





ON THE ROUTE OF THE ALPE ADRIA TRAIL

 Individuelle Einzelreise

 Hike

 101-121 km

●○○ Easy

Duration: 8 days / 7 nights

14 years and older



DESCRIPTION

Starting point of this hiking holiday is Cividale del Friuli. The long-distance hiking path Alpe Adria Trail starts in Carinthia and runs through Slovenia to Friuli-Venezia Giulia; therefore it is a meeting point of three cultures. The tour offers both culturally and naturally enormous variety: starting with the place of pilgrimage of Castelmonte, through Cormons, Karst and Brda to the end of this stage in Trieste, a former Habsburg city. This hiking track runs along existing paths which are connected to each other. It was conceived as an easy-to-walk pleasure trail in mainly non-alpine terrain. No climbing knowledge required. The tour is suitable for children over 14 years.

HIKING ALPE ADRIA, CIVIDALE - TRIESTE

DETAILED ROUTES



Day 1: Cividale del Friuli

Individual arrival at the hotel in Cividale del Friuli.



Day 2: Cividale del Friuli - Prepotto

(ascent approx. 520 m, descent approx. 540 m / approx. 7 hours - alternative: ascent approx. 90 m, descent approx. 110 m / approx. 3-4 hours)

The path out of the Langobard town takes you to Castelmonte, the oldest sanctuary in the region of Friuli-Venezia Giulia and one of the oldest Christian sanctuaries. Enjoy the breathtaking view over the plain of Friuli and the Slovenian Brda. The day will end with a good glass of wine in Prepotto. The alternative is following the official Alpe Adria Trail.



Day 3: Prepotto - Smartno/surrounding

(ascent approx. 620 m, descent approx. 460 m / approx. 5 hours)

Today's route takes you along the Italian-Slovenian border, passes vine landscapes of the Collio and numerous churches. Today you will walk to Smartno, a small residential area in the township of Brda. Your gaze will wander from the Carnic Alps over the wide Friuli to the Adria.



Day 4: Smartno/surrounding - Cormons

(ascent approx. 350 m, descent approx. 550 m / approx. 4-5 hours)

Surrounded by grape vine plants of the famous DOC vines, as well as old and autochthonous grape variety which play even more a role in recent years, you reach Cormons with its Habsburg flair. This small town is nowadays the cultural centre of the Collio. Indulge yourself in a taste of good wine in the Enoteca directly on the main square.



Day 5: Cormons - Gradisca d'Isonzo

(ascent approx. 100 m, descent approx. 120 m / approx. 4-5 hours)

Today you hike through the hilly landscape of the "Görzer Collio" with its vineyards to Gradisca. The name Gradisca has Slavic roots and means "settled place". Under Venetian rule it was built into a fortress against the Turkish threat from East in the end of the 15th century. During Austrian ruling the fort was used as prison. In the historic centre you will find the "Enoteca Regionale" (regional wine-store) in the Palazzo dei Provveditori (15th century), known as LA SERENISSIMA. You can taste different wines of the region and buy them. Further objects of interest are remainders of the mighty town walls.



Day 6: Gradisca d'Isonzo - Monfalcone - Duino/Sistiana

(ascent approx. 670 m, descent approx. 650 m / approx. 8-9 hours; Optional tour: ascent approx. 420 m, descent approx. 420 m / approx. 6 hours + bus - ticket not included)

You leave Gradisca d'Isonzo and the plain of the Isonzo territory and hike through the barren karst, which is characterised by many traces of the First World War. Numerous subterranean water courses in the basin of the river Isonzo share your way today (e.g. Doberdo del Lago), as well as the water mouth of the river Timavo. This river with its length of 2 km is probably the shortest river in the world. The last part of the tour from Monfalcone to Duino/Sistiana can be shortened by using the bus (ticket not included). At the end of the day Duino welcomes you with its homonymous castle.

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Day 7: Duino/Sistiana - Triest

(ascent approx. 460 m, descent approx. 500 m / approx. 7-8 hours)

The first part of the route takes you on the famous trail of Rilke which is named after the homonymous German author. You continue as if on a terrace along the karst to Prosecco and the capital city of Friuli-Venezia Giulia, Trieste. Have a relaxed end of the day on the main square (Piazza Unità d'Italia) with its opulent buildings.

Day 8: Triest

Individual departure from Trieste or possibility to extend your stay.

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GENERAL INFORMATION

- **Classification:** Individuelle Einzelreise
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 101-121 km
- **Starting point:** Cividale del Friuli
- **Arrival:**

By car: From the north via the motorway A10 to Villach and further on the A23 to Udine (exit Udine Nord); on the province road 54 to Cividale del Friuli; from the west via the A4 – via Milano and Venezia – and further on the A23 to Udine (exit Udine Sud); over San Giovanni al Natisone to Cividale del Friuli.

By train: good train connections to Cividale del Friuli. Timetables on: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.

By plane: Airport Trieste, Venice, Treviso, Ljubljana. From all places there are good bus/train connections to Cividale del Friuli.

- **Accommodation:**

Guesthouses or hotels 3*** category.

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

- **Parking:**

Free unguarded car parking available at the start hotel.

- **Transfer:**

Return transfer from Trieste to Cividale del Friuli by shuttle every saturday € 39.00 per person – reservation and payment upon booking.

Alternativ: with train from Trieste per Udine to Cividale (www.trenitalia.it)

INCLUDED SERVICES

- Accommodation in guesthouses or hotels 3*** category
- Breakfast buffet or full breakfast
- Videobriefing
- Luggage transfer from hotel to hotel
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Navigation APP
- Telephone service hotline for the entire tour

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
- Bus ticket Monfalcone – Duino
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

HIKING ALPE ADRIA, CIVIDALE - TRIESTE

STARTING DATES

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



PRICES

standard

Package price in a double room	from 11/04/2026 to 31/10/2026	899 €
Package price high season	from 11/07/2026 to 29/08/2026	949 €
Single room surcharge		249 €

Additional services

no bike	0 €
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Additional nights

See ebsite