

RAID ALPINE 4.0

Julian Alps to Adriatic Sea

12-17 May 2026

4 Days
4 Countries
4 Landscapes
1 Cause



Join this special cycling trip, showcasing the varied landscapes
and cultures that this beautiful corner of the world offers...

WWW.CAFT.CO.UK/CHALLENGES

KEY INFORMATION

DURATION: 6 DAYS

CYCLING DAYS: 4

DISTANCE: 578-637KM

ELEVATION: 5,034-7,251m

CHALLENGE GRADE:

MODERATE / DIFFICULT

LOCATION: SLO / IT / CRO / AUS



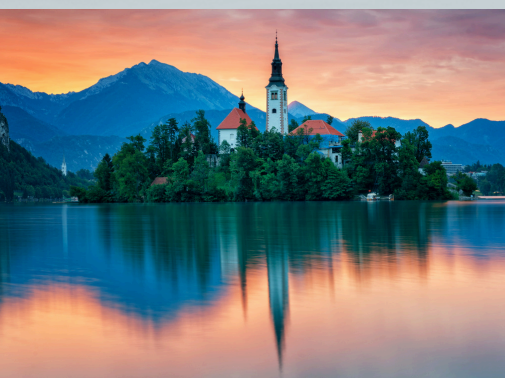
Join this fantastic charity challenge and cycle the beautiful roads and scenery of eastern and central Slovenia, Friuli and Veneto regions in northern Italy, as well as brief visits to Croatia and Austria.

We start in the Italian Alps before crossing the border into Slovenia; through Julian Alps and it's stunning Triglav National Park, visiting picturesque towns of Kranjska Gora and Bled... Following days, we visit Ljubljana before making our way over the central hills and plateaus, and down to the wine region of Vipava valley! Then on to Karst region and into Croatian Istria, before reaching the Adriatic Sea. Long run through flats of Veneto region will see us finishing just a short distance from Venice.

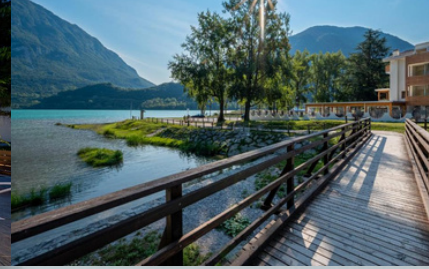
Each day will be so very different! We will stay in some wonderfully unique accommodations along the way - stunning Alpine hotel, luxury 'Ranch', ancient monastery complex in walled medieval village, coastal resort...

Variety extends to culinary experience too, expressed in the mix of cultural influences, as we seamlessly weave our way between the regions and country borders. Not to mention the wine!

This really is a special adventure that you don't want to miss!!



ITINERARY



DAY 1 - Tue

Mid morning flight from Manchester to Venice Marco Polo.

You will be collected and transferred to Lago di Cavazzo nr. Alesso (approx. 90 minutes drive). There will be time to enjoy this picturesque location.

We stay the night in Trilago Hotel (<http://www.trilago.it/>).

DAY 2 - Wed

[141km / 1,509m or 145km / 2,939m]

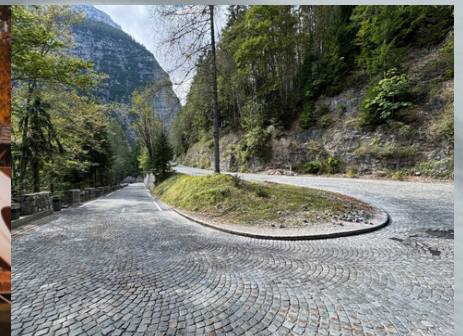
Route Option 1: <https://www.strava.com/routes/3276540881649586340>

The first half of today's route is in Italy, following the valley along the river, very gently climbing for over 40 miles, before crossing into Slovenia. There we join stunning traffic free cycling trail that will take us further 20 miles to Mojstrana. 2 mile climb to Radovna is followed by stunning valley road to Bled. We are now only 10 miles away from our accommodation.

Route Option 2: <https://www.strava.com/routes/3278344252875504476>

This one is for the climbing fans! We will transfer you 30km up the road, where your first challenge is climb up Sella Nevea, followed by another short climb to Predil pass where you cross the border. Following long descent, you follow breathtaking Trenta valley before climbing iconic Vrsic Pass! Descent will bring you to Kranjska Gora, where you join the Option 1 Route.

We stay the night in Ranch Mackadam <https://www.mackadam.si> BBQ dinner is included.



