

Bicycle Map 2021

A NETWORK SYMBOL IN A COMMON EUROPE









along the route for cyclists with varied tastes and budgets

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

around 3,000 km make biking on the south side of the Alps

flow trails. Around 40 trails and a route network covering

particularly fun. Numerous bike parks of varying difficulty

EVENTS "LAKE WÖRTHER SEE AND LAKE OSSIACHER

All the roads around both lakes are only open to cyclists

NATURE AND CULTURE – KÄRNTEN CARD OFFERS FREE

The Kärnten Card is the key to adventure, fun and lots of

advantages. It opens the doors to more than 100 destinations

Discover the culinary south – Passing on the traditional food

trade from generation to generation, taking care of preser-

ving the diversity of species and varieties, treating nature's

treasures respectfully and producing high-quality food in

rhythm with the seasons. A special focus in this context is

visitcarinthia.at/activities/summer/culture-culinary/

The routes in the mountain bike regions of Styria take cyc

lists from the Schladming Tauern, the Dachstein massif and

the Ausseerland-Salzkammergut to the hilly, enjoyable land-

scape 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

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

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

and creativity. Kulinarium Styria with the "green heart" as

stands for local food with a verifiable origin and for a ,ves'

a seal of quality and with its ten promises of enjoyment

to the season. > steiermark.com/kulinarium

and culinary highlights are guaranteed along the whole trip.

loops. > steiermark.com/mountainbike

CULTURE IN THE CITY & COUNTRY

EVENT TOUR DE MUR

> tour-de-mur.at

and skaters, one day long. > cycling.carinthia.at

ADMISSION TO MORE THAN 100 ATTRACTIONS

throughout Carinthia. > visitcarinthia.at/attractions

CULINARY: CARINTHIAN ALPE-ADRIA CUISINE

the "Slow Food Travel Destination Carinthia".

kaernten.at/kulinarik

carinthian-alpe-adria-cuisine

levels are available. > cycling.carinthia.at

The tour is also ideal for e-bikes. > cycling.carinthia.at

MOUNTAIN BIKING - AN ENJOYABLE MOUNTAIN

AND LAKE EXPERIENCE

SEE CAR-FREE"

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

ness of Central European diversity. After the exceptional

global situation of the Corona pandemia this publication

an enjoyable network experience for all bicycle friends in

Have a safe trip and many outstanding

tremendous Alps-Adriatic surroundings.

bike riding impressions!

Thomas Pseiner and

shall raise the awareness of our common values, strengthen

the solidarity in European partnerships and above all enable

map shall promote your motivation to experience the rich-



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. > cycling.carinthia.at

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

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 th



Cycling from Central Alps over culture cities to wine destinations

destinations, small historic cities invite you to stroll through them. Graz excels with its excellent offering in the culture Biking in Styria offers a tremendous variety of impressions and creative scene. > steiermark.com/kultur in natural and cultural aspects, from the Dachstein icefields via the culture capital Graz till the scenic wine and thermal **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

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





A cyclist's paradise - from easy

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.



and Kalnik. Its natural wealth, rich culture and traditional folklore and pilgrimage heritages have made it a favorite

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 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 vineyards 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

This 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

138 km connecting the hilly region with the Pannonian plain.

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

scape, valuable cultural monuments and rich culinary heri-

Homes with an own story of the history and the lives of the

Varaždin city reveals itself as a rare urban pearl. A city that

shows its specific identity with old baroque architecture as

tage. Amidst such surroundings you will find 45 Holiday

people and their traditions. > myvarazdinholiday.com

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

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/s

HOLIDAY HOMES WITH A STORY

BAROQUE CITY OF VARAŽDIN

VELIKA-MALA BIKE TRAIL

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 values expressed through naive painting, local cuisine, events, all year round destination with special hospitality of the County's residents. > ured@podravinaiprigorje.hr

