

# CYCLING EXPERIENCES

IN LJUBLJANA AND THE REGION

Ljubljana

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## Kolofon

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City of  
Ljubljana





## UNIQUE BLEND OF URBAN CYCLING AND AUTHENTIC DISCOVERIES ON LJUBLJANA'S DOORSTEP!

**Cycling adventure through the enchanting streets of Ljubljana and its stunning surroundings for everyone wishing to explore vibrant urban life and breathtaking countryside in an active and eco-friendly way!**

Jump on a bike and explore the old town - its picturesque squares, streets and landmarks such as Ljubljana Castle and the Triple Bridge, or go for a refreshing ride along the Ljubljanica River and green city oases. The surroundings of the capital charm visitors with an abundance of nature and an authentic countryside vibe. The expansive plains of the Ljubljana Marshes offer easy cycling trips, while more experienced cyclists can challenge themselves with climbs of varying difficulty in the hilly hinterland of Ljubljana.

Ljubljana is an ideal starting point for both short rides and multi-day cycling adventures. Surrounded by greenery and scenic views, you can enjoy active holidays in fresh air, with each trip bringing you closer to the natural and cultural landmarks of Central Slovenia. Along the way, you can stop at local inns and try their homemade delicacies.

To top it all off, you can join in prominent cycling events such as the Franja Marathon or the Tour of Slovenia as a competitor or spectator.

Experience the energy of the capital, discover its hidden gems, and create lasting memories—on a bike!

### **PLEASE NOTE**

Cycling is an excellent way to explore Ljubljana and its picturesque surroundings; however, there are a few safety measures that should be observed to ensure you have a safe ride. The hinterland of Ljubljana is predominantly hilly, with numerous ascents and terrains that can pose challenges, especially for less experienced cyclists. Pay attention to road conditions, respect traffic regulations, and consider your cycling experience! Make sure your bike is well-maintained and that you have appropriate cycling gear; and above all – always wear a helmet. Carry enough water, especially on longer and more demanding tours.

## **BIKE RENTAL**

Various tourist agencies and other providers in Ljubljana offer bike rentals for different types of cycling. Elsewhere in the region, bicycles can be rented from private providers and at Tourist Information Centres (TIC). Please enquire about bike rental options at your local TIC. City bikes in Ljubljana can be rented from Tourism Ljubljana as well as the BicikeLJ and Nomago Bikes rental systems.












## **BIKE STORES AND REPAIR SHOPS**

Ljubljana has an extensive network of bike stores and repair shops of all sizes throughout the whole city and in shopping centres. You will also find stores and repair shops in other larger towns and several smaller municipalities in the Central Slovenia region. To find out more, please check online or visit a Tourist Information Centre (TIC).

We have prepared a curated selection of the most beautiful cycling routes in Ljubljana and the region for you in this brochure. You can read detailed descriptions of all cycling routes on the Tourism Ljubljana website by scanning the QR code. The website also offers the option of downloading GPX tracks and a lot more content that may interest you.



If you are travelling Slovenia by bike, the following routes are ideal for you. All are designed so that you can continue your journey by train as well.

	<b>Ljubljana – Stična</b>	<b>Ljubljana – Litija</b>	<b>Ljubljana – Logatec</b>	<b>Ljubljana – Kamnik</b>	<b>Ljubljana – Zbiljsko jezero</b>
 Short description	Stična, a town nestled in the midst of Dolenjska's hilly landscape, is home to a medieval monastery and a museum of Christianity in Slovenia. The cycling route leads along quiet rural roads past Grosuplje.	The path initially follows the Ljubljanica River and then its mightier sister, the Sava River, taking you to lesser-known areas of the region. Riding through the villages along the way, you will experience the authentic pulse of the countryside.	Logatec, a former Roman outpost, is known for its War Museum and is an excellent starting point for exploring the Planinsko polje karst field. The cycling route will take you past Ljubljana Marshes (Ljubljansko barje) and Vrhnika.	The medieval town of Kamnik is surrounded by unspoilt nature and dotted with numerous hiking trailheads. The cycling route leads along the Kamniška Bistrica River past the Volčji Potok Arboretum.	Zbilje Lake (Zbiljsko jezero) is a popular excursion spot where you can relax in nature. The picturesque cycling route to the lake runs along the foot of the Polhov Gradec Hills and along the Sava River past the town of Medvode.
 Category	Trekking	Road/trekking	Trekking	Trekking	Road/trekking
 Distance	36.8 km	34.5 km	35.7 km	30.5 km	18 km
 Duration	7 hours	6 hours	6 hours	5 hours	3 hours
 Elevation gain	480 m	220 m	470 m	170 m	130 m
 Difficulty	Difficult	Moderate	Difficult	Moderate	Easy
QR code					



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LJUBLJANA - **RAŠICA** (STANE KOSEC PEAK) (641 m) - LJUBLJANA

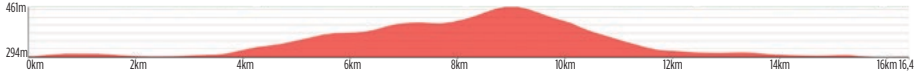
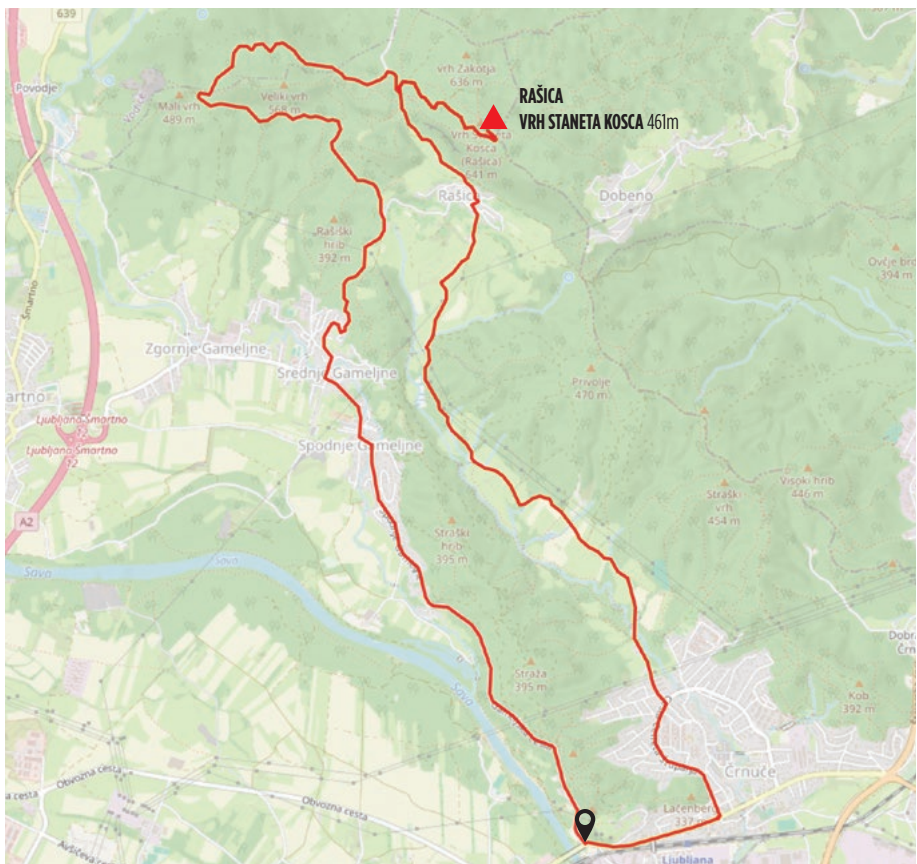


## **Favourite climb of local mountain bikers**






The climb to the peak of Vrh Staneta Kosca or the "to Rašica trail" as the locals call it, is one of the most popular among local mountain bikers. It also offers enviable climbs, but your persistence in overcoming the inclines – sheltered by the forest on mostly well-maintained dirt road – will be rewarded at the finish line with a rest at a mountain lodge with excellent homemade food and a panorama from the lookout tower.

GPX :





Basic information

 Starting point	Most čez Savo, Ljubljana
 Category	MTB
 Difficulty	Moderately difficult/difficult
 Route length	16 km
 Elevation gain	360 m
 Duration	1 hour 45 minutes
 Gastronomic offer	Planinski dom Rašiške čete mountain lodge on Rašica

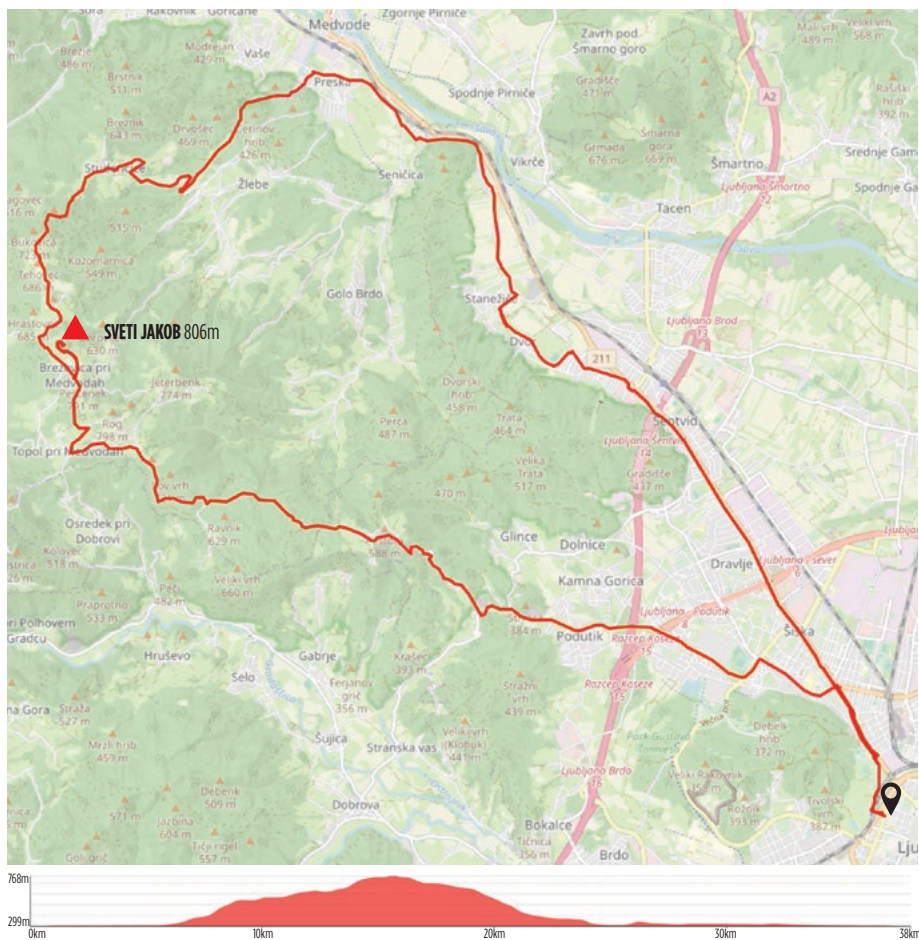


## The most photogenic destination in the hinterland of Ljubljana

If you want to capture the most photogenic motif in the hinterland of Ljubljana from your bicycle, you will have to ascend the hill with the Church of St. Jacob in the Polhov Gradec Hills. This picturesque spot offers breathtaking views, particularly when the meadows are in bloom. Upon reaching the church, you will be greeted by a magnificent view of Ljubljana with the surrounding hills and the Alps. However, you can rest assured that the rest of the ride is nice as well, especially the cycling along the winding forest road and the astonishingly scenic parts of the route.

