

A man and a woman, both wearing cycling helmets and jerseys, are standing on a metal bridge. The man is on the left, wearing a red and white jersey and a blue helmet, leaning on the railing. The woman is on the right, wearing a black jersey with 'nw' on it and a white helmet, also leaning on the railing. They are both smiling and looking at each other. In the background, a river flows through a lush green landscape with trees and a bridge in the distance. A blue gradient overlay covers the left side of the image.

Cycling paths in the Goriška Region

hit
universe of fun



Nova Gorica

The sunny Goriška Region in western Slovenia, right on the Italian border, is one of the country's most diverse cycling destinations. Its mild climate makes cycling possible all year round, while the varied terrain offers endless opportunities – from relaxed rides through vineyards to challenging climbs and adrenaline-fuelled MTB trails.

Cycling routes wind through the picturesque landscapes of Goriška Brda,

the Vipava Valley, the Karst and the Soča Valley, all the way to Trieste and the Adriatic Sea. Here, superb road cycling routes, gravel adventures and purpose-built singletrack trails come together to create something for every type of rider.

Why choose Goriška?

- **Cycling all year round**
The mild climate makes cycling possible in every season.
- **Two countries, one cycling adventure**

Cross the border from Slovenia into Italy and ride all the way to Trieste and the Adriatic Sea.

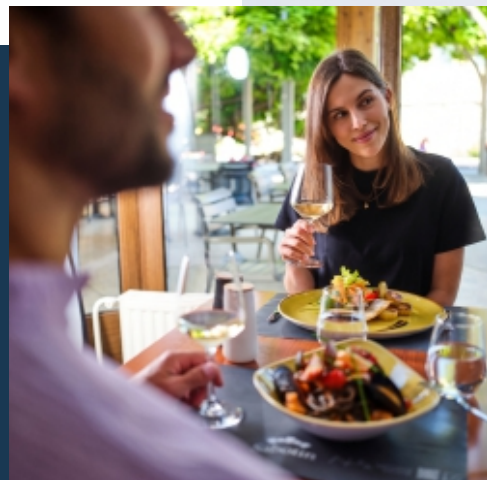
- **Through vineyards and unspoilt nature**
Explore Goriška Brda, the Vipava Valley, the Karst, and the Trnovo and Banjšice Plateaus.
- **Something for every rider**
From family-friendly cycling trips to challenging climbs, gravel adventures and MTB challenges.

- **Nova Gorica – a town of cycling stories**
A host of Giro d'Italia and Tour of Slovenia.



Sabotin

Hotel & Restaurant***



At the Crossroads of Countless Challenges

Sabotin is located in the thousand-year-old town of Solkan, right beside the emerald-green Soča River, on the way to the Soča Valley and Goriška Brda, just one kilometre from the centre of Nova Gorica. Housed in an elegant bourgeois mansion dating back to the second half of the 18th century, it offers comfortable accommodation, a welcoming restaurant and pizzeria, as well as a meeting space for business gatherings.



The hotel takes its name from the hill rising above it, which, despite its modest elevation, offers a beautiful rocky trail and spectacular views stretching from the Alps to the sea.



- Sports-friendly hotel
- More than 60 rooms of various types
- Restaurant offering meals tailored to athletes
- Meeting facilities
- 24-hour reception
- Private parking
- Peaceful location away from the hustle and bustle of the city
- Secure bicycle storage
- Bicycle rental
- Basic bicycle repair tools
- Access to water and electricity
- Massage table available for hire
- Jersey-washing service



Sabotin
HOTEL & RESTAURANT
hit universe of fun

hotelsabotin.com

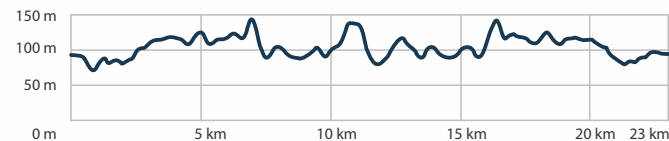
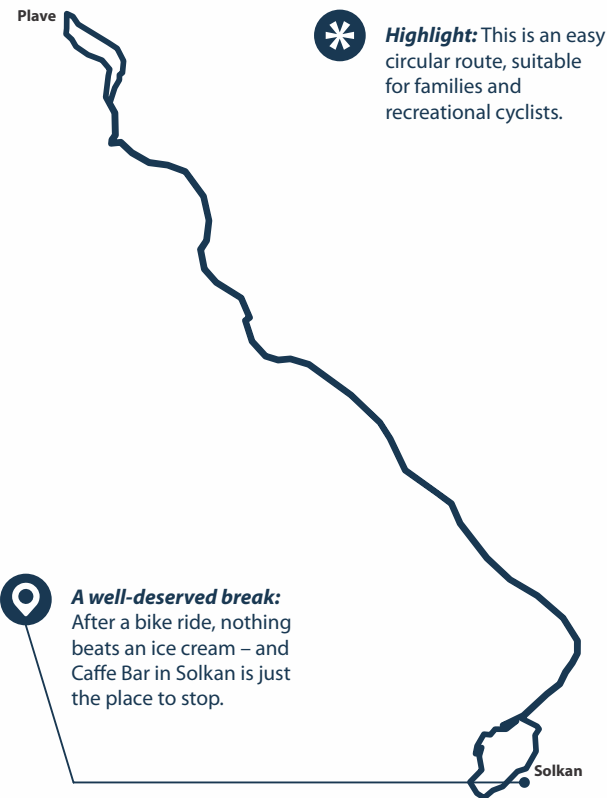
Between Solkan Bridge and the Soča River

The route starts at Sabotin Hotel and follows a well-maintained cycle path directly alongside the Soča River towards Plave. From the very beginning, you are treated to views of Solkan Bridge, renowned as the largest stone arch bridge in the world. As you continue, stunning views of the crystal-clear river, lush green forests and surrounding hills create a beautiful backdrop for a relaxing ride. In Plave, the route turns around and follows the same cycle path back towards Sabotin Hotel.

