be issued upon booking. It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water.

Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. For any significant pre-existing medical conditions we will require a comprehensive medical declaration form that may need to be verified by your GP.

Insurance

We recommend that you obtain travel insurance for this trip and personal travel medical insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). Yellow Jersey offer cycling-specific travel insurance cover (see below).

We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with [Yellow Jersey Cycle Insurance](#). They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code MOREADV10 for 10% off.

Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

Money

Meals each evening tend to cost between £15 and £25. You will also need to budget for any excursions in Milan and Ljubljana, airport transfers, lunches and evening meals.

You will need Euros to spend in Italy and Slovenia. Most shops, transport and cafes accept card payments.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels, all have hot water showers and excellent amenities. Room allocations are based upon twin sharing but a single room supplement may be possible for an extra cost and this can be added upon booking (based upon availability).

Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be eaten at cafes, the location of which will be given each morning. We will also be stopping at shops

along the way for people to buy snacks and drinks.

Evening meals and drinks are not included but you will have the opportunity to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £15-£25.

Equipment

We recommend road bicycles for this trip, please contact us if you are unsure whether your bike is suitable. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your cycle leaders will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. [Continental Gatorskin](#), [Continental Grand Prix 4-Season](#)).

We do not provide helmets but it is essential you bring your own to wear.

Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable but please bring a waterproof top and a lightweight windproof top. Make sure you bring enough clothes for each day's cycling and for evening meals.

We recommend you bring clothing that you are comfortable cycling in. This may include (but is not limited to) padded cycling shorts/leggings, a 'wicking' t-shirt/long sleeved base layer, and a lightweight waterproof. There is a chance we may be arriving into our hotel at dusk or in poor visibility and there are a few tunnels on this ride so please bring high-visibility clothing, and front and rear bicycle lights.

There is limited space on the support van so we recommend that you keep clothing and luggage to a minimum. No laundry will be available on this trip.

It is essential that all riders wear a cycling helmet. You also need the provision to carry a minimum of 1.5 litres of water when cycling. This can be in the form of cycle-mounted bottles or in Camelback-style backpacks.

Luggage

You will need two pieces of luggage on this trip; a grab-bag with items you may require throughout each day's ride and then one large holdall/suitcase for other items you will need at each hotel.

Please also bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [saddle bag](#), [frame fit bag](#) or something similar. You do not need to carry a great deal whilst riding because the support vehicle will be meeting you at various points throughout the day, but it's a good idea to be as self-sufficient as possible.

This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

Joining the trip

Milan - there are three airports serving Milan:

- Malpensa MXP (45km / 40 mins train/bus/taxi from the city centre)
- Linate LIN (7km / 40 mins train/bus & 20 mins taxi from the city centre)
- Bergamo Orio al Serio BGY (50km / 60 mins train/bus/taxi from the city centre)

The More Adventure team may be able to assist with getting your bicycles and luggage to/from the airport but this will depend upon timings (please contact us once the trip has been confirmed).

How to book

(we recommend you have adequate travel insurance before booking any trip)

1. Find a date that suits you on our website
2. Click '*Book Now*'
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on '*Make Payment*' and securely pay a 40% deposit through Stripe
7. **Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins. This can be paid in installments or in one payment through your More Adventure account.