GPX :





CYCLING EXPERIENCES in Ljubljana and the region

## Basic information

	Museum of Modern Art
	Museum of Modern Art
	MTB/trekking
	Difficult
	38 km
	550 m
	3 hours 15 minutes
	Gostilna Dobnikar inn, Topol pri Medvodah Gostilna na Vihri inn, Topol pri Medvodah

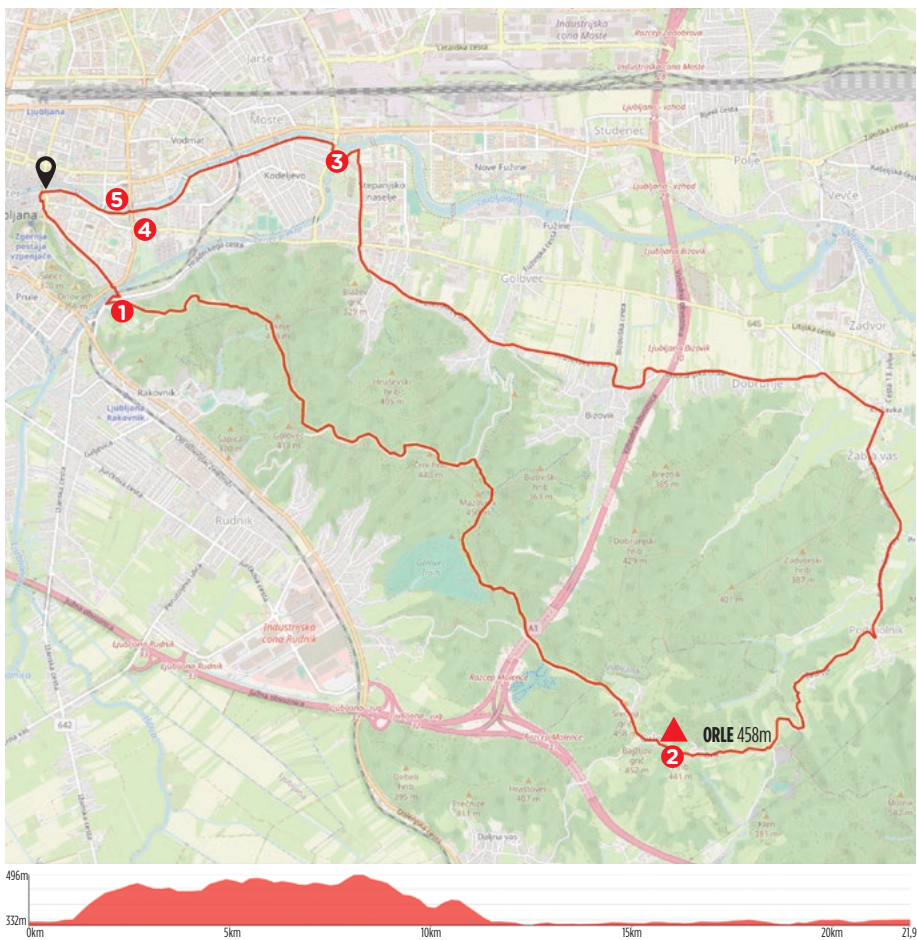


## Complete cycling experience of a green urban oasis

Enjoy a dynamic cycling experience through one of the most beautiful green oases in the Slovenian capital, followed by a pleasant descent through its authentic rural hinterland. Before heading back down the hill, take a break at a popular inn above the city and hop on the lookout tower. Set off on a cycling trip to Orle, a popular excursion spot above Ljubljana, through the hilly Golovec city forest!









GPX :





CYCLING EXPERIENCES in Ljubljana and the region

### Basic information

	Kerkov trg
Starting point	
	MTB/trekking/gravel
Category	
	Moderately difficult
Difficulty	
	22 km
Route length	
	260 m
Elevation gain	
	2 hours
Duration	
	<p><b>1</b> Astronomical observatory of the University of Ljubljana Closed to the general public, but they organise open days for sky observation several times a year.</p> <p><b>2</b> Sleeping in the lookout tower on Orle</p> <p><b>3</b> Plečnik's sluice gate</p> <p><b>4</b> Cukrarna Gallery</p> <p><b>5</b> Center Rog</p>
Points of interest along the route	
	Gostilnica Orle inn
Gastronomic offer	

# LJUBLJANA - JANČE (792 m) - LJUBLJANA

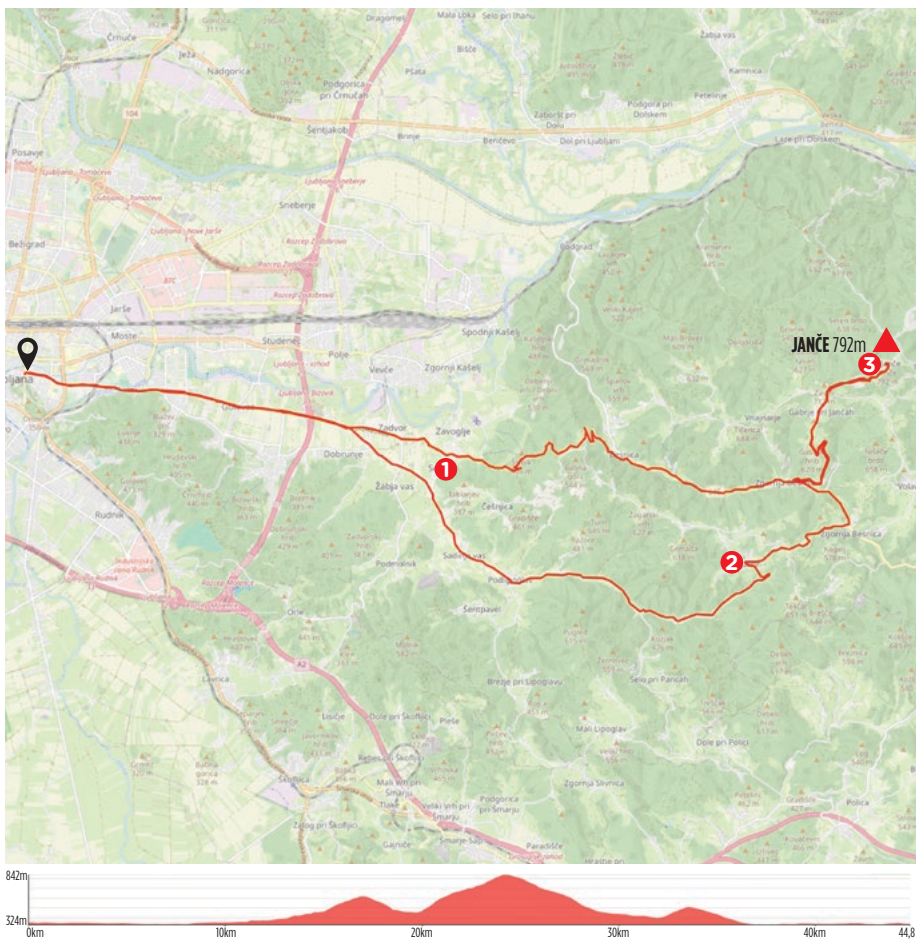


## Climb to the “Triglav of Ljubljana” with an authentic countryside experience

One of the most popular destinations for Ljubljana road cyclists. Scenic village with a popular mountain lodge requires a decent fitness level to reach it by bike, but persistence pays off with a wonderful view and local cuisine. The ride is also a lovely voyage through the countryside on the doorstep of the city, partly along Fruit Road (Sadna cesta) dotted with homesteads that offer fresh seasonal fruit.









GPX :





CYCLING EXPERIENCES in Ljubljana and the region

## Basic information

	Krekov trg
Starting point	
	Road
Category	
	Difficult
Difficulty	
	45 km
Route length	
	820 m
Elevation gain	
	3 hours
Duration	
	Sacral heritage: churches of
Points of interest along the route	1 St. Leonard (Sostro),
	2 St. Anne (Javor) and
	3 St. Nicholas (Janče)
	4 Fruit Road (Sadna cesta)
	Mountain lodge on Janče
Gastronomy	

# CYCLING LOOP AROUND LJUBLJANA

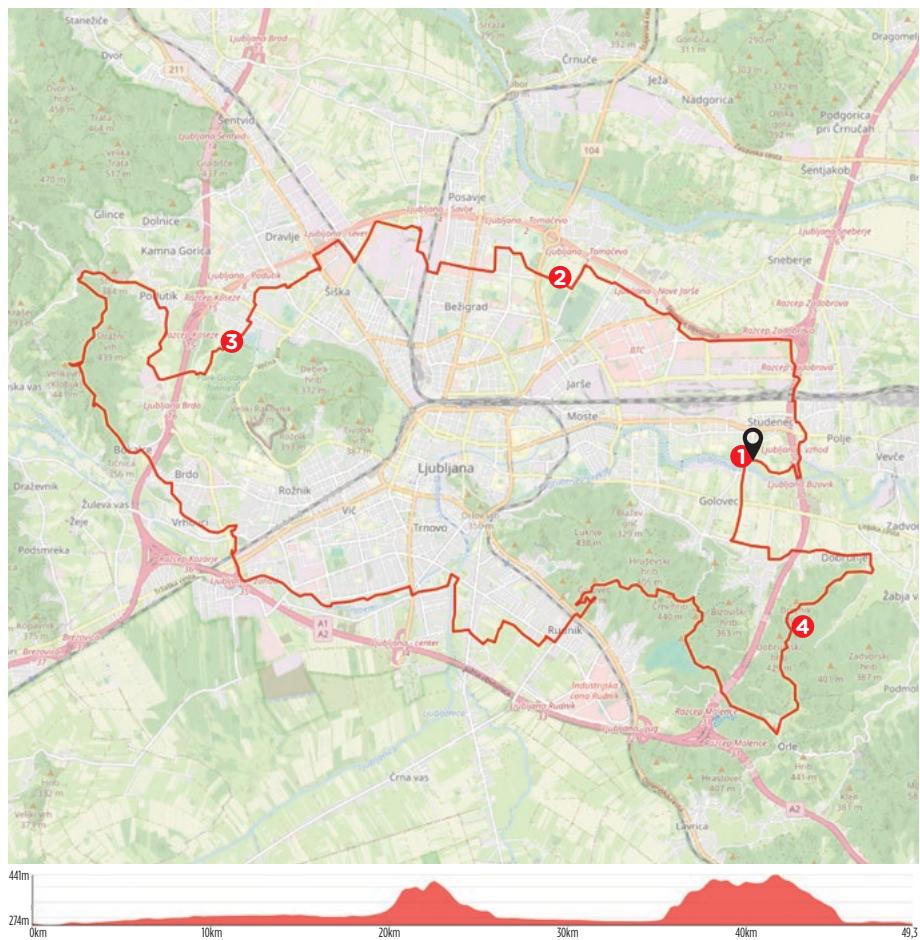


## Unique cycling loop around the Slovenian capital

Circumnavigate Ljubljana by bike! You will follow in the footsteps of history surrounded by the hustle and bustle of the city and weave through green urban oases. The route will take you over a good portion of the Path of Remembrance and Comradeship, a unique historical monument. Along the way you will get to feel the pulse of different neighbourhoods and breathe some fresh air in the forests of the Ljubljana hills.