Distance: **23.0 km**
Total ascent: **380 m**
Difficulty: **Low**



komoot.com
Between the Solkan Bridge and the Soča River



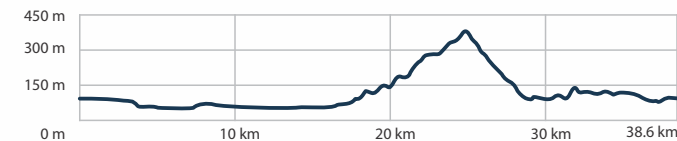
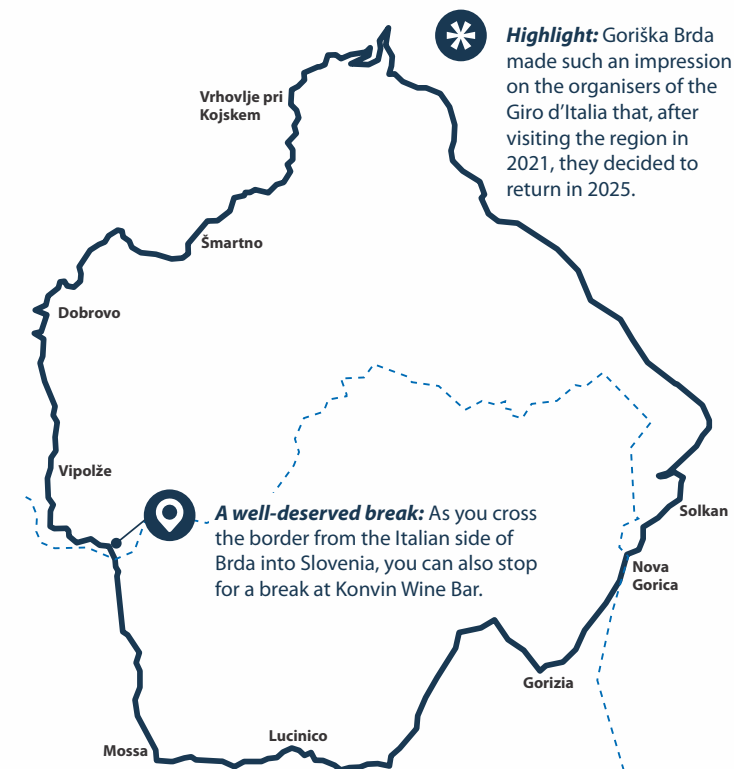
All around Goriška Brda

The route starts at Sabotin Hotel in Solkan and first heads towards the Italian side of Goriška Brda. Following quiet local roads, it climbs through a picturesque wine-growing landscape of vineyards, orchards and small Brda villages, all the way to the scenic Villa Vipolže. The final ascent takes you to the village of Šmartno, one of the most distinctive villages in Brda, known for its narrow streets and traditional stone houses. From Goriška Brda, the route descends towards Plave, leaving the rolling hills of Brda behind and approaching the emerald-green Soča River. The final section follows a scenic cycling route along the Soča back towards Solkan.

Distance: **38.5 km**
Total ascent: **540 m**
Difficulty: **Low**



komoot.com
All Around Goriška Brda



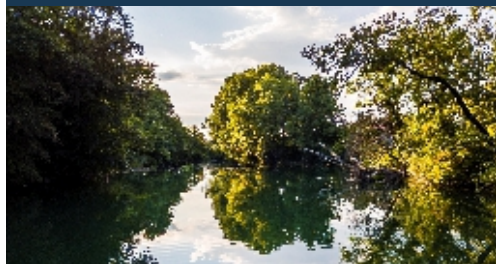
Gravel adventure through the Vipava Valley

This gravel cycling route takes you through the picturesque lower Vipava Valley, where vineyards, country lanes and quiet gravel sections intertwine. From Sabotin Hotel, the route heads through Šempeter pri Gorici to Vogršček Reservoir, a popular spot for enjoying the surrounding nature. The route then continues towards Dornberk, passing vineyards and orchards before following quieter gravel roads alongside the Vipava River all the way to Renče. The return route through Miren and Šempeter pri Gorici offers a pleasant, mostly flat ride before continuing all the way back to Solkan. The route is suitable for gravel and mountain bikes.

Distance: **53.6 km**

Total ascent: **390 m**

Difficulty: **Low**
(includes gravel)

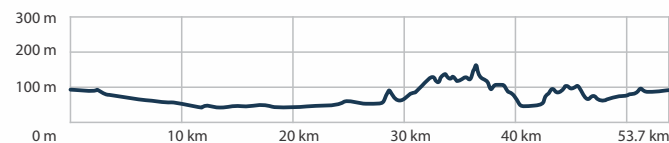


komoot.com
Vipava Valley Off-Road
Escape



Highlight: This gravel cycling route was designed for a local gravel race, making it an exciting off-road cycling challenge.

A well-deserved break: Once you've completed the gravel sections, take a moment to relax before heading back at Okrepčevalnica Adria.



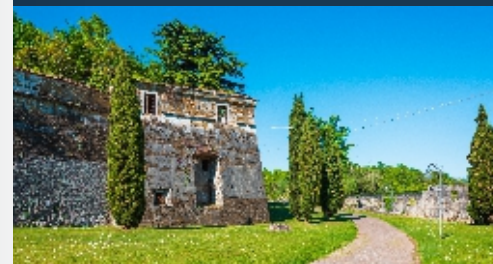
Along the Karst to the Soča

The route starts at Sabotin Hotel and heads towards Lake Doberdò, one of the Karst region's most beautiful natural gems. It then continues towards Monfalcone, a town with a rich shipbuilding tradition and long maritime history. From there, the road leads to the nature reserve at the mouth of the Soča River, where the emerald river, after its journey from the Julian Alps, meets the Adriatic Sea. The return to Sabotin Hotel follows pleasant, mostly flat roads through the Friuli plain, where green fields alternate with vineyards.

Distance: **71.9 km**

Total ascent: **330 m**

Difficulty: **Moderate**

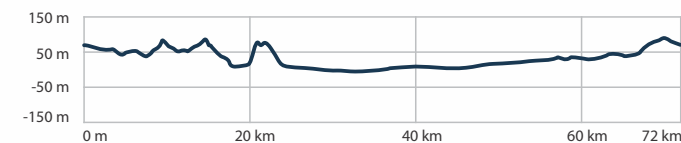


komoot.com
Along the Karst Trails
to the Soča Estuary



A well-deserved break: Stop for a coffee at Caffè Teatro and take the opportunity to explore the charming town of Gradisca d'Isonzo.

Highlight: Monfalcone may not be particularly well known as a cycling destination, but it has nevertheless been included as a stage town of the Giro d'Italia on several occasions.