AMAZON OF EUROPE BIKE TRAIL

EUROVELO 13 – IRON CURTAIN TRAIL

Burgenland awaits you with over 110 ADFC certified bike

friendly accommodations. Several bike and e-bike rental

> burgenland.info/en/bike-friendly-accommodations

UNESCO WORLD HERITAGE - SUN-KISSED NATURAL

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 Hofgassen

were recognized as regions of outstanding universal value

and therefore, have been on the UNESCO World Heritage

NATIONAL PARK NEUSIEDLER SEE - SEEWINKEL -

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 natio

nal park is a popular stopover, widely used as a rest stop

Time to experience some unforgettable festival moments

Burgenland invites you on a culinary journey with excellent

Cycling in this area offers breathtaking experiences for all

lovers of beautiful nature and unique cultural heritage. Trails

river basin areas and biking through the hills of Bilogora and

in Podravina valley leads you to the most untouched Drava

Kalnik offers scenic views of their picturesque landscapes.

Enjoy also the local dishes and wines of Podravina and Pri-

gorje. > podravinaprigorjebike.com | > aoebiketrail.com

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

in summer in Koprivnica / Križevci, religious processions in

internationally renowned Folklore and Renaissance festivals

summer, wine ceremonies in fall and entertainment perfor-

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 tra-

A tasty diversity of soups, pastas, gnocchis or cheese as

well as wines from the soil of sand of Đurđevac complete

ditional pastries and strudels create this special reputation.

The biodiversity of Koprivnica-Križevci County is represented

Drava, the Botanical Reserve Đurđevac, the Borik and Župet-

nica Forest Parks, the Čambina and Kalnik Significant Land-

scapes, 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

by many protected areas such as the Regional Park Mura-

in Burgenland. > burgenland.info/en/cultural-festivals

for birds migrating between Europe and Africa.

FESTIVE CULTURE – CULTURE OF FESTIVALS

CULINARY EXPERIENCES - LIVE DELICIOUSLY

burgenland.info/en/live-deliciously

NOT JUST A PARADISE FOR BIRDS

nationalparkneusiedlersee.at

wines and delicious food.

MOUNTAINBIKE REGION

EVENT CALENDAR

mances until November.

the culinary attractions.

NATURAL BEAUTIES

CULINARY

stations are along the routes.

burgenland.info/en/by-bike

LANDSCAPE

List since 2001.

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.

well as the warmth of its lovely squares, streets and parks

MOUNTAINBIKE In Varaždin County there are marked MTB trails to which the

CULTURE EVENTS Varaždin Baroque Evenings: vbv.hr/en (September) Spancirfest: spancirfest.com/en (August)

Rabuzin's days: tz-novi-marof.hr (end of March and April)

Velika-Mala route leads. This offer will be extended in future.

Internat. Lace Festival, Lepoglava: festival-cipke.com (Sept Advent in Varaždin: tourism-varazdin.hr/en (December)

BIKE EVENTS 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.

CULINARY

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



in Italy

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,

The name Kvarner comes from the ancient Roman term

and thus also a combination of different traditions and

Quaternarius as a meeting area of the four cardinal points

cultures. Beside the Opatija, Rijeka and Crikvenica-Vinodol

coast there are four large islands - Krk, Cres, Lošini, Rab -

and in Gorski Kotar two large European mountain ranges

TOP BIKE TRAILS IN KVARNER - A VARIETY OF NATURE

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

In this area cyclists can explore Učka Nature Park in combi-

nation with exceptional wellness treatments and excellent

visitopatija.com | > tzmatulji.hr | > pp-ucka.hr |

The Rijeka Area Bike Route connects the industrial heri-

tage of Rijeka, the dry stone walls of Bakar, the paths of

the zvončari bell ringers in the Viškovo and Kastav areas,

gourmet restaurants in a relatively small area.

Grobnik and sunny Kostrena. > bikerijeka.com

European trails meet regional

Both EuroVelo 13 and EuroVelo 14 cross the area.

EUROVELO 13 – IRON CURTAIN TRAIL

Vas County is in a good position in terms of cycling tourism.