GPX :





CYCLING EXPERIENCES in Ljubljana and the region

## Basic information

 Starting point	Museum of Architecture and Design
 Category	MTB/trekking/gravel
 Difficulty	Difficult
 Route length	50 km
 Elevation gain	400 m
 Duration	4 hours
 Points of interest along the route	<ol style="list-style-type: none"> <li><b>1</b> Museum of Architecture and Design (Muzej za arhitekturo in oblikovanje)</li> <li><b>2</b> Žale Cemetery</li> <li><b>3</b> Koseze Pond (Koseški bajer)</li> <li><b>4</b> Church and monument on Saint Ulrich (Sveti Urh)</li> </ol>
 Gastronomy	Gostilnica Orle inn and hospitality establishments along the Path of Remembrance and Comradeship

# MARSH MOSAIC LOOP

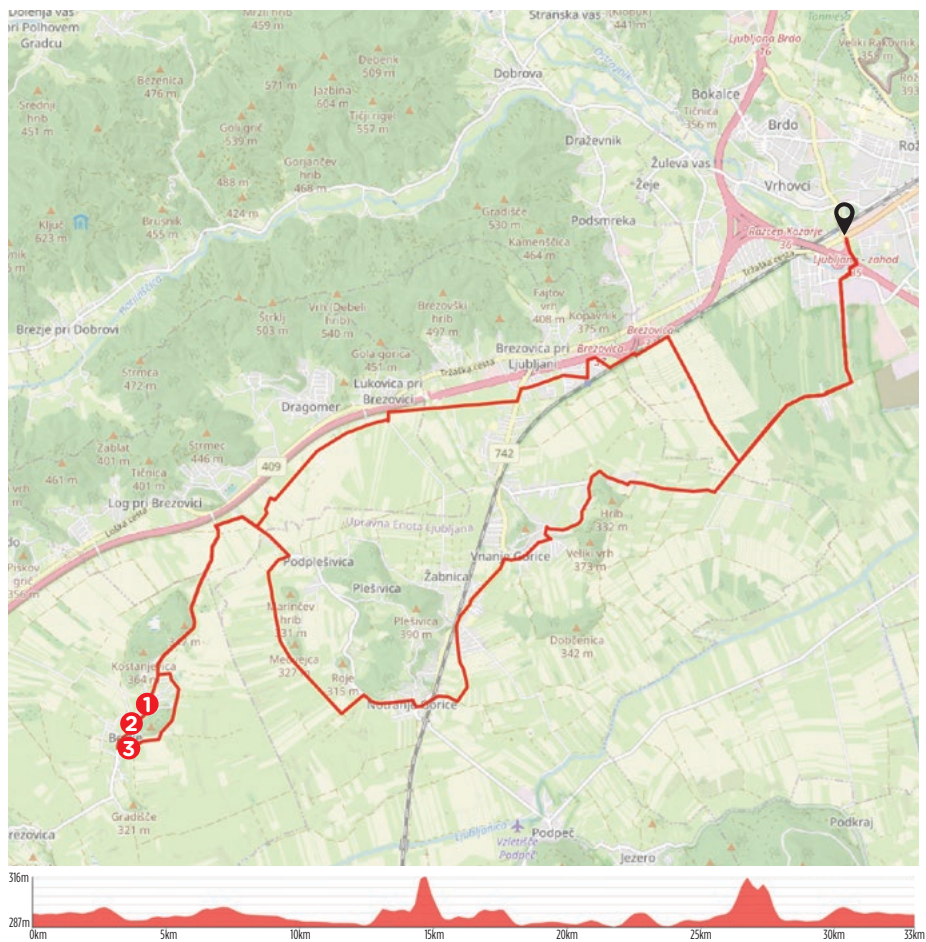


## Experience the lively Marsh Mosaic Loop (Barjanski mozaik)

A pleasant and easy cycling tour on the doorstep of Ljubljana traversing wonderful and unique landscapes: the Ljubljana Marshes, a mosaic of exceptional natural and cultural landscape. A scenic plain with views framed by wide wooded slopes rising above the marshes.









GPX :





CYCLING EXPERIENCES in Ljubljana and the region

### Basic information

 Starting point	of the Path of Remembrance and Comradeship, Dolgi most, Ljubljana; car park: P+R Dolgi most; bus station: Ljubljana city bus (LPP) line No. 6 Dolgi most
 Category	Trekking/gravel
 Difficulty	Easy/moderately difficult
 Route length	33 km
 Elevation gain	130 m
 Duration	2 hour 30 minutes
 Points of interest along the route	<ol style="list-style-type: none"> <li><b>1</b> Mali Plac Nature Reserve, Bevke</li> <li><b>2</b> The Marsh Pixies Trail to Mali Plac, Bevke</li> <li><b>3</b> Village scales (Vaška vaga), Bevke</li> </ol>
 Gastronomy	Restaurants at Dolgi most in Ljubljana, Restaurants in Brezovica (Podpeška cesta), Bevke Sports Park

# BEVKE LEARNING TRAIL



## Pleasant family stroll on the marshes

Did you know that the Ljubljana Marshes have not been a marsh in the true sense of the word for a very long time? Are you familiar with the plants and animals that call the marshes their home? What about the treasures hidden by the Ljubljanica River? You will learn all this and much more on the Bevke Loop Learning Trail that teaches about the natural and cultural landscape of the Ljubljana Marshes. It leads along wide gravel roads and grassy cart tracks that cross the marshy plain. It is relatively short so it is also an excellent choice for families with small children.

GPX :





CYCLING EXPERIENCES in Ljubljana and the region

### Basic information

 Starting point	Car park near Gradišče/Bevke Sports Park
 Category	MTB/trekking
 Difficulty	Easy
 Route length	5 km (Bevke Learning Trail); 11 km, if you start your trip from the Bevke Sports Park
 Duration	45 minutes/1 hour (start and finish at the Bevke Sports Park)
 Points of interest along the route	<ul style="list-style-type: none"> <li>1 Mali Plac Nature Reserve, Bevke</li> <li>2 The Marsh Pixies Trail to Mali Plac, Bevke</li> <li>3 Village scales (Vaška vaga), Bevke</li> </ul>
 Gastronomy	Bevke Sports Park

# BEAVER TRAIL

(BOBROVA POT)

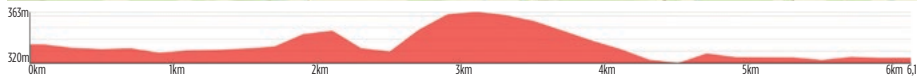


## Along the hillsides of the marsh inselberg

Old building architecture, village sacral heritage, ancient history, biotic diversity... and the marshy plain. The Beaver Trail (Bobrova pot) leading along the outskirts of the Blatna Brezovica inselberg and beyond is brimful of stories telling you about the interesting cultural and natural landscape here. The trail is mostly flat with only two short inclines to be overcome. It winds along quiet village roads, dirt roads and cart tracks. It offers beautiful vistas of the hills bordering the Ljubljana Marshes.

GPX :





CYCLING EXPERIENCES in Ljubljana and the region

### Basic information

 Starting point	Blatna Brezovica; car park at the Bevke Sports Park with a trailhead kiosk for the Beaver Trail
 Category	MTB/trekking/gravel
 Difficulty	Easy
 Route length	7 km
 Duration	1 hour
 Points of interest along the route	<ol style="list-style-type: none"> <li>1 Mali Plac Nature Reserve, Bevke</li> <li>2 The Marsh Pixies Trail to Mali Plac, Bevke</li> <li>3 Village scales (Vaška vaga), Bevke</li> </ol>
 Gastronomy	Žrebiček bar, Blatna Brezovica Bevke Sports Park

# E-BIKE TOUR ACROSS THE POLHOV GRADEC DOLOMITES

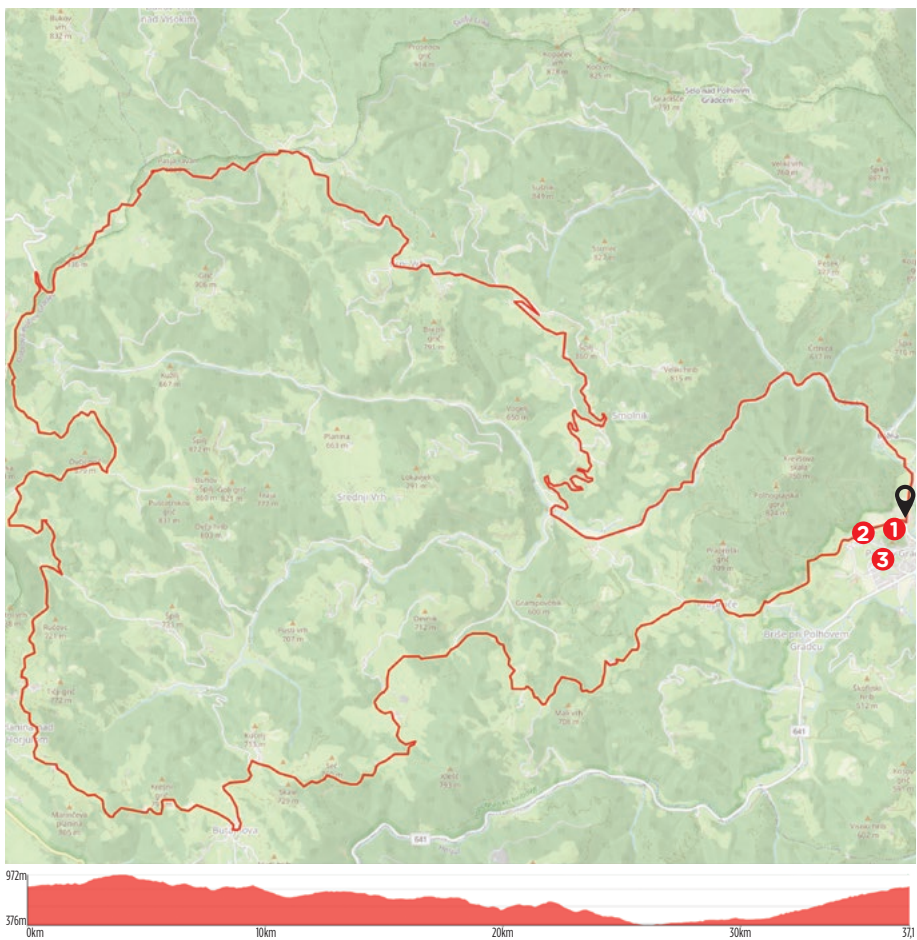


## Epic e-bike loop of the Polhov Gradec Hills

Treat yourself to a superb sightseeing tour of the wonderful world of the Polhov Gradec Dolomites - on an e-bike! You will be amazed by the nature around you: the vast forests, meadows and pastures and the views over the rugged surroundings and beyond, all the way to the gray ridges of the Alps. You will be impressed by the cultural landscape: picturesque churches on hills, lonely farms and remote villages. Riding an e-bike, you will effortlessly admire the intertwinement of the natural and cultural landscapes of the Polhov Gradec Dolomites in a relaxing fashion without getting gassed when climbing all of the slopes along the route.