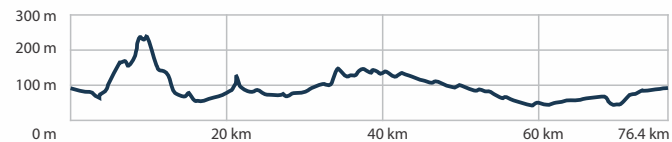
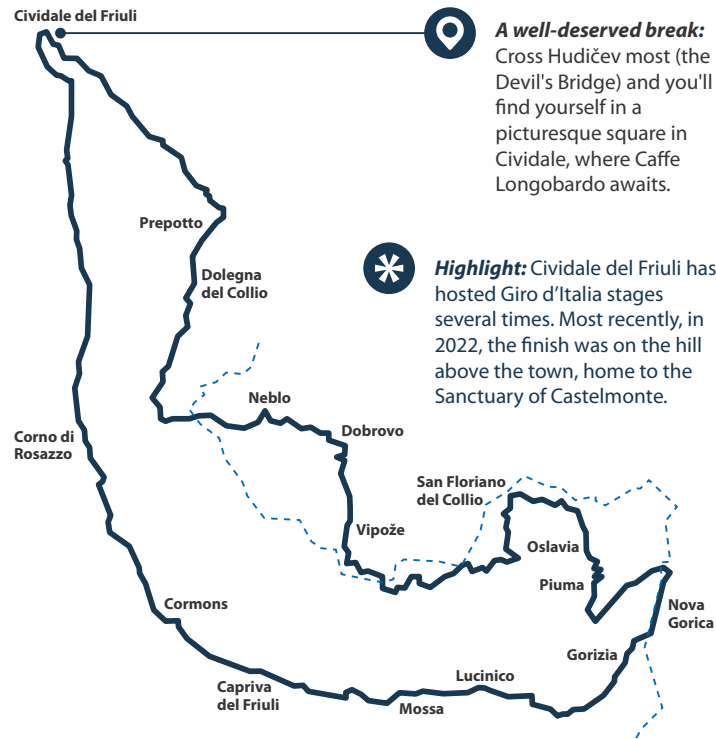
Through the vineyards to medieval Cividale

The route starts at Sabotin Hotel and heads towards Oslavje, where beautiful views of Nova Gorica and the surrounding vineyards open up before you. Continuing through Goriška Brda, the landscape unfolds into a patchwork of wine roads, orchards, olive groves and charming villages. The route then descends towards Cividale del Friuli, a historic town on the Nadiža River, renowned for its medieval old town and the famous Hudičev most (Devil's Bridge). The return journey to Sabotin Hotel follows quiet roads through the rolling countryside along the Slovenian-Italian border.

Distance: **76.3 km** Total ascent: **570 m** Difficulty: **Moderate**



komoot.com
Through the Vineyards
to Medieval Cividale



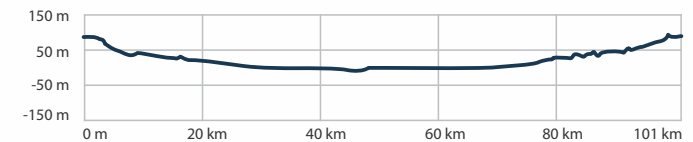
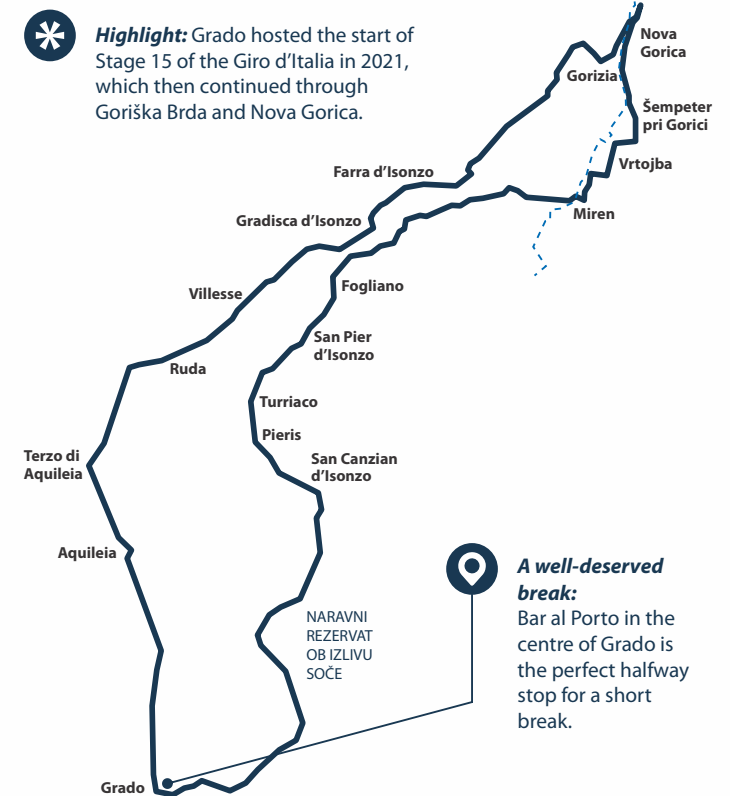
From Goriška to the Adriatic

The route starts at Sabotin Hotel and follows pleasant, mostly flat roads through the fertile, wine-growing landscape of Friuli. Along the way, charming Italian villages create a relaxed Mediterranean atmosphere. Before reaching Grado, the route also passes through Aquileia, renowned for its rich Roman heritage. The destination is Grado, a charming seaside town with a fascinating history, a picturesque old town and a lively seafront promenade. The return journey to Sabotin Hotel offers a smooth and enjoyable ride along quiet roads, with wide-open views across the Friulian plain.

Distance: **101.0 km** Total ascent: **260 m** Difficulty: **Moderate**



komoot.com
From the Goriska Region
to the Adriatic Sea



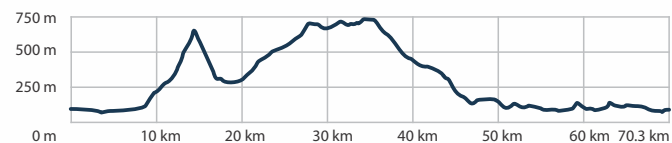
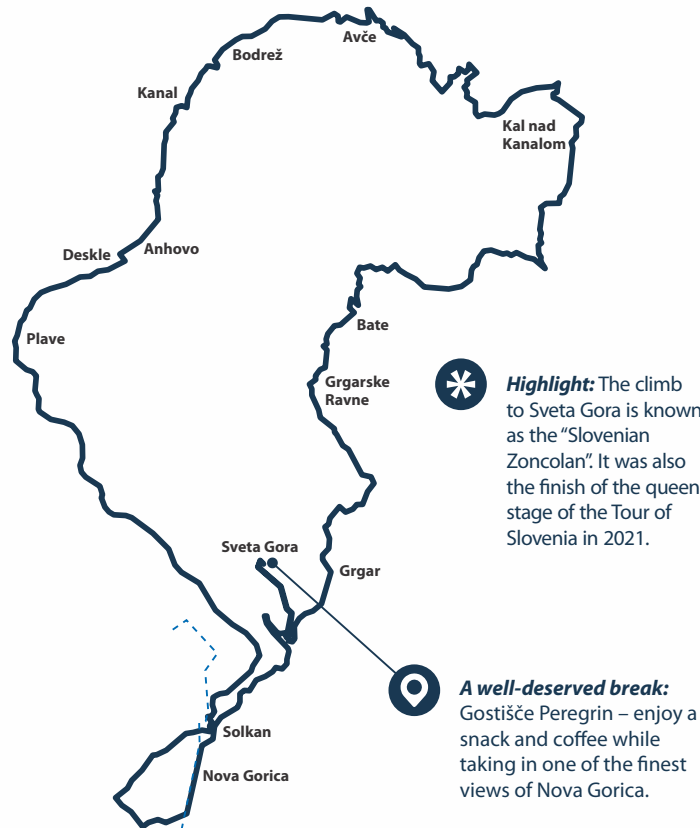
Following in the footsteps of history