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.

memorials and reminders of this troubled period of the

European history. > en.eurovelo.com/ev13/hungary

EUROVELO 14 – WATERS OF CENTRAL EUROPE

Along the route of the Trail in Hungary there are numerous

Crossing Austria and Hungary, EuroVelo 14 provides an im-

portant east-west link and connects several important water-

ways - 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 Örség Natural

Park in Vas County and also a well-established cycle route

The route is a comfortable one-day trip for families with

children. It offers historical, cultural and kid-friendly pro-

grams, with traditional restaurants and confectioneries

along the northern shore of the mighty Lake Balaton.

Szombathely-Dozmat-Bucsu-Bozsok and back

> en.eurovelo.hu/ev14

as well. > bit.ly/3kgQx8p

FAMILY ROUTES

CULTURE, CULINARY AND CYCLING PLEASURE

sea and mountains

meet, the Alps and the Dinarides.

to another by ferries and catamarans.

OPATIJA RIVIERA

tz-moscenicka.hr

RIIEKA BIKE

attractions

There are still places to explore

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

CRIKVENICA-VINODOL RIVIERA Circular cycling tours connecting Frankopan castles, riding

the viewpoints of Vinodol with great views. > tz-vinodol.hr > rivieracrikvenica.com | > tz-novi-vinodolski.hr KRK BIKE

from the coastal area to the backcountry of Crikvenica or to

MOUNTAIN BIKING IN THE MOUNTAINS AND THE

Routes in untamed wilderness of the Natural Park of the

Julian Alps or on the hills through the vineyards near Civi-

dale 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

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"

FVGcard: A PASS TO VISIT ATTRACTIONS AND TAKE

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 attrac-

tions throughout the region, such as bike and boat trips in

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

PART TO EXCURSIONS, WHILE SPENDING LESS!

Grado and Lignano.. > turismofvg.it/en/fvg-card

turismofvg.it/en/strada-del-vino-e-dei-sapori

encounter with one of our craftsmen.

in the Natisone Valleys. > turismofvg.it/events

di Sopra and Piancavallo. > turismofvg.it/mountain365

HILLY COUNTRYSIDE

BIKE EVENTS

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 LOŠINI

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

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 "4 islands"; From Krk to

EUROVELO 8 – THE MEDITERRANEAN ROUTE

Scan the QR code for more information.

Cres, Rab and Llosinj; Gorski kotar bike tour

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 Irottkő detour (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 **ÖRSÉG NATIONAL PARK – IN HARMONY WITH NATURE**

Are you tired of the urban noise and stress? The solution for your problem is the Orség. Come and experience how the pure nature can help you to slow down and give you an active recreation. > orseg.info/en | > orseginemzetipark.hu/en



GE AVA

Zagorje - 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 KLANIEC 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

Numerous MTB routes enrich the variety of the Zagorje bicycle

MOUNTAINBIKE REGION

open for public.

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 diffi culty. 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 offe of numerous cultural sights, museums, churches or natural attractions. > istria-bike.com/hr/manifestacije | > istra.hr/hr/kalendar | > istra.hr/hr/dozivljaji/kultura

destination for gastronomical challenges and exploring the gourmet offer, but also to enjoy already known tastes and smells. > istra.hr/hr/gourmet SUSTAINABLE ACTIVITIES

In Istria, you can ride your bike on rocky trails and forest



Outstanding Nature and Culture on an Adriatic Peninsula

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

IN THE FOREST KINGDOM

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 Scan the QR code for more information

Charming intermediate river

country in a scenic landscape

style. > visitmedimurje.com

STAGES S2, S3, S4 AND S6.

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 Medimurje are widely

known as hard-working and hospitable with an active life-

THE AMAZON OF EUROPE BIKE TRAIL WITH THE DAILY

R1 Drava Route: The route connects to Drauradweg in Ptuj

and enters Medimurje at Trnovec. From there you can head

Cakovec. 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 Murrad-

weg in Bad Radkersburg. It leads through Slovenia to Medi-

murje 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.

