HIKING JOURNEY FROM MONFALCONE TO PIRAN

A WALKING JOURNEY FROM MONFALCONE TO PIRAN

Self-guided tour

HIKE

00-00 km

●○○ Easy

Duration: 7 days / 6 nights

DESCRIPTION

On this seven-day trek, you will set out to discover a wonderful area and the beauty it has to offer: Venezia Giulia and Istria. With its varied territory and its unique historical and cultural identity, offers an answer to the still unresolved question for many: what's better, the sea or the mountain? Starting from Duino you will be able to ascend in altitude and explore some areas of the Karst plateau passing through Opicina and Basovizza. You will then begin a descent towards the picturesque Gulf of Trieste through the Rosandra Valley Reserve. Enjoy the elegance and Mitteleuropean charm of the Julian capital that so many people, including poets, writers and playwrights, have fallen in love with. Venezia Giulia offers more than just beautiful landscapes and rich culture; its culinary aspect is equally significant. The region is characterized by the Carso's renowned "Osmize," family-owned agricultural businesses offering typical products amidst pristine nature. In Trieste, the old city of "Cavana" boasts numerous restaurants with a delightful blend of Italian, Austrian, and Slovenian flavours, including the famous Jota soup—a culinary experience best enjoyed with a glass of wine or Spritz.

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DETAILED ROUTES

Day 1: Arrival in Monfalcone

Individual arrival at the hotel in Monfalcone, the gateway to Venezia Giulia.

Day 2: Monfalcone - Santa Croce

(Ascent: approx. 300 m, descent: approx. 140 m / approx. 11.5 km / approx. 3–3.5 hours)

The first day features a visit to Duino Castle, a monument dating back to the 14th century, situated above the sea and surrounded by a particularly evocative panorama. „Being here is the wonder", wrote the Austrian-Hungarian poet Rainer Maria Rilke about the beauty of this place, and it is to the poet that the trail towards which you will walk is named. Along this elevated path, you will enjoy a breathtaking view of the entire coastline. At the end of the Rilke trail, you will reach Sistiana and then continue to another splendid and evocative castle: Miramare Castle. The ancient imperial residence, together with the surrounding gardens, offers a plunge into the past and the magnificence of the era when Trieste and Venezia Giulia were an integral part of the Austro-Hungarian Empire and a favourite destination of its rulers, first and foremost Princess Sissi. You will then continue to Santa Croce, where you will stay overnight.

Day 3: Santa Croce - Opicina - Basovizza

(ascent: approx. 450 m, descent: approx. 280 m / approx. 20 km / approx. 5.5–6 hours)

On this second day's hike, you will continue into the Karst area. Returning next in the direction of Prosecco, you will take the Strada Napoleonica, an elevated path overlooking the sea from which you will enjoy an exceptional view of Trieste and the gulf in its entirety and which will lead you to the town of Opicina. Here you can visit the obelisk of the same name before continuing to the final point of this stage: Basovizza.

Day 4: Basovizza - Trieste

(Ascent: approx. 40 m, descent: approx. 350 m / approx. 7 km / approx. 2 hours)

Leaving Basovizza behind you will continue towards Trieste, a stone's throw from the border with Slovenia. First, however, you will pass through the Rosandra Valley Reserve; nestled between the coast and the plateau, perfect for lovers of nature hikes and waterways, this valley will almost make you forget that you are in a seaside resort. At the beginning of the Sentiero dell'Amicizia (Friendship Trail), which leads into the lower part of the valley, you will also find the Premuda Refuge, which, at 82 metres above sea level, is the lowest refuge in Italy. At the end of the stage take the bus to Trieste (included).

Day 5: Trieste - Muggia - Koper

(Ascent: approx. 200 m, descent: approx. 180 m / approx. 19 km / approx. 5.5–6 hours)

In the morning you take the ferry from Trieste to Muggia (included). You hike inland from the sea. After crossing the border with Slovenia, you have a beautiful view of the Muggia Valley and the Julian Alps. You descend gently along the Slovenian Alpine Trail. Here the landscape opens up over the Gulf of Koper amidst wooded areas and vineyards. End the day in the car-free old town of Koper with all its magnificent buildings. It is possible to shorten the route by bus (ticket not included).

Day 6: Koper - Piran

(Ascent: approx. 260 m, descent: approx. 240 m / approx. 16.5 km / approx. 4.5–5 hourss)

From Koper, you start your hike inland. You will pass vineyards, olive trees and numerous gardens, with the sea always in view. Towards the end, you will hike through the beautiful Strunjan National Park. This offers a rich ecological diversity, including flamingos and water birds. Piran is one of the most beautiful and oldest towns in

Slovenia. Explore the narrow streets and admire the Venetian architecture. It is possible to shorten the route from Koper to Izola by bus (ticket not included).

Day 7: Departure

Individual departure from Trieste or possibility to extend the stay.

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GENERAL INFORMATION

- **Trip type:** Self-guided tour
- **Duration:** 7 days / 6 nights
- **Distance:** ca. 00-00 km
- **Starting point:** Monfalcone
- **Arrival:**

  ***Eco friendly Option* by train:** Over Salzburg and Villach to Monfalcone. Timetables on: www.deutschebahn.de, www.oebb.at, www. trenitalia.com.

  By car: Over the Tauern motorway to Villach and over the border Arnoldstein to Udine and further on to Monfalcone.

  By plane: Low Cost flights to the airport Ronchi dei Legionari. Good connections by train from the airport Ronchi dei Legionari to Monfalcone.

- **Accommodation:**

  B&B`s and hotels of a 3*** and 4**** category

  Attention: Tourist tax – if requested – has to be paid on the spot.

- **Parking:**

  Depending on the start hotel, parking facilities are available (reservation not possible).

- **Rental bikes:**

INCLUDED SERVICES

• Accommodation in B&B`s and hotels of a 3*** and 4**** category

• Breakfast buffet or full breakfast

• Videobriefing

• Ticket for Delfino Verde Boat

• Busticket to Trieste

• Luggage transfer from hotel to hotel

• Well planned routes

• Detailed documents (maps, route description, places to visit, important telephone numbers)

• Telephone service hotline for the entire tour

• Navigation app

NON INCLUDED SERVICES

• Arrival to the starting point of the tour

• Departure at the end of the tour

• Drinks, tourist tax and all extras

• Lunch, Dinner

• Not mentioned entries

• Travel insurance

• All not expressly mentioned under the item „Included services“

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STARTING DATES

Available - arrival possible | Not Available | Available for groups from 6 persons and on request

PRICES

Standard

Saison 1

From 04/04/2027 to 13/06/2027
From 13/09/2027 to 10/11/2027

- Double room 889 €
- Single room 1.188 €

Saison 2

From 14/06/2027 to 23/07/2027
From 31/08/2027 to 12/09/2027

- Single room 1.268 €
- Double room 969 €

Additional services

no bike	0 €

Additional nights

See website