The route starts at Sabotin Hotel and heads uphill to Holy Mountain, a popular pilgrimage site offering breathtaking views over the Soča Valley. The climb is a serious challenge, but the effort is well worth it: you'll conquer one of the toughest cycling climbs in Slovenia. The route then continues across the Banjšice Plateau, where quiet roads and unspoilt nature set the pace. This peaceful stretch is perfect for a more relaxed ride, allowing you to enjoy the tranquillity of the plateau and feel completely immersed in its pristine surroundings. A descent then takes you to Kanal ob Soči, one of the most picturesque historic towns along the Soča River. From here, a pleasant ride alongside the emerald-green Soča leads you back towards Sabotin Hotel.

Distance: **70.2 km** Total ascent: **1,480 m** Difficulty: **High**



komoot.com
In the Footsteps of History



Between the Soča River and the Vineyards

The route starts at Sabotin Hotel and follows the cycling path along the Soča River towards Plave, where the climb to Korada begins. The quiet road winds through forests and scenic stretches, with increasingly beautiful views of the Goriška Brda hills and the Friuli Plain opening up with every kilometre. After reaching the summit of Korada, enjoy a pleasant ride along the ridges of Goriška Brda, one of Slovenia's most beautiful wine-growing regions. The route then takes you up a short but steep climb through the vineyards of the village of Cerovo. The final section follows the rolling roads of Brda back towards Hotel Sabotin.

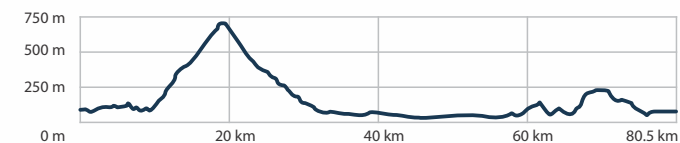
Distance: **80.4 km** Total ascent: **1,250 m** Difficulty: **High**



komoot.com
Between the Soča River and the Vineyards



Highlight: During the 2021 Giro d'Italia, the riders tackled the climb to Cerovo three times before the finish in Gorizia, Italy.



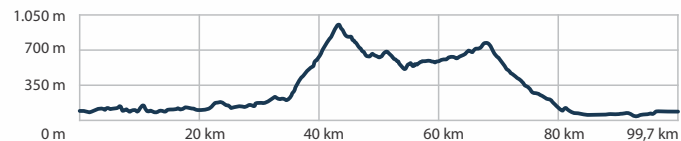
Along the ridges above the Soča Valley

The route starts at Sabotin Hotel and heads north through the Soča Valley. Along the way, you'll be accompanied by the crystal-clear river, lush green slopes and picturesque villages. From the Soča Valley, the route climbs up to Kolovrat, a famous ridge along the Slovenian-Italian border, where spectacular panoramic views await at the top. Kolovrat is also steeped in history: the ridge is home to an open-air museum dedicated to the First World War, telling the story of the Isonzo Front. After riding along the ridge, enjoy a long and exhilarating descent back towards Sabotin Hotel.

Distance: 99.6 km
Total ascent: 1,900 m
Difficulty: High



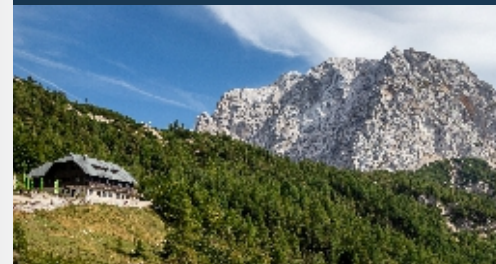
komoot.com
Along the Ridges Above the Soča Valley



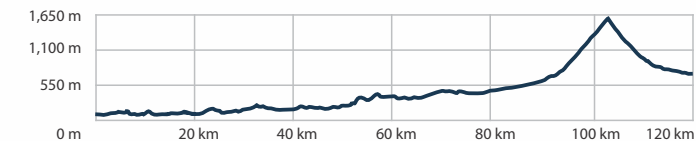
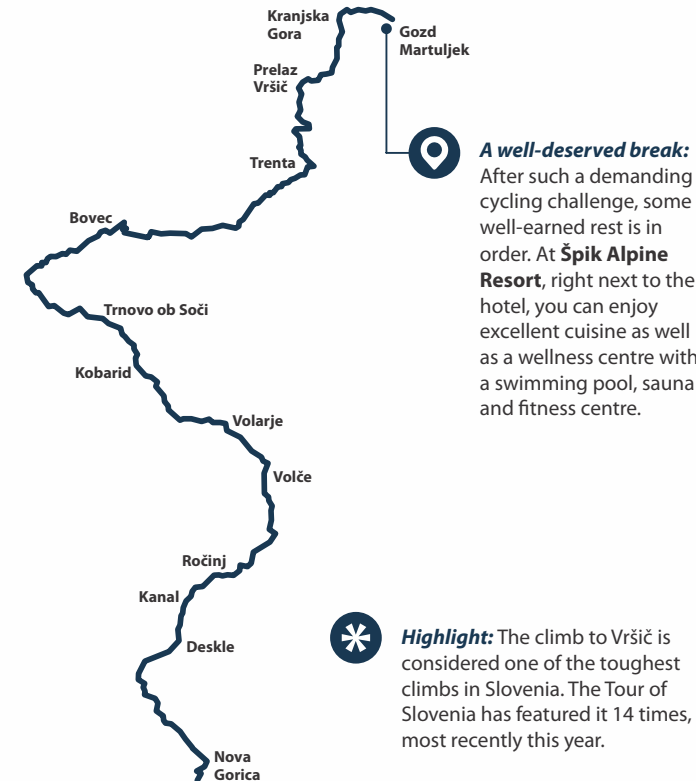
The Queen Stage through the Universe of Fun

The route starts at Sabotin Hotel and continues towards Plave along one of the most beautiful panoramic cycling routes. It then turns north and follows the course of the Soča River, passing through Kanal ob Soči and Tolmin all the way to Bovec. Cycling through the Soča Valley offers a unique combination of unspoiled nature, breathtaking Alpine scenery and historic sites along the former First World War front line. From Bovec, the real mountain challenge begins: a climb through the Trenta Valley to the legendary Vršič Pass, Slovenia's highest road pass, famous for its 50 hairpin bends and spectacular views of the Julian Alps. After conquering Vršič, a magnificent descent takes you to Kranjska Gora, where a brand-new Universe of Fun awaits you in this popular Alpine resort.

