






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 MONFALCONE TO TRIESTE

DETAILED ROUTES



Day 1: Monfalcone

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



Day 2: Monfalcone – Santa Croce

(ascent: 410 m - descent 200 m, approx. 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: 400 m - descent 260 m, 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 - Muggia - Trieste

(ascent: 440 m - descent 810 m, approx. 5 hours)

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.

At the end of the stage you will take the bus to Muggia (included), 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 Muggia you will take the 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.

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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, www.oebb.at, 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

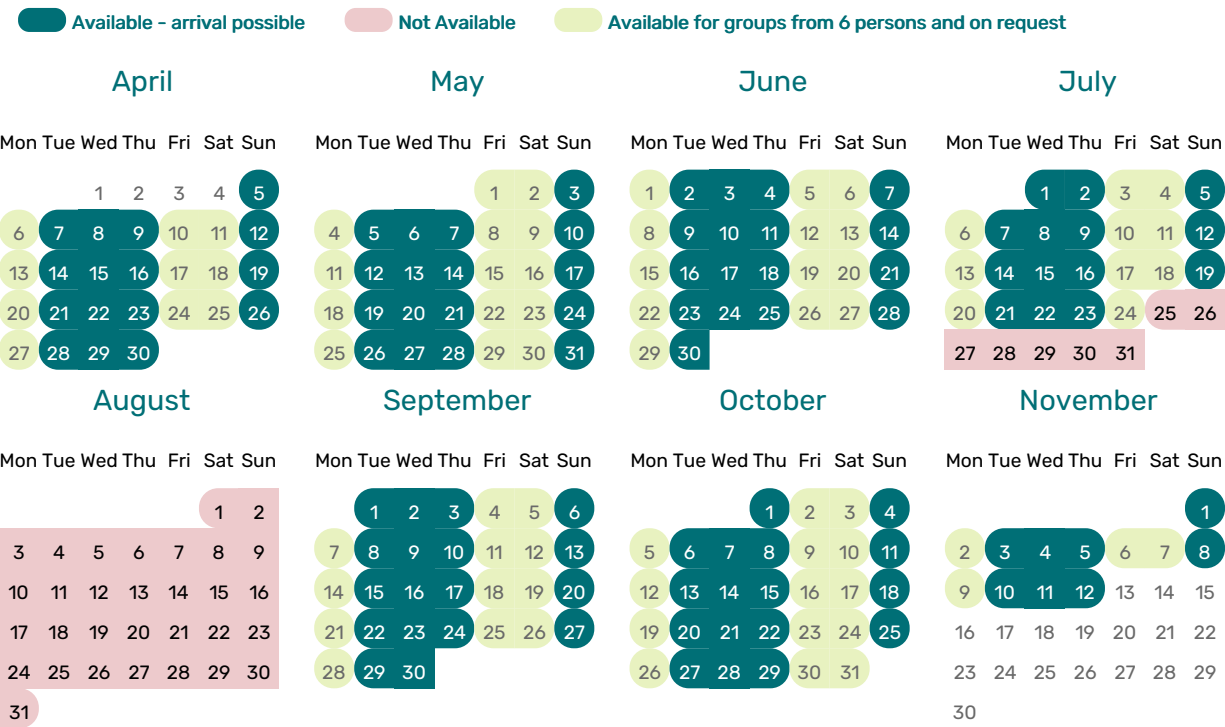
- Accommodation in B&B's and hotels of a 3*** and 4**** category
- Breakfast buffet or full breakfast
- Videobriefing
- Ticket for Delfino Verde Boat
- Bus ticket to Muggia
- Luggage transfer from hotel to hotel
- Well planned routes
- Detailed documents (maps, route description, places to visit, important 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



PRICES

| Standard | | |
|--------------------------------|-------------------------------|-------|
| Package price in a double room | from 05/04/2026 to 12/11/2026 | 479 € |
| Package price high season | from 16/06/2026 to 13/09/2026 | 594 € |
| Single room surcharge | | 169 € |
| Additional services | | |
| no bike | | 0 € |
| Additional nights | | |
| See ebsite | | |