

TRIP ITINERARY · CYCLING · ITALY & SLOVENIA

# MILAN TO LJUBLJANA

334 miles from the Duomo in Milan to the Slovenian capital: Lake Garda, Verona, the Veneto plains and a final climb into Slovenia.

| 7 days | 5 | 334 miles | Hotels | ★★★★☆ | June, July & September |
|---|---|---|---|---|---|
| DURATION | DAYS RIDING | DISTANCE | ACCOMMODATION | DIFFICULTY | SEASON |

## OVERVIEW

**Five big days across northern Italy and into Slovenia, on canal towpaths, lakeshore roads, old railway greenways and quiet country lanes.**

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 cross Lombardy's countryside, the sparkling shores of Lake Garda and the rolling Berici Hills.

The journey continues across the Veneto plains on tranquil cycle paths, through historic Treviso and Palmanova and the gentle plains of Friuli-Venezia Giulia, before crossing into Slovenia for the climb to Podkraj and a flowing descent into Ljubljana.

It continues our London to Paris, Paris to Geneva and Geneva to Milan rides, but it's a fantastic standalone trip too.

★★★★★

*"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."*

**Brian Kalms · Google review**

## HIGHLIGHTS

- ✓ Setting off from the Duomo di Milano
- ✓ A flat, traffic-free warm-up on the Naviglio Martesana canal
- ✓ Lake Garda's southern shore and the climb into the Berici Hills
- ✓ The Ostiglia–Treviso greenway through the Veneto countryside
- ✓ Palmanova, the star-shaped UNESCO fortress town
- ✓ Climbing into Slovenia and descending to Ljubljana

## DATES & BOOKING

**See the latest dates, availability and book online at moreadventure.co.uk/event/milan-to-ljubljana-cycle/**

DAY BY DAY

# DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: MILAN | BRIEFING & DINNER

## DAY 1: ARRIVE IN MILAN

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.



2

77 MILES (124 KM) · 800 FT (250M) | OVERNIGHT: DESENZANO

NAVIGLIO MARTESANA

## DAY 2: MILAN TO DESENZANO DEL GARDA

After breakfast in the hotel we'll load up the support vehicle then begin our first day's 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.



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67 MILES (108 KM) · 2,500 FT (800M) | OVERNIGHT: ARCUGNANO | VERONA | BERICI HILLS

## DAY 3: DESENZANO DEL GARDA TO ARCUGNANO



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.

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66 MILES (106 KM) · 400 FT (125M) | OVERNIGHT: ODERZO | OSTIGLIA–TREVISO GREENWAY

## DAY 4: ARCUGNANO TO ODERZO



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.

5

67 MILES (108 KM) · 700 FT (215M) | OVERNIGHT: GORIZIA | PALMANOVA

## DAY 5: ODERZO TO GORIZIA

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.

6

57 MILES (92 KM) · 3,900 FT (1,200M) | OVERNIGHT: LJUBLJANA | INTO SLOVENIA

## DAY 6: GORIZIA TO LJUBLJANA



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!

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TRIP ENDS | LJUBLJANA

## DAY 7: LJUBLJANA: TRIP ENDS

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!

THE ROUTE

# MILAN TO LJUBLJANA




| | |
|---|---|
| Day 2 · Milan → Desenzano del Garda | 77 miles |
| Day 3 · Desenzano del Garda → Arcugnano | 67 miles |
| Day 4 · Arcugnano → Oderzo | 66 miles |
| Day 5 · Oderzo → Gorizia | 67 miles |
| Day 6 · Gorizia → Ljubljana | 57 miles |

GPX files of the full route are emailed when the trip is confirmed.

### GRADE: CHALLENGING ★★★★☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

#### INCLUDED

- ✓ Cycle leader(s)
- ✓ Support driver
- ✓ Support vehicle
- ✓ 6 nights' hotel accommodation
- ✓ 6 breakfasts
- ✓ Daily fresh fruit and water in support vehicle
- ✓ All luggage and bicycle boxes transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)

#### 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

**Getting there:** Make your own way to the hotel in Milan, and home from Ljubljana (flights not included).

**Ljubljana airport:** About 30 minutes by taxi from the city centre.

#### GOOD TO KNOW

## TRIP NOTES

### TRIP SUITABILITY

Five consecutive days of 57–77 miles. Most of the route is flat or gently rolling, with a sustained climb on day 3 and a 10-mile climb (4–5%, short ramps to 7%) on the final day. You should be comfortable riding long distances day after day.

### HEALTH

Your health and safety is our number one priority. Our leaders hold outdoor first aid certificates and have hands-on medical experience. Visit your GP well before the trip to discuss any pre-existing conditions. We ask for a medical declaration when you book.

## INSURANCE

Personal travel insurance is compulsory and should be in place before you book. As a minimum it must cover medical expenses, including emergency repatriation. We strongly recommend it also covers cancellation, curtailment and loss or damage to luggage and equipment.

## LEADERS

Experienced, qualified leaders run every trip, with back-up support where the trip needs it. They guide and encourage the group and look after the logistics so you can enjoy the adventure.

## HOW TO BOOK

1. Choose a date on our website and click ‘Book now’
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You’ll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

**Questions? We’re happy to help.**

**Call** 020 8720 6607

**WhatsApp** 07719 224663

**Email** info@moreadventure.co.uk

**Web** moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don’t book travel until we’ve confirmed by email that the trip will run.