**GPX :**





CYCLING EXPERIENCES in Ljubljana and the region

### Basic information

 Starting point	Polhov Gradec Manor, Polhov Gradec - car park. Take the Ljubljana city bus (LPP) from Ljubljana to Polhov Gradec, lines no. 51 and 52 Domačija Pr'Popr homestead - car park. Take the Ljubljana city bus (LPP) from Ljubljana to Črni Vrh, lines no. 51 and 52
 Category	MTB/trekking
 Difficulty	Difficult
 Route length	37 km
 Elevation gain	950 m
 Duration	2 hours 45 minutes
 Points of interest along the route	<ol style="list-style-type: none"> <li><b>1</b> Museum of Post and Telecommunications – Polhov Gradec Manor, Polhov Gradec</li> <li><b>2</b> Dormouse Adventure Park, Polhov Gradec</li> <li><b>3</b> Božnar House of Honey, Polhov Gradec</li> </ol>
 Gastronomy	Gostilna Pri Pratkarju inn, Polhov Gradec

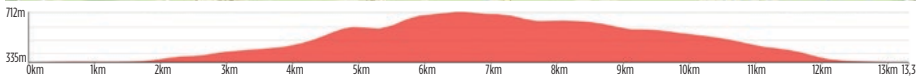
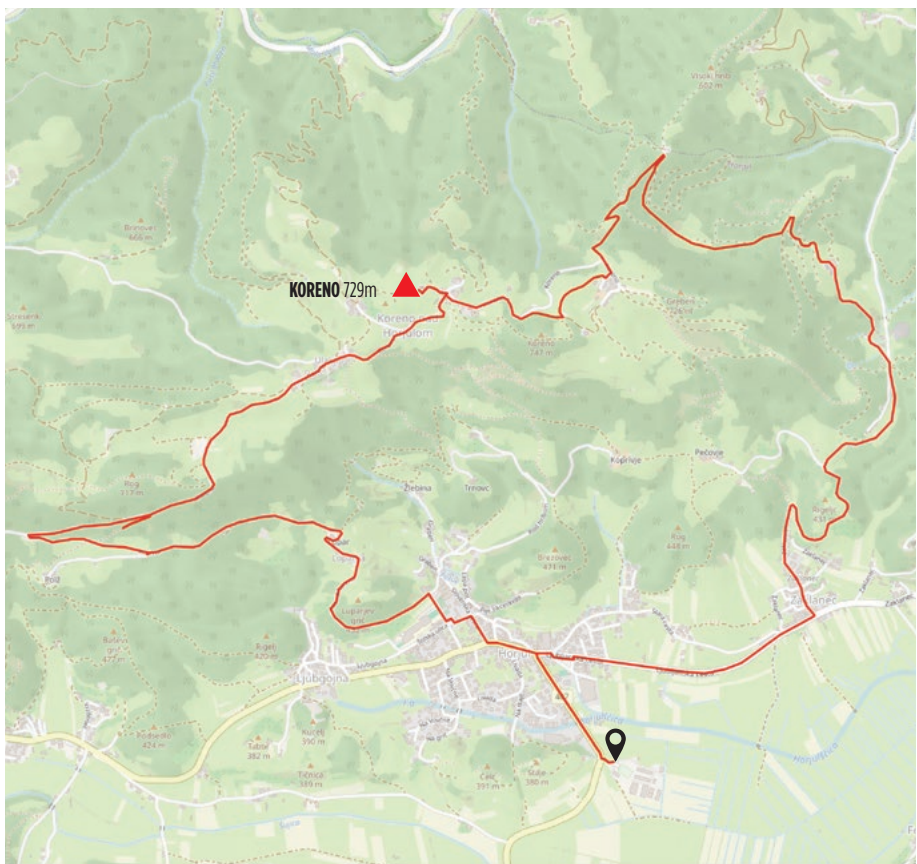


## From the green valley to the scenic ridge and local delicacies

Climb one of the nicest scenic ridges in the Polhov Gradec Dolomites! Koreno, the village and the peak that separate the valley of the Horjulščica stream from the valley of the Gradaščica stream, rises high enough (729 m) to offer a magnificent view. The view spans the Ljubljana basin, the rest of the Polhov Gradec Dolomites, the Krim Hills, hills towards Notranjska, and stretches all the way to the Alps. Koreno is home to the oldest church in the municipality of Horjul dedicated to St. Hermagoras and Fortunatus from the early 14th century. At the Turistična kmetija Pr'Janš tourist farm, you can refresh yourself with homemade food at the end of your ascent – or, as they say in these parts: God "extends His hand" here!

GPX :





CYCLING EXPERIENCES in Ljubljana and the region

Basic information

 Starting point	Horjul Sports Park – car park
 Category	Trekking/gravel
 Difficulty	Difficult
 Route length	13 km
 Elevation gain	410 m
 Duration	1 hour 30 minutes
 Gastronomy	Turistična kmetija Pr' Janš tourist farm, Koreno Horjulček inn, Horjul Sports Park

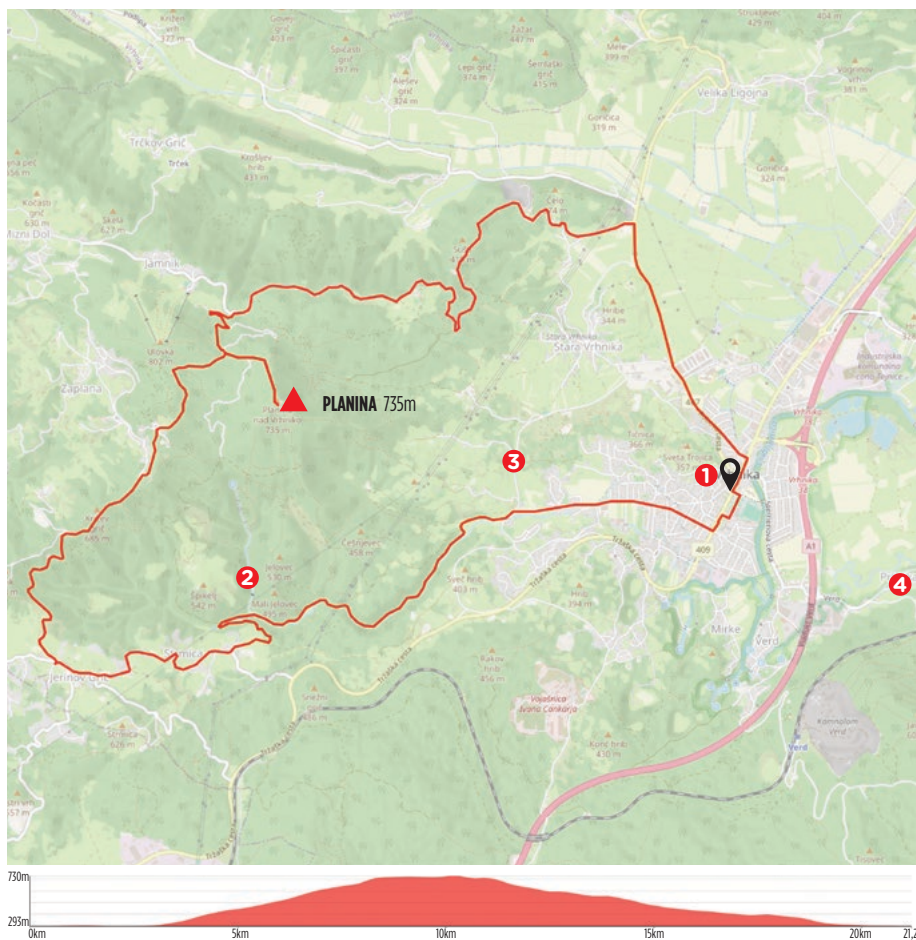


## Scenic tour in the hilly hinterland of Ivan Cankar's town

A beautiful cycling loop that takes you from the birthplace of Slovenia's greatest writer, Ivan Cankar, to the panoramic hill of Planina above Vrhnika, and onwards to the charming Zaplana, an oasis of greenery and peace, and finally through the valley of the mysterious Bela stream. Due to the relatively long climb to Planina, it is particularly interesting for cyclists who wish to spend a day in beautiful and remote nature, but who also like to spice up the tour with a more substantial fitness challenge.









GPX :





CYCLING EXPERIENCES in Ljubljana and the region

### Basic information

 Starting point	Vrhnika Tourist Information Centre (TIC); free parking spaces are available in front of the TIC along the Tržaška road. Take the Ljubljana city bus (LPP) from Ljubljana to Vrhnika, line no. 47
 Category	MTB/trekking
 Difficulty	Difficult
 Route length	23 km
 Elevation gain	470 m
 Duration	2 hours
 Points of interest along the route	<ol style="list-style-type: none"> <li><b>1</b> Ivan Cankar memorial house</li> <li><b>2</b> Star maln</li> <li><b>3</b> The Temple of Lintvern the Dragon fairytale adventure</li> <li><b>4</b> Technical Museum of Slovenia in Bistra</li> </ol>
 Gastronomy	Turistična kmetija Kuren (Pr'Figarji) tourist farm Planinska kočna na Planini nad Vrhniko mountain lodge Gostilna Mesec inn, Zaplana Hospitality establishments in Vrhnika

# ROMAN ROAD AT LOGATEC



## On the tracks of the mighty Roman Empire

A cycling adventure steeped in the legacy of the mighty Roman Empire. Along the way, you can stop at a fortress from the late Roman period, and refresh yourself after the ten-kilometre climb at an inn that was once a Roman postal station. You will not only enjoy historical heritage but also beautiful nature, especially in the vast forests.