L 16 Mill Route: The circular route begins at Sv. Martin spa

and continues in the valley through the Natura 2000 protec-

ted area towards Strigova and leads back through Jalšovec.

river ferry and the mill or the Regional Park "Mura-Drava".

the hometown of Rudolf Steiner, philosopher and founder

of anthroposophy. Attractions along the way are among

ethnic collections of locally made lace in Sv. Marija.

others floodplain forests and grassland along the Mura or

Along this route you can visit Terme Sveti Martin, a traditional

Steiner's Route: The route starts and finishes in Donji Kraljevec

towards Pušćine, the Drava river and Prelog or towards

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 MEDIMURIE:

Reward your palate with the delicious Istria cuisine, enjoy

Istra Ecoxperience introduces eco-certified facilities and

offers from accommodations to eco-producers, eco-beaches

e-charging stations, eco-events, protected areas, eco-mu-

seums and eco-friendly activities in a special brochure.

It encourages local communities to preserve our natural

resources and cultural heritage. > istraecoxperience.com

the high-quality Istrian wines and olive-oils. Istria is an ideal

will be amazed by the green hillocks with thousands of vineyards, the river Mura's meanders or Drava's sandbars. visitmedimurje.com

Two natural-geographical elements can be distinguished

which both create its diverse and beautiful scenery. You

clearly in Medjimurje: hilly upper and plain lower Medjimurje

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

ENOGASTRONOMY

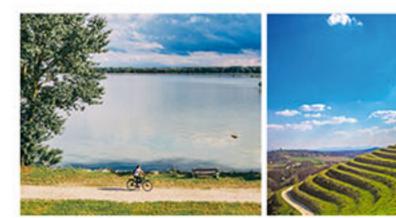
CULTURE AND HISTORY

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 Medjimurje's authentic Baroque culinary experience. The dishes are best accompanied by Međjimurje's lively refreshing wines which include Graševina, Sauvignon Blanc, Chardonnay or Traminac as well as wonderful Bordeaux varieties. > visitmedimurje.com

to art through festivals and various multimedia events.

BIKE EVENT BIMEP

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



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),

Rhine Riesling and Welschriesling.

become your favourite, why not?

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

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,

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.

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

Drava Cycling Route in Slovenia and Croatia offers an ad

venture at every turn. It is divided into six stages, which

SLOVENIAN ALPINE MOUNTAINBIKE TRAIL

are between 30 and 50 km long and add a total of approx

210 km. Cyclists will encounter rafting, rowing, gold panning,

natural attractions and cultural offerings of towns and places

This 1,800 km round MTB trail goes through all significant

tehnicaly demanding, so an average skilled rider can enjoy

it. It leads past 109 control points, on which you can collect

stamps. The main route goes on less used roads, gravel field

roads and forest trails, and covers altogether 50.000 h.m. If

you head in the recomended direction, it is possible to ride

it almost entirely (for well prepared bikers). On some parts

the trail is demanding, so the bike will have to be pushed,

you go through, let it be cultural, historical or natural.

FAMILY BIKE RATEČE-KRANISKA GORA-MOISTRANA

Starts in Rateče at Slovenia-Italia border. First option is

biking to Tarvisio or Lago di Fusine. Second option is biking

there the trail leads to village Gorje and forward to Bled lake.

Cycling across the Green Ring and

The Green Ring of Zagreb is versatile enough to provide all

cycle travellers, recreational and sports cyclists with diffe-

rent riding experiences according to their personal taste

hilly and spotted with lakes and on the way to south and

and preferences. The areas towards north and west are

> visitzagrebcounty.hr/en/visit-county/bicycle-maps

in picturesque hills

east, there are forests and floodplains

ZAGREB COUNTY CYCLING ROUTE

networking the existing bike trails.