Distance: 119.0 km
Total ascent: 2,370 m
Difficulty: High

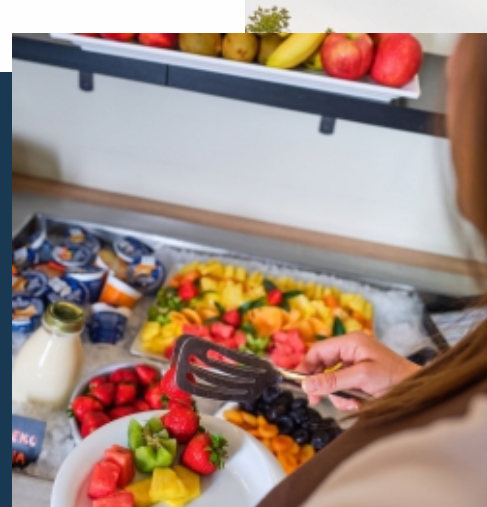
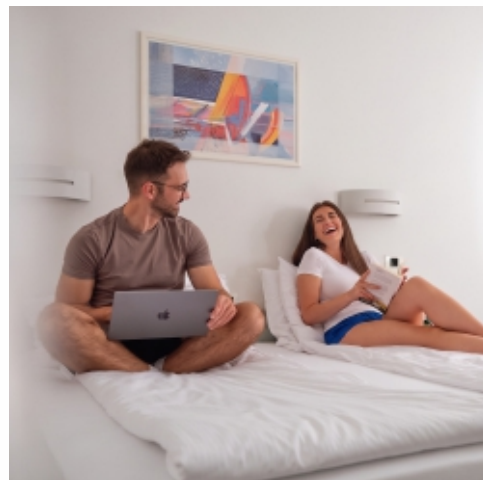


komoot.com
The Queen Stage through the Universe of Fun



Lipa

Hotel & Bistro***



Where we love to return

Lipa Hotel beautifully complements the main square in Šempeter pri Gorici, a picturesque town on the Slovenian-Italian border, just a short distance from Nova Gorica. The hotel combines a welcoming atmosphere with warm hospitality, excellent cuisine and a versatile event hall suitable for a range of occasions.



The Lipa Hotel takes its name from the linden trees growing right next to the hotel, which are among the first in the Goriška Region to bloom.



- Sports-friendly hotel
- More than 40 rooms of various types
- Restaurant offering meals tailored to athletes
- Meeting facilities
- 24-hour reception
- Private parking
- Peaceful location away from the hustle and bustle of the city
- Bicycle storage
- Bicycle rental
- Basic bicycle tools
- Access to water and electricity
- Massage table available for hire
- Jersey washing service



Lipa

HOTEL & BISTRO
hit universe of fun

hotellipa.com

Cross-border cycling between the two Goricas

The tour starts at Lipa Hotel and heads towards the Italian town of Gorizia, where picturesque streets and a rich cultural heritage await. The route continues to Europe Square, a symbolic meeting point between Slovenia and Italy, where the former state border has been transformed into a shared space celebrating the European story. The route then continues through Nova Gorica, showcasing the modern character of the town and its many parks. The final section takes you back to Šempeter pri Gorici along a predominantly flat route, making for a relaxed and safe ride.

Distance: 12.5 km
Total ascent: 50 m
Difficulty: Low



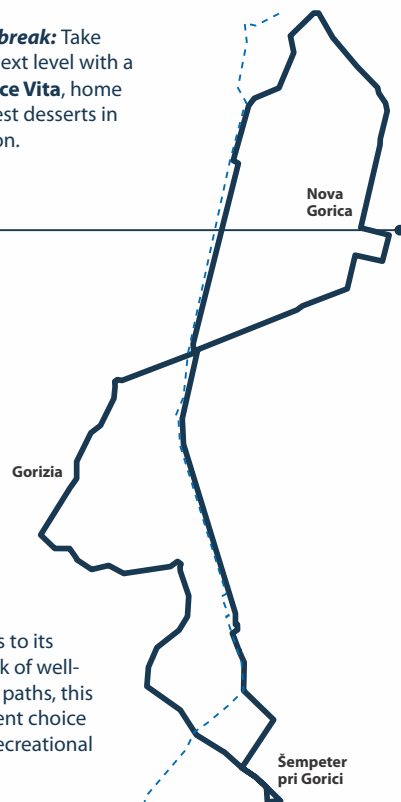
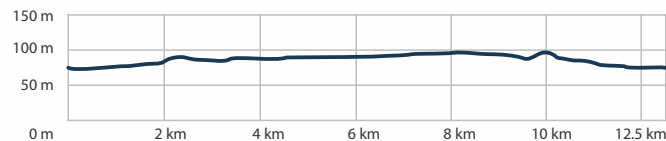
komoot.com
Borderless Cycling
Between the Two Goricas



A well-deserved break: Take your ride to the next level with a stop at **Caffe Dolce Vita**, home to some of the best desserts in the Goriška Region.



Highlight: Thanks to its extensive network of well-maintained cycle paths, this route is an excellent choice for families and recreational cyclists.



A loop through the Vipava Valley

This route takes you into the heart of the picturesque Vipava Valley, where vineyards and orchards stretch across the landscape. From Lipa Hotel, head towards Branik, overlooked by the impressive Rihemberk Castle. From here, the route climbs to the village of Preserje before descending to the other side of the Vipava Valley. The route follows mostly quiet local roads, offering views of unspoiled countryside and traditional Vipava architecture along the way. You'll also have the opportunity to stop at local wineries and tourist farms before returning to Šempeter pri Gorici.

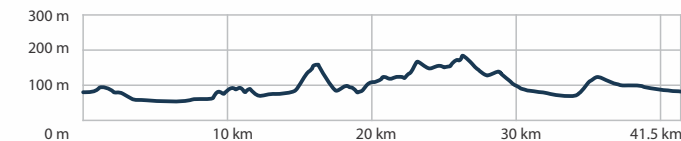
Distance: 41.4 km
Total ascent: 390 m
Difficulty: Low



komoot.com
The Vipava Valley Loop



Highlight: The combination of moderate climbs and long flat sections makes the Vipava Valley a regular choice for stages of the Tour of Slovenia.

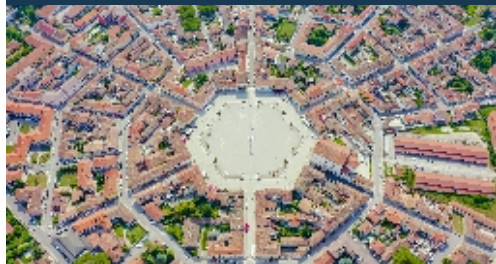


A well-deserved break: A break is always welcome around the halfway point, and Gostilna Sivi Čaven is an excellent place to stop for refreshments.

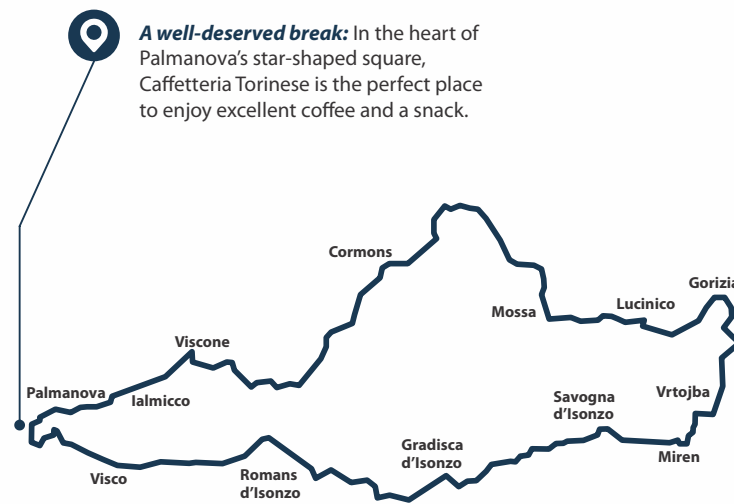
Along the wine roads to star-shaped Palmanova

The route starts at Lipa Hotel and heads through the Italian side of Goriška Brda, one of Europe's most prestigious wine-growing regions. From Brda, the route continues towards Palmanova, a remarkable Renaissance fortress town built in the shape of a nine-pointed star. Thanks to its exceptional military architecture, Palmanova is a UNESCO World Heritage Site. The return journey takes you through Grado on the Soča, a charming historic town along the Soča River, surrounded by green parks and fortifications. The final kilometres follow quiet roads through Friuli, bringing you back to Lipa Hotel.

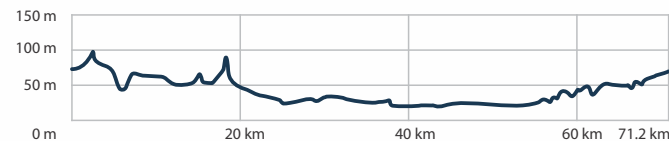
Distance: **71.1 km** Total ascent: **280 m** Difficulty: **Low**



komoot.com
Along the Wine Roads to
Star-Shaped Palmanova



Highlight: Palmanova has featured several times on Giro d'Italia stages and hosted the start of the 13th stage in 2016.



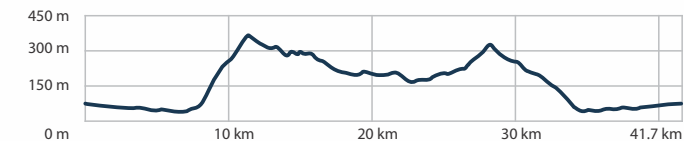
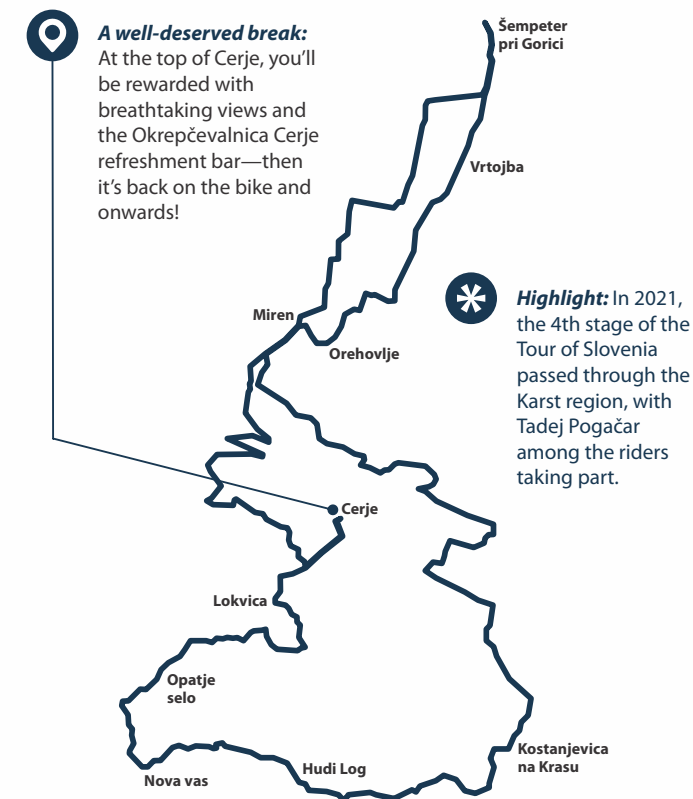
Across the Karst to Cerje

This gravel cycling route starts at Lipa Hotel and heads towards Miren, where the climb to the Karst Plateau begins. Following quiet roads, you make your way towards Kostanjevica na Krasu and Hudi Log, surrounded by dry-stone walls, pine forests, and picturesque Karst villages. The route then descends slightly towards Opatje Selo before a climb to Cerje, renowned for one of the most beautiful viewpoints in the Slovenian Karst. Here, you'll find the impressive Monument to Peace. From Cerje, the route descends back towards Miren, with flatter terrain on the way to Šempeter pri Gorici. The route is suitable for both gravel and mountain bikes.

Distance: **41.7 km** Total ascent: **610 m** Difficulty: **Moderate**
(includes gravel)



komoot.com
Through the Rocky
Karst to Cerje



From the Soča Valley to Trnovo Forest

The route starts at Lipa Hotel and follows the Soča Valley towards Kanal ob Soči. From there, it continues to the picturesque village of Most na Soči, where the Soča and Idrijca rivers meet. The road then climbs onto the Trnovo Plateau and passes through Čepovan, one of Slovenia's largest dispersed settlements. Quiet forests and light traffic make this an ideal route for a relaxed cycling experience. The final section features a pleasant descent towards Solkan, followed by a few flat kilometres back to Lipa Hotel.

Distance: **79.5 km**
Total ascent: **1.170 m**
Difficulty: **Moderate**



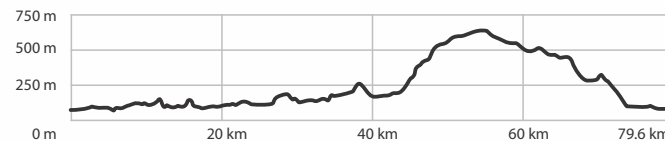
komoot.com
From the Soča Valley
to the Trnovo Forest



A well-deserved break:
Pizzerija Jezero is a great place to refuel while enjoying views of the emerald-green Most na Soči Lake.



Highlight: The Soča Valley has even impressed the organisers of the Giro d'Italia, who routed the 19th stage of the race through the valley in 2022.



From the Karst to the Vipava Valley

The route starts at Lipa Hotel and climbs via the Miren ascent into the unique landscape of the Karst, where stone villages and vineyards accompany you along the way. The climb ends at Cerje, home to the impressive Monument to Peace. Continue to picturesque Štanjel, one of the most charming settlements in the Karst, where history blends with distinctive architecture. From there, descend towards Vipava and enjoy a more relaxed ride through the fertile Vipava Valley, with plenty of opportunities to stop and sample local culinary delights. The loop then brings you back to Lipa Hotel.

Distance: **87.0 km**
Total ascent: **940 m**
Difficulty: **Moderate**



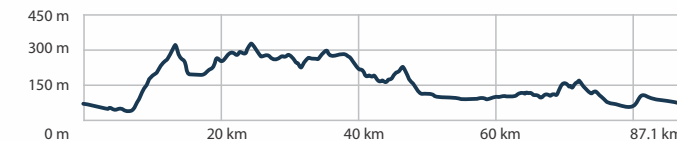
komoot.com
From the Karst
to the Vipava Valley



A well-deserved break:
While exploring the Vipava Valley, Bar pri Marjanci is always a great choice for a quick refreshment before continuing your ride.



Highlight: Every spring, the international one-day Grand Prix of Goriška cycling race and the Vipava Valley takes place, finishing in Nova Gorica.



Time for you – Time for cycling

This special cycling route was created by local tourism organisations with the aim of connecting three Slovenian regions and two countries in a single route. The result is a circular tour that brings together the very best that the Goriška Region has to offer. The ride starts at Lipa Hotel and continues through the Italian town of Gorizia before climbing through the vineyards of Goriška Brda, where spectacular views await. A fast descent then takes you towards Solkan, with views of the famous Solkan Bridge and the emerald-green Soča River along the way. The route continues through the Vipava Valley to Branik, followed by a climb past the magnificent Rihemberk Castle that brings you onto the Karst Plateau. From here, the route gradually climbs towards the Monument to Peace at Cerje, where fantastic panoramic views await before the descent to Miren. The final section follows flatter roads back towards Šempeter pri Gorici.

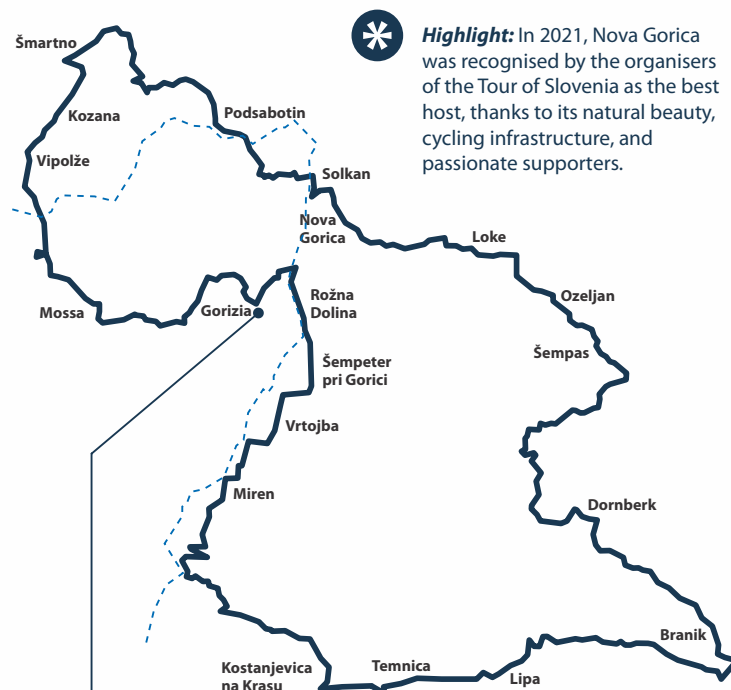
Distance:
94.5 km

Total ascent:
1,300 m

Difficulty:
High
(includes gravel)

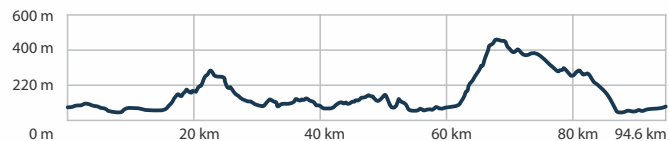


komoot.com
The Bike Time - Brda,
Vipavska Valley, Karst



*** Highlight:** In 2021, Nova Gorica was recognised by the organisers of the Tour of Slovenia as the best host, thanks to its natural beauty, cycling infrastructure, and passionate supporters.

A well-deserved break: Although most of the route takes place in Slovenia, take advantage of the detour into Italy and treat yourself to something sweet at Il Gelatiere KCA .



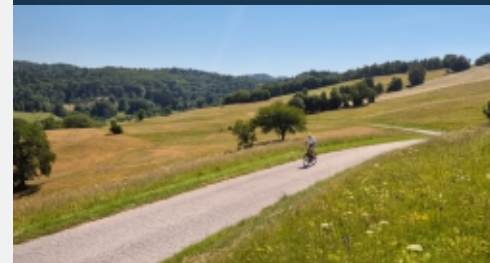
Along the edge of the Trnovo Plateau

From Hotel Lipa, the route heads through the Vipava Valley towards Predmeja, one of the most popular excursion destinations on the edge of the Trnovo Forest. With every kilometre, the views over the Vipava Valley become wider, and on a clear day, you can see all the way to the Adriatic Sea. Once on the plateau, you'll be greeted by fresh mountain air, majestic forests, and quiet roads leading to Lokve. From here, a long and flowing descent takes you towards Solkan. The winding forest road is a real treat for cyclists, with beautiful views towards the Soča River. Once you reach Solkan, only a flat ride remains before returning to Lipa Hotel.

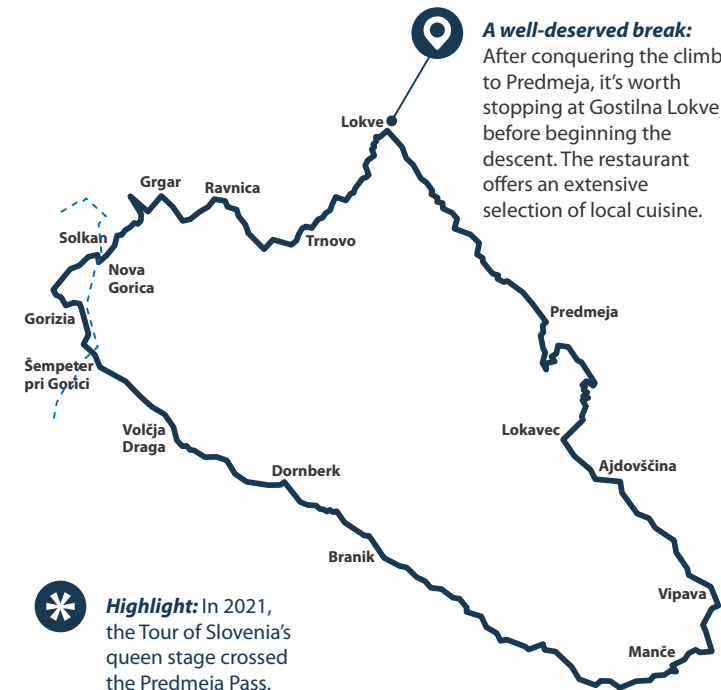
Distance:
94.6 km

Total ascent:
1,550 m

Difficulty:
High

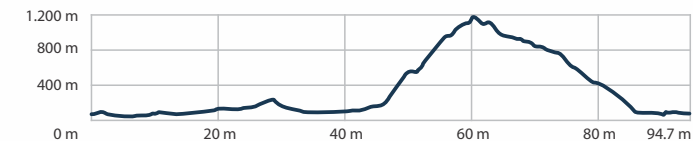


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On the edge of
the Trnovo Plateau



A well-deserved break: After conquering the climb to Predmeja, it's worth stopping at Gostilna Lokve before beginning the descent. The restaurant offers an extensive selection of local cuisine.

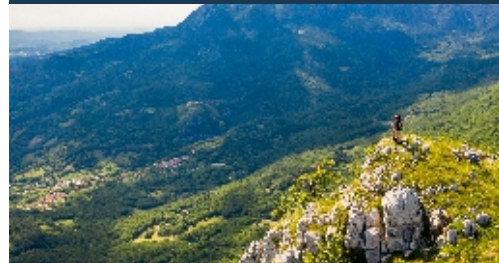
*** Highlight:** In 2021, the Tour of Slovenia's queen stage crossed the Predmeja Pass. Diego Ulissi took the victory, ahead of Tadej Pogačar.



To the roof of the Vipava Valley

The route starts at Lipa Hotel and winds through the peaceful Branik Valley, surrounded by lush green landscapes and a tranquil rural atmosphere. The route then climbs towards Nanos, one of Slovenia's most iconic cycling climbs. Its hairpin bends and undulating road make every kilometre of the ascent special, while spectacular views await at the top. After a well-earned break, descend into the Vipava Valley, where the landscape transforms once again into a mosaic of vineyards, orchards, and picturesque villages. A pleasant ride along the valley roads then leads you back towards Lipa Hotel.

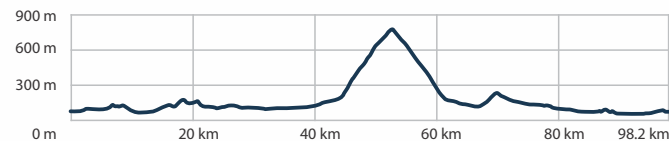
Distance: **98.1 km** Total ascent: **1,220 m** Difficulty: **High**



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To the Roof
of the Vipava Valley



Highlight: Every year, Nanos hosts a race for recreational cyclists, which also counts towards the Slovenian National Hill Climb Championship.



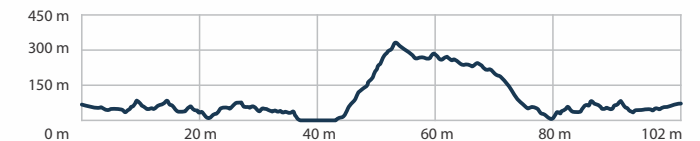
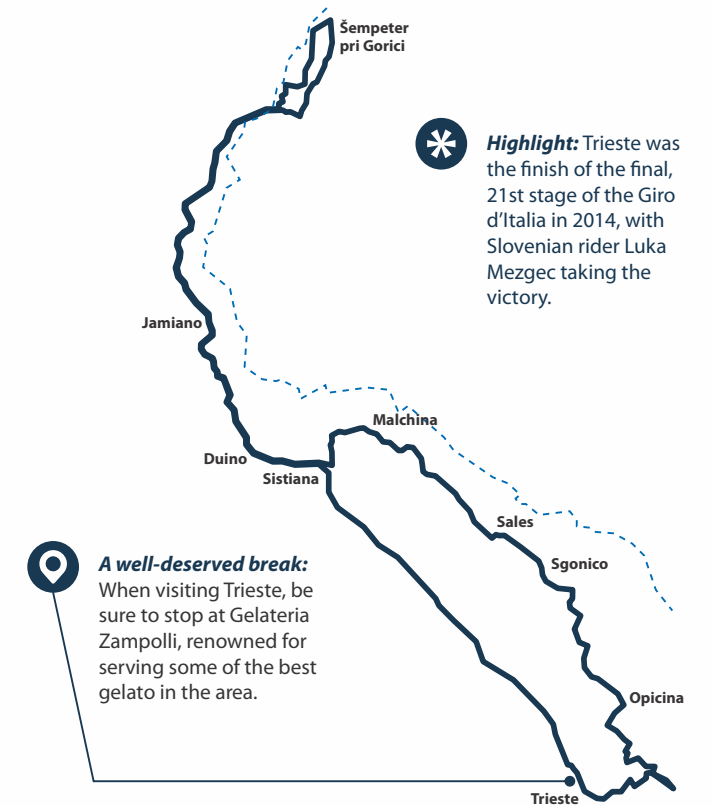
From Goriška to the Gulf of Trieste

The route starts at Lipa Hotel and follows pleasant roads past Sistiana towards Trieste. Along the way, the landscape gradually changes—from vineyards and the open Karst Plateau to sweeping views over the Gulf of Trieste. Before reaching Trieste, the route passes the magnificent Miramare Castle, while Trieste itself rewards you with the unique atmosphere of a vibrant seaside city. The route then climbs towards Opicina, where spectacular panoramic views over the city and the sea open up. Quieter roads along the edge of the Karst provide an enjoyable ride through the region's distinctive, undulating landscape on the way back to Lipa Hotel.

Distance: **102.0 km** Total ascent: **970 m** Difficulty: **High**



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From the Goriška Region
to the Gulf of Trieste





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