GPX :





Basic information

 Starting point	Gostilnica in picerija Žakelj inn and pizzeria (make arrangements for a parking spot)
 Category	Trekking/gravel
 Difficulty	Moderately difficult/difficult
 Route length	29 km
 Elevation gain	640 m
 Duration	3 hours 15 minutes
 Points of interest along the route	<ol style="list-style-type: none"> <li><span style="color: red;">1</span> Lanišče Roman fort</li> <li><span style="color: red;">2</span> Exhibition in the Stara pošta inn</li> </ol>
 Gastronomy	Gostilnica in picerija Žakelj, Kalce Stara pošta inn, Hrušica

# NORTHERN ROUTE IN DOMŽALE

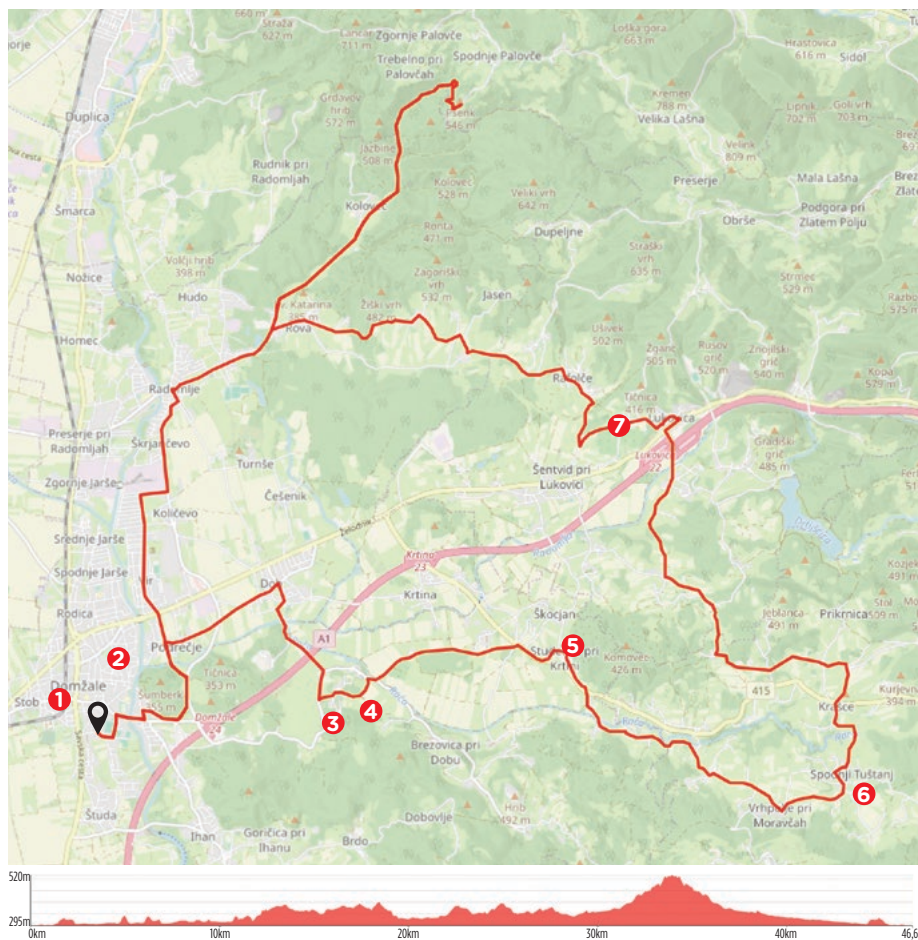


## **A nice cycling loop with many attractions**

A nice cycling loop with many attractions on the way, seasoned in the very north by the ascent to the outskirts of the Babji trebuch hill followed by an easy descent back to the starting point in Domžale. The route runs almost entirely along paved and low-traffic roads and does not feature any long climbs.

GPX :





CYCLING EXPERIENCES in Ljubljana and the region

### Basic information

 Starting point	Domžale Sports Park
 Category	Trekking/gravel/road
 Difficulty	Difficult
 Route length	47 km
 Elevation gain	490 m
 Duration	3 hours 30 minutes
 Points of interest along the route	<ol style="list-style-type: none"> <li><b>1</b> Straw Hat Museum, Domžale</li> <li><b>2</b> The Magical Šumberk Hill family adventure</li> <li><b>3</b> Krumperk Castle</li> <li><b>4</b> Iron Cave (Železna jama) and the Speleology Museum</li> <li><b>5</b> Studenec Summer Theatre</li> <li><b>6</b> Tuštanj Castle</li> <li><b>7</b> Brdo pri Lukovici Castle</li> </ol>



## Cycling “walkabout” from Kamnik to the Volčji Potok Arboretum

If you are staying in Kamnik and planning a visit to the Volčji Potok Arboretum, the most popular botanical park in Slovenia, why not go there by bike instead of by car? Especially since you will mainly cycle along a pleasant dirt path along the lively Kamniški Bistrica River. Upon your return from the park, be careful on the road not get too enchanted and distracted by the view of the Alps!









GPX :



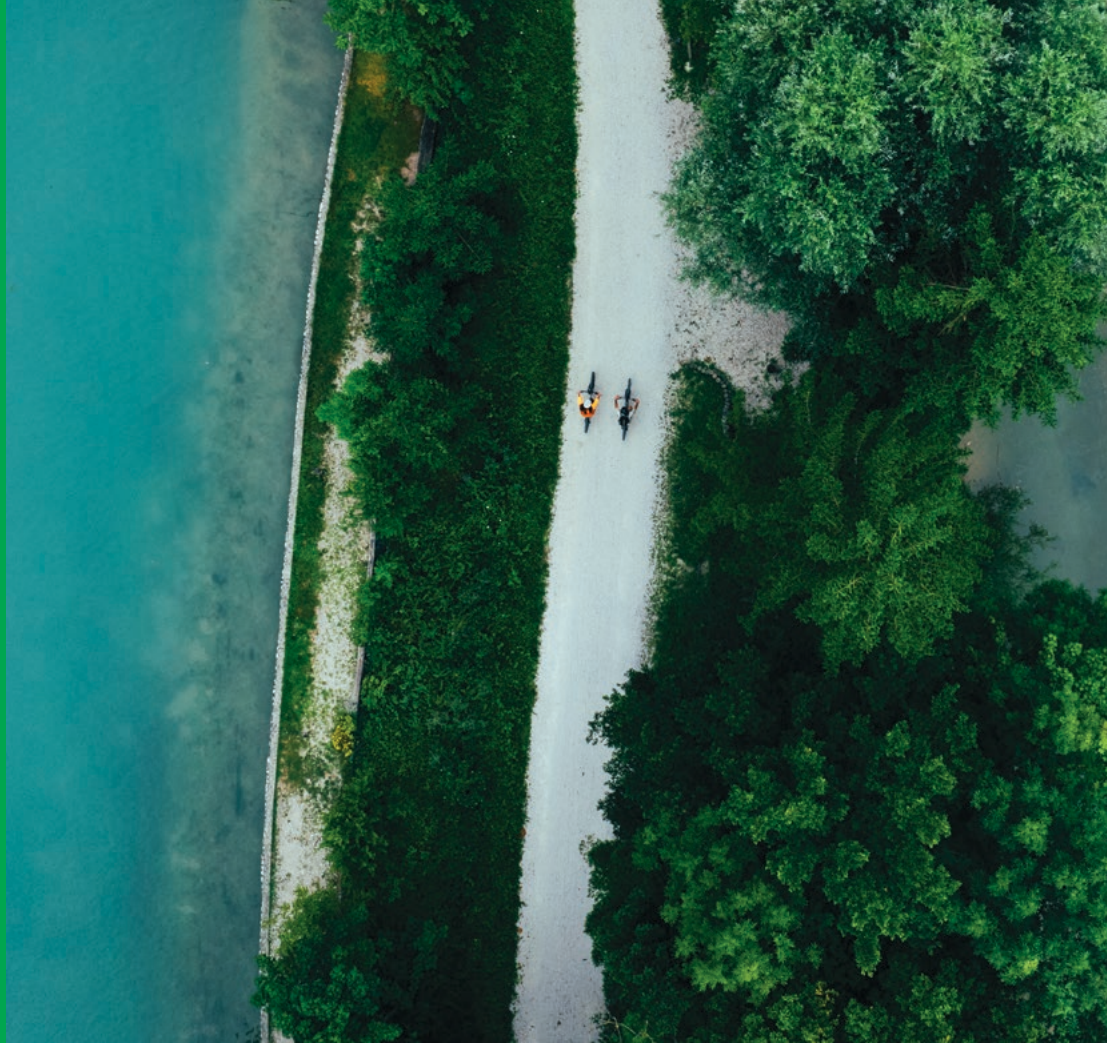


CYCLING EXPERIENCES IN Ljubljana and the region

### Basic information

 Starting point	Kamnik TIC
 Category	Trekking
 Difficulty	Easy
 Route length	12 km or 15 km including the walk around the Volčji Potok Arboretum
 Elevation gain	80 m including the walk around the Volčji Potok Arboretum
 Duration	45 minutes or 1 hour 15 minutes including the walk around the Volčji Potok Arboretum
 Points of interest along the route	<p>1 Old town centre of Kamnik</p> <p>2 Volčji Potok Arboretum</p>
 Gastronomy	Café and summer garden in the Volčji Potok Arboretum

KAMNIK - ZG. STRANJE - STOLNIK (461 m) - TUNJICE - KAMNIK



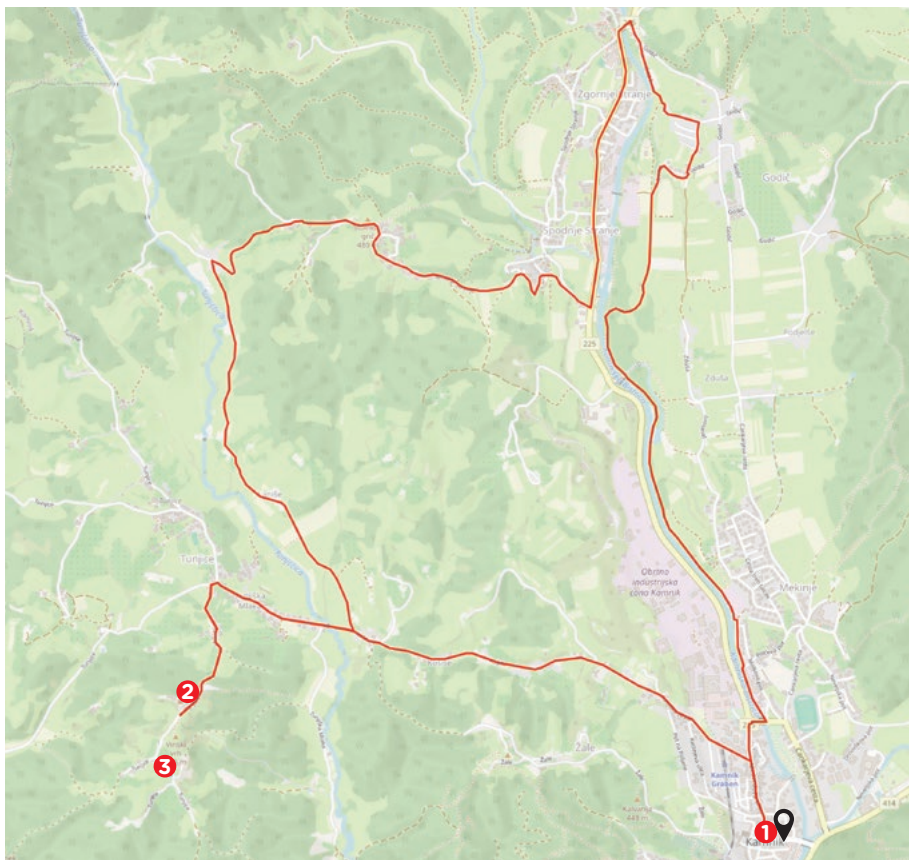
## Along the lively river to reach the views and the mighty baroque church

Kamniška Bistrica, one of the cleanest Slovenian rivers. Pleasant learning cycle path along the river offering knowledge about the local nature and history. Scenic ride through a quiet village in the hinterland of Kamnik. Gratifying climb to the mighty baroque church. We invite you to an exciting trip to the lobby of the Alps!