This route is 207 km long and connects the

towns and municipalities of the County by

via Kranjska Gora on the track of old railway trail leads to

Mojstrana and and forward to the Radovna Valley, from

but never carried. The route passes important POIs of areas

MTB terrains of Slovenia, but is, on the original route, not so

natural beauties

DRAVA CYCLING ROUTE

along the way. > dravabike.si



great views and the hint of history on the tracks. MOUNTAINBIKE TRANS KARAVANKE The Trans Karavanke MTB Trail extends from Jezersko to

ANNUAL BIKE EVENTS

 Slovenia Pro Tour (around Slovenia) Maraton Franja (Ljubljana – Cerkno – Ljubljana) Around Pohorje Marathon cherrys Ljubljana – Brda

bohinj.si, dolina-soce.si Brda: brda.si Kamnik Savinja Alps: kamnik-savinja-alps.com Koroška: koroska.si Pohorje: rogla-pohorje.si

moravske-toplice.com Bela Krajina: belakrajina.si Posavje: visitkrsko.com Doleniska: visitnovomesto.si

Vipava: vipavskadolina.si Kras: visitkras.info

BIKE ROUTES IN SAMOBOR HIGHLANDS

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 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

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





fest, the party takes place late August or early September and lasts for 10 days.





Tromeia 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 132 km on 5 stages, include visits to the Slovenian Alpine Museum in Mojstrana and several popular mountain out-

Marathon Alpe (Kamnik – Jezersko – Bad Eisenkappel -



Samobor with its hilly surroundings is the cradle of moun-

SUSTAINABLE AND SAFE ACTIVE TOURISM AROUND ZAGREB



MOUNTAINBIKE CHALLENGES Zagreb Surroundings with the two Nature Parks Medvednica and Žumberak-Samobor highlands is ideal for MTB challen-

ges and outdoor fun. The green Medvednica mountain is watching over the Croatian capital with almost a million in-

Park includes six cycling trails. parkovihrvatske.hr/nature-park-medvednica medvedgrad.eu/en/bike-trails-on-medvednica parkovihrvatske.hr/nature-park-zumberak-samobor-highlands

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.

through the town centre, and Dobra and Korana flow into it.

A bit further down at Turani, the river Mrežnica flows into Ko-

rana. The rapids made by these rivers attract adventurers

who wish to try their hand at canoeing or rafting.

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

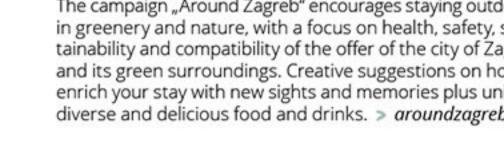


The trail connects Italy, Slovenia and Croatia, with most o the trail going on the latter two. Now you have 120 km of

posts. The trail is suitable for well-prepared mountain bikers.

Moravske Toplice

taineering in Croatia and a town with a long excursion and tourist tradition. Seven cycling routes have been created overing 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



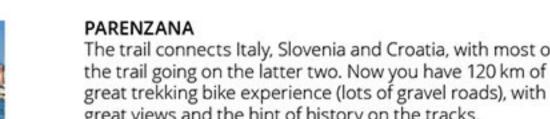
habitants. It includes eight loop bike trails and one transverse trail connecting them. Zumberak and Samobor highlands are one of the least inhabited areas in Croatia and therefore the combination of pure nature and unforgettable views. The

RASTOKE - A WATERMILL PEARL IN THE MIDDLE OF Created by a whim of nature where the green and blue Slunjčica river flows over the travertine barriers into the Korana

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 Oktober-





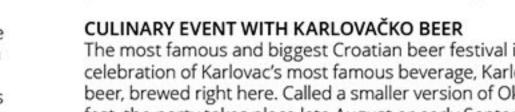


Logarska dolina – Kamnik UEC European MTB Championships Maribor

The food from these fertile fields has always supplied the city of Zagreb with diverse and quality domestic products.

> Scan the QR code for more information.

between the nature and human achievements whereby the power of the water was used as the main and only mill drive.







Merzedez Benz MTB World Cup Maribor LOCAL BIKE DESTINATIONS Julian Alps:

