






## HIKING IN THE HEART OF VENEZIA GIULIA

 Individual Tour

 Hike

 50-54 km

 Easy

Duration: 5 days / 4 nights



## DESCRIPTION

On this five-day trek, you will set out to discover a wonderful area and the beauty it has to offer: Venezia Giulia. 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 ending with a beautiful boat trip from Muggia to Trieste that will allow you to savour, both during the journey and once you get off, 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.

# A WALKING JOURNEY FROM DUINO TO TRIESTE

## DETAILED ROUTES

**Day 1: Duino/Monfalcone**  
Individual arrival at the hotel in Duino or Monfalcone, gateway to Venezia Giulia.

**Day 2: Duino/Monfalcone – Santa Croce**  
(ascent: 409 m – descent 199 m)

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: 404 m – descent 265 m)

On this second day's hike, you will continue into the Karst area and visit one of the major sights in the Julian territory: the Grotta Gigante. Located in the village of the same name, this cave is listed in the Guinness Book of Records as the most prominent tourist cave in the world and is certainly worth a visit.

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 - Muggia - Trieste**  
(ascent: 612 m – descent 987 m)

Leaving Basovizza behind you will continue towards Muggia, 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, 82 metres above sea level, the lowest refuge in Italy.

After you visit Rosandra Valley, you will continue to the final steps of the tour. You will first arrive in Muggia, an ancient and picturesque fishing village, which, with its lanes, small harbour and castle towering above it, exudes an atmosphere typical of Italian towns.

From here, you will then board a boat in the direction of Trieste and disembark after about half an hour on the Bersaglieri Pier, right in front of Europe's largest seafront square: Piazza Unità d'Italia.

**Day 5: Trieste**  
Individual departure from Trieste or the possibility to extend your stay.

# A WALKING JOURNEY FROM DUINO TO TRIESTE

## GENERAL INFORMATION

- **Classification:** Individual Tour
- **Duration:** 5 days / 4 nights
- **Distance:** ca. 50-54 km
- **Starting point:** Monfalcone
- **Arrival:**

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

**By train:** Over Salzburg and Villach to Monfalcone. Timetables on: [www.deutschebahn.de](http://www.deutschebahn.de), [www.oebb.at](http://www.oebb.at), [www.trenitalia.com](http://www.trenitalia.com).

**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&Bs 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).

## 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
- 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
- Ticket for Delfino Verde Boat
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

# A WALKING JOURNEY FROM DUINO TO TRIESTE

## STARTING DATES

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

### April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

### July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## PRICES

### Standard

Package price in a double room	from 03/04/2025 to 09/11/2025	479 €
Package price high season	from 03/04/2025 to 09/11/2025	479 €
Single room surcharge		169 €

### Additional services

no bike		0 €
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### Additional nights

See ebsite