GPX :





CYCLING EXPERIENCES in Ljubljana and the region

### Basic information

 Starting point	Kamnik TIC
 Category	MTB/trekking/gravel
 Difficulty	Moderately difficult
 Route length	15 km
 Elevation gain	230 m
 Duration	1 hour 30 minutes
 Points of interest along the route	<ol style="list-style-type: none"> <li><b>1</b> Old town centre of Kamnik</li> <li><b>2</b> Church of St. Anne</li> <li><b>3</b> Tunjice Natural Healing Resort (Zdravilni gaj Tunjice)</li> </ol>

**TERME SNOVIK - VRANJA PEČ (650 m) -  
VOLČJI POTOK ARBORETUM -  
BRDO PRI LUKOVICI - TERME SNOVIK**



**Wonderful loop ride  
from the highest-  
lying Slovenian  
altitude spa**

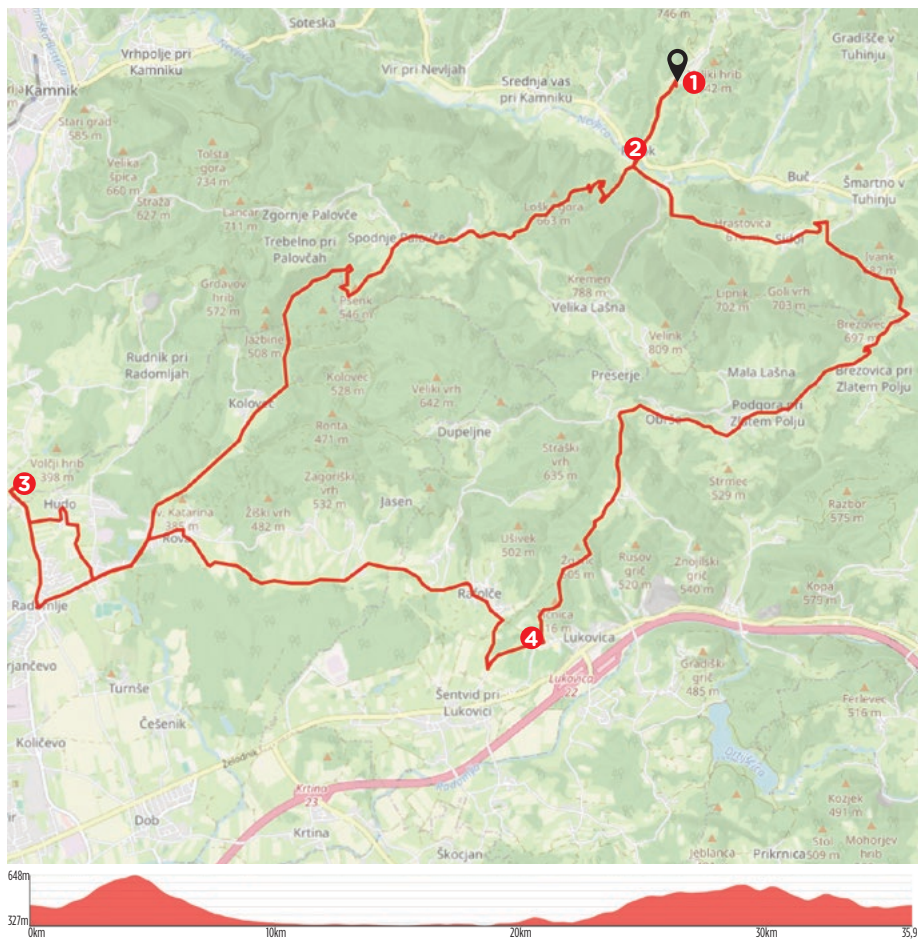
Experience the vibrant green countryside between two popular excursion destinations in the hinterland of Ljubljana: the Terme Snovik spa and the Volčji Potok Arboretum.

Indulge in the shelter of vast forests and blooming meadows accompanied by the melody of murmuring streams surrounded by beautiful vistas and a touch of history.

The tour is somewhat 'spicy' as it features a few longer but not overly steep climbs; however, it is recommended for cyclists who are in good shape.










**GPX :**





CYCLING EXPERIENCES in Ljubljana and the region

### Basic information

	Terme Snovik spa
 Starting point	Gravel
 Category	Difficult
 Difficult	36 km
 Route length	660 m
 Elevation gain	3 hours 30 minutes
 Duration	<ul style="list-style-type: none"> <li><b>1</b> Terme Snovik spa</li> <li><b>2</b> Thermal spring in the village of Potok</li> <li><b>3</b> Volčji Potok Arboretum</li> <li><b>4</b> Brdo pri Lukovici Castle</li> </ul>
 Points of interest along the route	<p>Terme Snovik spa</p> <p>Café and summer garden in the Volčji Potok Arboretum (if you decide on visiting the park)</p>
 Gastronomy	

MORAVČE - **LIMBARSKA GORA** (773 m) - MORAVČE

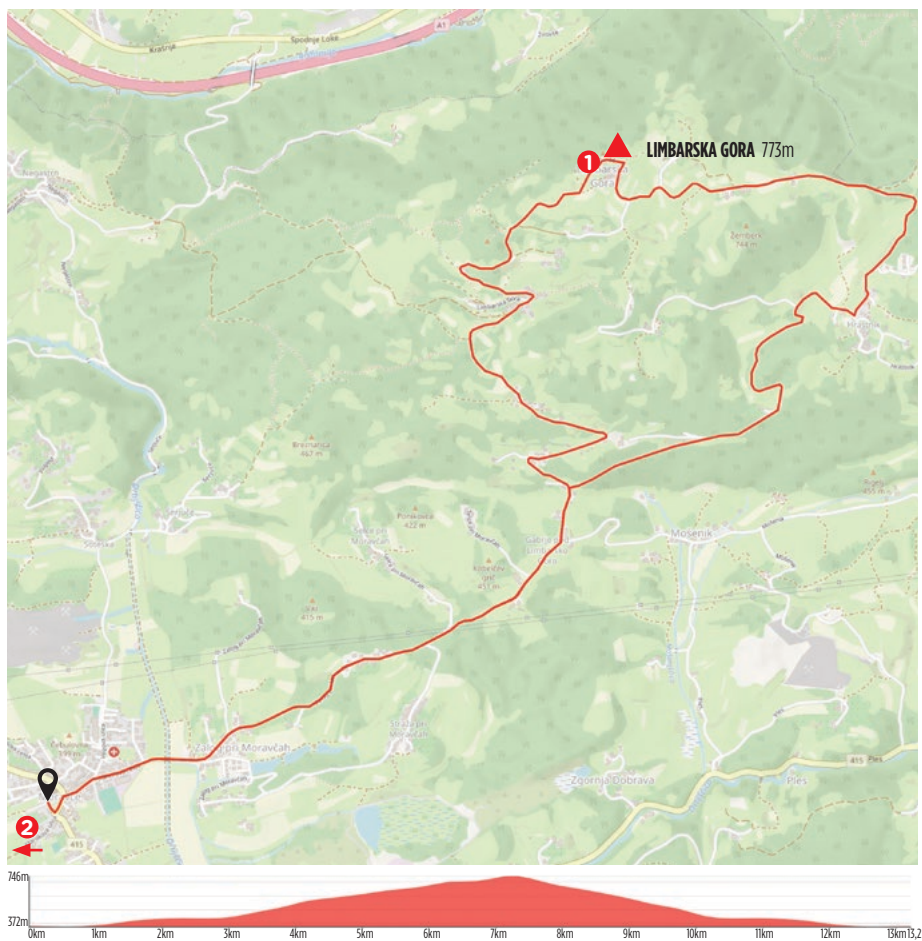


**Up the popular scenic mountain in the hinterland of the capital**

Limbarska gora is one of the most scenic hills in the Ljubljana area. It is a popular excursion destination, especially among cyclists and hikers. There is a mighty baroque Church of St. Valentin with a separate bell tower there. The climb is rewarded with an exceptional view of the surrounding hills with your gaze even reaching the Alps with Triglav, the highest Slovenian mountain, when the weather is clear.









GPX :





CYCLING EXPERIENCES in Ljubljana and the region

### Basic information

 Starting point	Car park at the Church of St. Martin, Moravče
 Category	Road
 Difficulty	Moderately difficult
 Route length	13 km
 Elevation gain	390 m
 Duration	1 hour 15 minutes
 Points of interest along the route	<b>1</b> Church of St. Valentine <b>2</b> Tušanj Castle
 Gastronomy	Gostilna Urankar inn, Limbarska gora

# GREETING THE BATS IN THE MAYOR'S CAVE

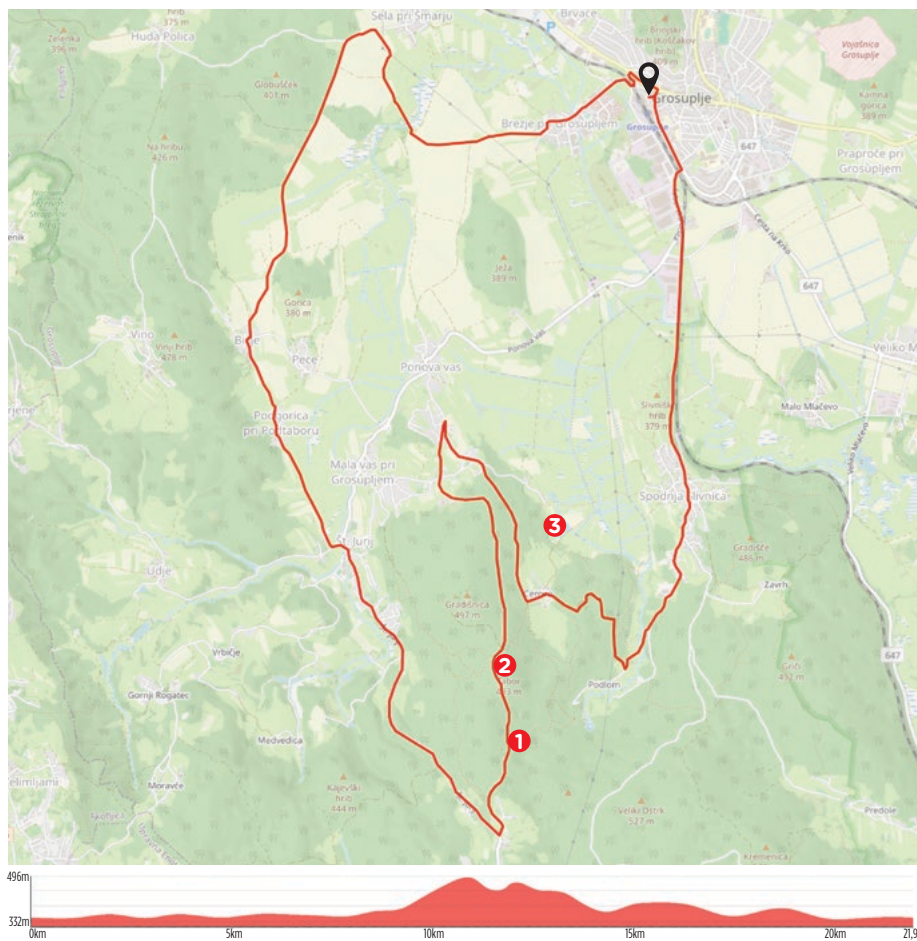


## **Tour seasoned with the underground world and historical heritage**

A beautiful and slightly more challenging route, intended for cyclists with a few kilometres under their belt. But persistence in overcoming ups and downs will be more than worth it as you will cycle over undulating terrain with the route offering stunning views, natural features and interesting cultural heritage.







GPX :





CYCLING EXPERIENCES in Ljubljana and the region

### Basic information

 Starting point	Grosuplje railway station
 Category	Trekking/gravel
 Difficulty	Moderately difficult
 Route length	23 km
 Elevation gain	330 m
 Duration	2 hours 30 minutes
 Points of interest along the route	<ol style="list-style-type: none"> <li><b>1</b> Mayor's Cave (Županova jama)</li> <li><b>2</b> Tabor nad Cerovim military camp</li> <li><b>3</b> Kingfisher Grove (Vodomčev gaj) and the Kingfisher Nature Learning Trail (Po sledeh vodomca)</li> </ol>

# THE TRUBAR TRANSVERSAL ACROSS THE VELIKE LAŠČE AREA

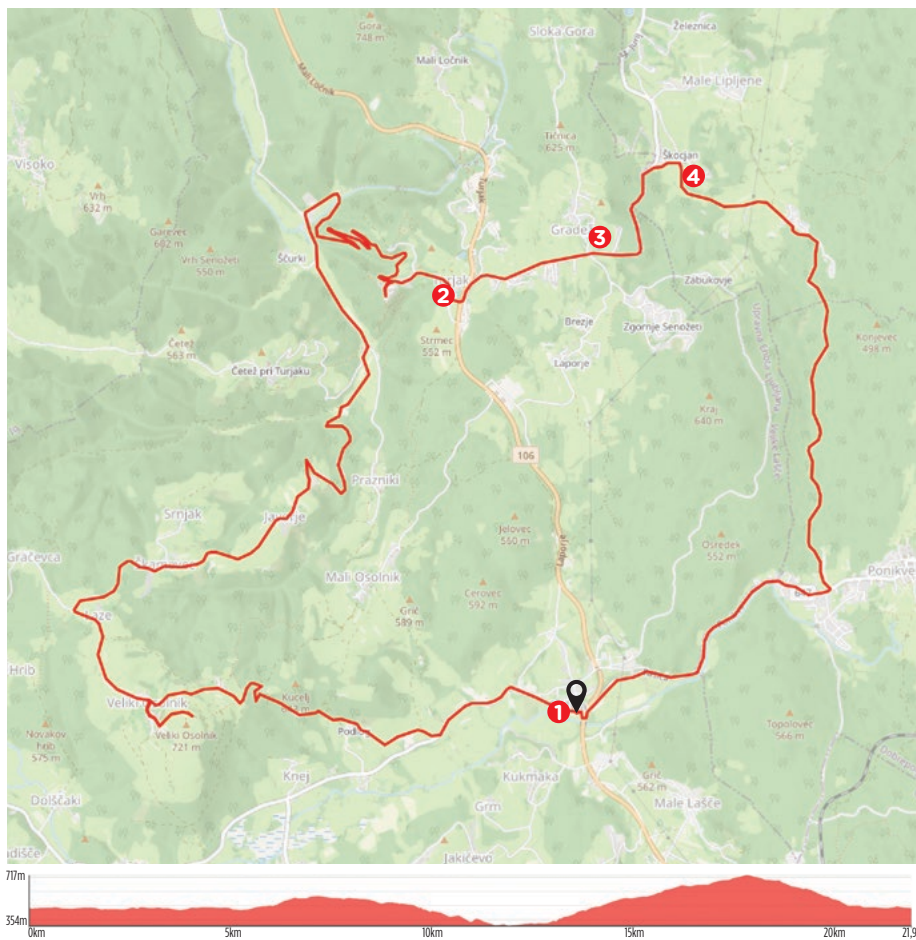


## Active tour in the footsteps of the Slovenian Reformation









Get to know the places associated with the life of one of the greatest Slovenians, Primož Trubar, the key figure of the Reformation in Slovenia! Take a cycling tour through the rich cultural and historical heritage of the area of Velike Lašče, which became known as "Slovenian Athens" on account of the Reformation and the men of renown from this area.

GPX :

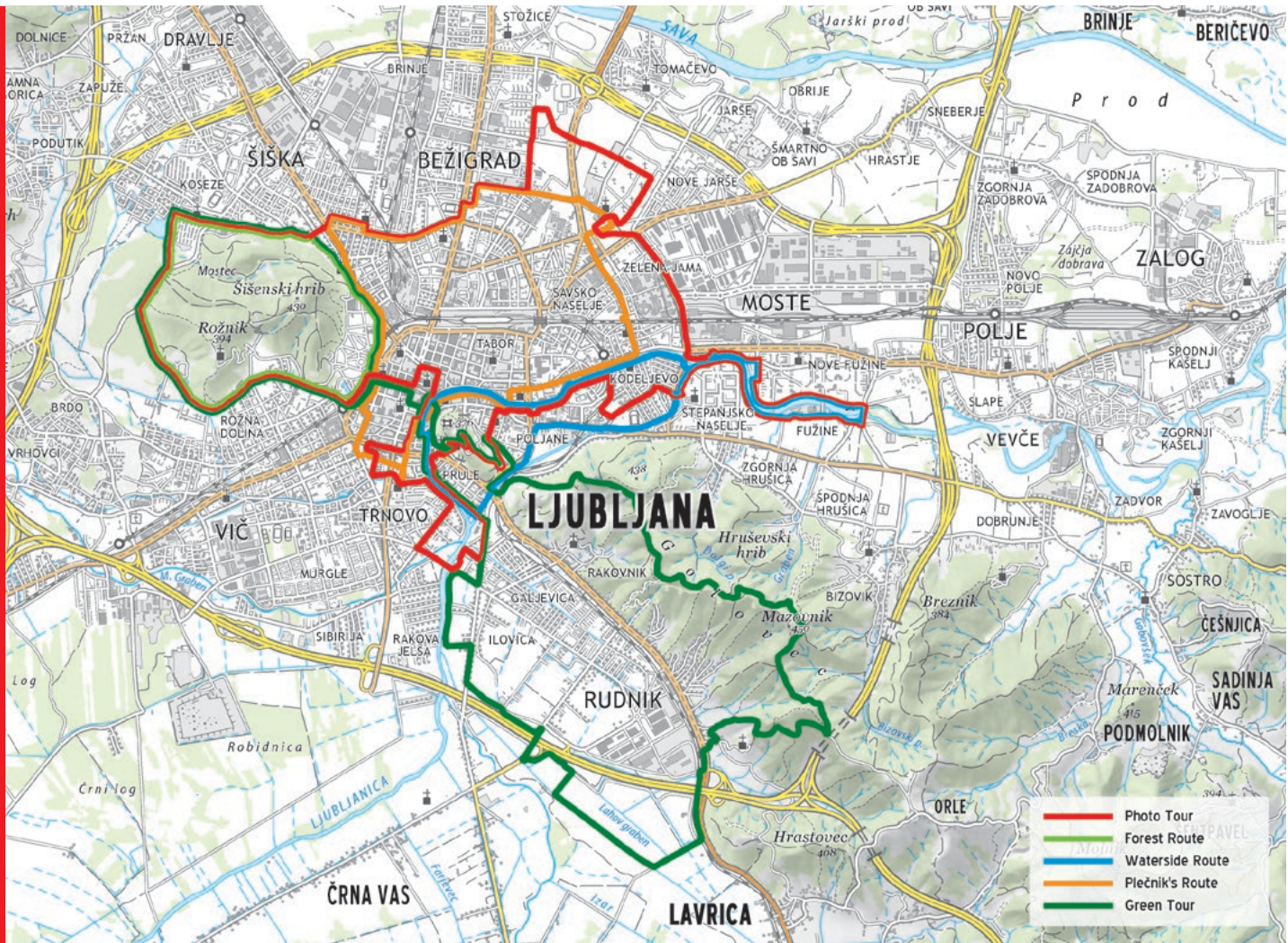




### Basic information

	Starting point	Trubar's Homestead (Trubarjeva domačija), Rašica
	Category	Trekking/gravel
	Difficulty	Moderately difficult/difficult
	Route length	22 km
	Elevation gain	480 m
	Duration	2 hours
	Points of interest along the route	<ul style="list-style-type: none"> <li><b>1</b> Trubar's Homestead (Trubarjeva domačija)</li> <li><b>2</b> Turjak Castle</li> <li><b>3</b> Gradež fruit drying house</li> <li><b>4</b> Church of St. Kancijan in Škočjan</li> </ul>
	Gastronomy	Trubarjeva krčma tavern, Rašica

# DISCOVERING LJUBLJANA BY BIKE



### Basic information

 Category	Trekking/road
 Difficulty	Easy
 Route length	13 km
 Elevation gain	50 m
 Duration	2 hours



family-friendly

GPX :



## In the footsteps of Plečnik's heritage

The famous pioneer of modern architecture of the 20th century left his mark on Ljubljana just as grandly as Antoni Gaudí did on his city of Barcelona. He is considered one of the most important contemporary architects in the world. His creative work marked the image of three Central European cities: Vienna, Prague and Ljubljana. Plečnik's circular cycling route connects Plečnik's heritage in Trnovo, the centre of Ljubljana, the Žale Cemetery and Park Tivoli.



PLEČNIK'S CYCLING ROUTE

## Picturesque banks of the Ljubljanica River

With its numerous interesting bridges and picturesque embankments, the Ljubljanica River gives the old centre of Ljubljana an unmistakable feel. The river served as the city's principal commercial artery and supply route from Roman times until the arrival of the railway in the mid-nineteenth century. The architect Jože Plečnik left a decisive mark on the city with his arrangement of the river embankments in the old town centre, designing tree-lined promenades and creating or renovating a series of bridges over the river and its tributaries. Today, the Ljubljanica embankments are a lively gathering place with numerous outdoor cafés.



### Basic information

 Category	Trekking/road
 Difficulty	Easy
 Route length	13 km
 Elevation gain	55 m
 Duration	2 hours



family-friendly

GPX :



### Basic information

 Category	Trekking
 Difficulty	Moderate
 Route length	30.7 km
 Elevation gain	400 m
 Duration	6 hours

GPX :



## A green experience in the heart of Ljubljana

Ljubljana is one of the greenest cities in the world. It boasts an impressive 542 m<sup>2</sup> of green area per inhabitant. The Green Ljubljana Tour connects the green areas of the city to the environs and demonstrates why Ljubljana is known as a green capital. Rožnik, Tivoli, Golovec and the Ljubljana Marshes invite you to escape the urban hustle and bustle and relax in the embrace of nature.



GREEN LJUBLJANA TOUR

# FOREST CYCLING ROUTE

## A woodland cycling getaway

The Forest Cycling Route, which runs along the foot of Rožnik Hill, connects Tivoli Park to Mostec. As you cycle along this route you will discover the “green lungs” of Ljubljana and meet the many local inhabitants who use the area for recreation and relaxation.



### Basic information

 Category	Trekking
 Difficulty	Easy
 Route length	8 km
 Elevation gain	75 m
 Duration	2 hours



family-friendly

GPX :



### Basic information

 Category	Trekking
 Difficulty	Moderate
 Route length	31.8 km
 Elevation gain	220 m
 Duration	5 hours

GPX :



## Ljubljana's most photogenic sights

The Ljubljana Photo Tour is an excellent choice for all active visitors who are interested in discovering more than just the city's main tourist attractions. It is also ideal for photography enthusiasts, since the combination of the urban environment and green parks offers a wealth of opportunities for great photos.



LJUBLJANA PHOTO TOUR

# EXPLORING LJUBLJANA BY BICYCLE

**Duration:** 2 hours

**Price:** EUR 30.00 per person (minimum number of participants 2 and maximum 6)

**The price includes:** professional guidance, bicycle and bicycle helmet rental

Discover the most important sights of Ljubljana outside the city center in an environmentally friendly and active way.





Ljubljana boasts many trail parks in the local forests, which we believe puts the capital on par with the best MTB destinations around the world. The variety of trails and downhill runs adapted to all skill levels offer plenty of opportunities for both beginners and those looking to improve their cycling skills. The unique mountain biking culture that connects nature and the city in Ljubljana is the result of the dedicated work of local organisations made up of passionate volunteers. Owing to their well-maintained and well-organised infrastructure, trail parks in Ljubljana are a rider's paradise that attracts domestic and international mountain biking enthusiasts alike.

KoloPark pump tracks in Ljubljana are popular recreational facilities intended for play and skills-honing on bicycles, scooters, skateboards, rollerblades, inline skates and balance bikes. They offer cyclists of all ages and skill levels an enjoyable way to improve their skills and have fun.

Are you planning a mountain biking trip to Ljubljana? Here are the five best mountain biking locations along with advice from the locals to start your MTB adventure in Ljubljana and the region.



# GOLOVEC TRAILS



Trail park with nine marked and maintained mountain biking trails located in the Golovec forest, which reaches all the way to the city centre of Ljubljana. You can find trails of varying difficulty, from easier single tracks, i.e. flow trails, trails with bigger jumps as well as steep and more demanding trails.

## Access








The trail park is located on the southern slope of Golovec above Rudnik. The starting point (trailhead) is at the Urban Ring Ljubljana Hotel, and access to the trail is possible via the Slovenian Cycle Touring Route (STKP), the Hudourniška route or the road to Orle. Parking: Free parking is available at the Urban Ring Ljubljana Hotel for all guests of the bar (behind the gate)



## Basic information

 Starting point	Rudnik, Ljubljana, trailhead at the Urban Ring Ljubljana Hotel
 Number of marked trails	9
 Trail length	8 km
 Maximum elevation gain	150 m
 Difficulty	All difficulty levels. The trails are marked from green to black.
 Open	All days of the year, riding is not allowed at night
 Uplift	By bike only
 Advice from locals	Between April and October, you can join a free guided tour every Thursday afternoon and quickly get to know some hidden corners of the park.

### Basic information

 Starting point	Podutik, Ljubljana
 Number of marked trails	8 + learning obstacle courses and jumps
 Number of marked trails	2.5 km
 Maximum elevation gain	90 m
 Difficulty	Various difficulty levels. Most of the park features blue and red trails.
 Open	All days of the week; however, riding during and after rainfall is not recommended.
 Uplift	By bike only
 Advice from locals	You will find the Podutik KoloPark paved pump track in the immediate vicinity of the bike park that is definitely worth trying out either before or after visiting the bike park.

Bike Park Ljubljana offers something for almost every mountain biker. The central part of the park at the trailhead consists of several flow lines, a pump track, slopestyle and freeride jump lines and a parallel slalom course. To the west of the entrance are the skills park for beginners and the Olympic XC course, while two enduro lines and another arranged climb are located above the central part. There are several MTB skill learning areas in the park.

### Access

All three sections of the park are located at the foot of Klobuk, at the end of the Podutik residential area. The trailhead is at the two pavilions next to the final stop of Ljubljana city bus line 5 and features access to the enduro, trail and flow lines as well as the skills park. Trailhead: Bike Park Ljubljana, Podutiška cesta 209, 1000 Ljubljana, right next to the final stop of the Ljubljana city bus line no. 5

Parking: a limited number of free parking spaces are located directly at the entrance to the park, and parking is possible in public car parks in Podutik.



GPX :



# ČRNUČE TRAILS






This progressive flow line built in 2023 ends in a beautiful bike park with many lines for learning to ride high berms and jumps. It is intended for both beginners and more advanced riders wishing to learn various tricks safely on wood chip landings. There are also many natural trails in the surrounding area for those who prefer riding in beautiful nature. The local association organises many guided tours, mountain biking courses, training sessions and meetups.

## Access

The main flow line starts at the top of the hill of Straški hrib above the valley of Sračja dolina in Črnuče. The easiest way to reach the trails is along the Cesta v Pečale road, past the Panda bar where Sračja dolina begins. When the paved road turns into a dirt road, turn right after about 200 m over the little bridge and ride past the horse enclosure to the park. This is where you will start the ascent to the trailhead. There are several public car parks in Črnuče where parking is free.



## Basic information

 Starting point	Črnuče, Ljubljana
 Number of marked trails	5
 Trail length	5 km
 Maximum elevation gain	100 m
 Difficulty	Various difficulty levels. Most of the park features blue and red trails.
 Open	All days of the year, riding is not allowed at night.
 Uplift	By bike only

### Basic information

 Location	Savsko naselje residential area, intersection of Linhartova cesta and Stolpniška ulica, Ljubljana
 Difficulty	For both more and less experienced riders
 Open	The track is open every day of the year, and its use is limited only during events and training sessions of clubs or other larger groups. The park is closed in case of rain or snow and on days when the riding surface is not dry.
 Price	The use of the track is free, however, people can buy a Kolonjeta sticker to help with its construction and maintenance. The sticker is available in the online store.

The BMX Park Ljubljana is a legendary location for BMX with a history spanning three decades, and there are always new cyclists honing their skills and aspiring to compete in the Olympics. BMX Park Ljubljana comprises a BMX track with an asphalt starting ramp and berms, and a dirt jump line. The BMX track is suitable for everyone as it has two lines of different difficulty, it is also great for the youngest cyclists who are just getting their bearings in BMX. The location also hosts the Ljubljana BMX Race international competition every year, which offers racing at the highest level.

### Access

It is located at the intersection of Linhartova cesta and Stolpniška ulica in Ljubljana - Savsko naselje Sports Park.











**Brief description of the park:** The park is just a stone's throw from the capital and features five groomed trails of varying difficulty. From easier "flow" lines to those requiring a bit more knowledge, skill and courage. The lines feature many adrenaline boosting elements such as jumps and rollers, large tables, a mini rock garden, a road gap and black hole, a whale tale, etc. The park also has a skills park and a dirt park with pump track and two jump lines.

## Access

Turn off the Ljubljana-Novo mesto motorway at the Ivančna Gorica exit. Keep right. At the roundabout, take the Šentvid pri Stični exit. When you arrive in Šentvid pri Stični, follow the signs for the motocross track. Drive through the village of Petrušnja vas. At the end of the village, follow the signs for Cukarca Park. Drive on the gravel road past the motocross track to the car park of the Cukarca Park. Parking is free. It is also possible arrange to spend the night in the car park in your campervan.



## Basic information

 Location	Petrušnja vas 37, Šentvid pri Stični
 Number of marked trails	5
 Trail length	5 km
 Maximum elevation gain	100 m
 Difficulty	All difficulty levels The trails are marked from green to black.
 Open	All days of the year (subject to suitable weather and ground conditions). A daily or seasonal pass or vignette needs to be purchased to enter the trails (the price list is published on the website).
 Uplift	Shuttle, by bike.
 Advice from locals	The park is suitable for families as it also has a lot of activities for "non-rider" family members. There is also a "beach" in the park where you can rest your tired legs and have refreshments. Before visiting, we advise you to check the opening hours, which are regularly updated on Google.

## FRANJA MARATHON

The Franja BTC City Marathon is the biggest cycling event in Slovenia and is also one of the largest cycling events for recreational and amateur cyclists on a global level. It is usually held every year in June.

In 2012, it became one of eight marathons that entered the UCI Gran Fondo World Series. Today, this most prestigious series features 31 marathons around the world.

**The Barjanka event within the scope of the Franja Marathon** is a tourism and family-oriented event, the route of which runs through all municipalities of the Ljubljana Marshes Nature Park.

## TOUR OF SLOVENIA

Tour of Slovenia is a major sporting event held in June, which brings the world's best cyclists to Slovenian roads. The Tour of Slovenia has so far hosted eminent cyclists from all over the world, among them four **winners of the Tour de France** (Vincenzo Nibali, Egan Bernal, Carlos Sastre, Tadej Pogačar) and **three Olympic champions** (Aleksander Vinokurov, Primož Roglič, Fabian Cancellara).

## LJUBLJANA MTB WEEKEND

The Ljubljana MTB Weekend Festival is held over three days in September and features a packed programme - from organised tours to racing tests, concerts and entertainment.

## BMX RACE LJUBLJANA

UCI C1 & Alpe Adria BMX Race Ljubljana is the biggest BMX Race in Slovenia and takes place every year in April.

## ALPE GRAN FONDO

In June, Kamnik hosts the Alpe Gran Fondo race, which is suitable for all age groups and all fitness levels. The race is part of the Gran Fondo World Tour Series, which brings together events on five continents.





VIBRANT. VIVID. #LJUBLJANAREGION