DAY 3 - Thur

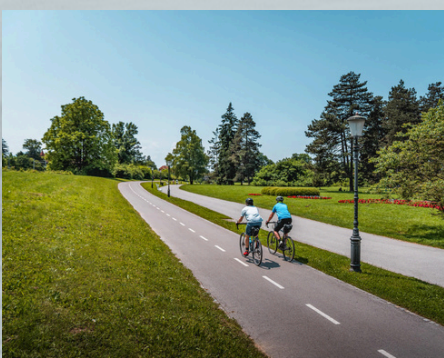
[138km / 1,309m or 159km / 1,925m]

Route Option 1: <https://www.strava.com/routes/3276564234709757094>

We head south through town of Kranj visit the Slovenian capital city Ljubljana - all slightly downhill. Main climb of the day starts approx. 35 miles in to the ride, taking us to central hills and plateaus of Slovenia. We finish the day with fantastic descent towards Vipava valley, famed for it's winemaking.

Route Option 2: <https://www.strava.com/routes/3278337919995343340>

The 'hillier' option includes visit to Jure's hometown of Bloke (locally known as 'Slovenian Tibet'), and takes alternative route to the accommodation. We stay the night in Vipavski Kriz monastery located in ancient village nestled among the vineyards. Dinner and wine tasting is included!



ITINERARY continued...

DAY 4 - Fri

[128.8km / 1,698m or 151km / 1,868m]

Route Option 1: <https://www.strava.com/routes/3276566546464364708>

We are heading south through Karst region towards Istria in Croatia. Unique landscape is full of surprises. We finish on the Adriatic coast in popular holiday town of Portoroz.

Route Option 2: <https://www.strava.com/routes/3278342095261800614>

The 'hillier' option takes us slightly deeper into Croatia, visiting old town of Buzet, and offers some additional climbs with great coastal views.

We stay the night on the Slovenia/Italy border town of Skofije - <https://www.admiral.si/si/skofije>



DAY 5 - Sat

[169.5km / 519m]

Route Option 1 & 2: <https://www.strava.com/routes/3276865291888453292>

Today we immediately cross into Italy. We will make our way through busy streets of Trieste, and after the last little hill of this trip, we start our journey towards Venice, on flat roads taking us through Veneto countryside, passing through many ancient villages and towns.

We stay the final night in Meolo, short drive away from Venice Marco Polo Airport.

We stay in Ancora Sport Hotel (<https://www.ancorasporthotel.com/en/home-en/>). Tonight we celebrate our amazing achievement over delicious dinner (included)!



DAY 6 - Sun

There might be option of visiting Venice before our departure.

Kit List

Category	Checklist	Tick Off
Documents	Passport (valid for minimum 3 months)	
	Photo-copy of Passport	
	GHIC (Global Health Insurance Card)	
	Insurance details	
	Sterling	
	Euros	
	Bank Card	
Bike Stuff	Bike	
	2-3 innertubes	
	Repair Kit / Patches & leavers	
	Bike Multi-tool	
	Pump	
	Saddle Bag / cross bar bag	
	Bike serviced	
	2 water bottles	
	Bike lights (front & rear)	
	Navigation Device if you have one	
Fluids/Nutrition	Electrolyte tabs	
	Dietary requirements	
	Any special food	
	Energy food such as flapjacks!	
	Sports drinks and gels	
	Rehydration drinks	
Clothing	Helmet	
	Cycling gloves	
	cycling shoes	
	cycling socks 3-4 pairs	
	cycling tops 2-4	
	cycling shorts 2-3 pairs	
	lightweight waterproofs	
	Sunglasses not only for sun but stopping the bug in eye!	
	Leg / arm warmers (for those descents at altitude)	
Care items	Sun cream	
	Anti - chafing cream	
	Antihistamines if needed	
	Painkillers	
	Muscle cream?	
	Any personal tablets	
	Personal First Aid Kit	
Other	Suitcase / Bag	
	All your toiletries for day and nights	
	Shoes for walking in when not in cycling shoes	
	Evening clothes	
	Ear plugs	
	Mobile phone / charger etc	
	Travel wash for cycling tops / shorts	
	Euro Plug Converter	

HIGHLIGHTS

- Travel seamlessly through different countries, landscapes and cultures meeting in this part of Europe
- Enjoy the breath-taking scenery
- Unique accommodation throughout
- Amazing culinary delights (inc. wine)
- Be part of an amazing team!



WHAT'S INCLUDED:

- Return flights
- Transfers (bikes / luggage)
- Twin share accommodation with breakfast in good quality hotels
- 2 supported routes
- Wine tasting on Day 3
- Celebratory dinner on Day 5



WHAT'S NOT INCLUDED:

- Bike insurance
- Personal travel insurance
- Drinks (other than drinking water)
- Food apart from all breakfasts, and celebratory dinner on day 5

COSTS:

- £250 reservation deposit
- £500 remaining costs due 4 weeks before the challenge

Participants are expected to raise £500 for CAFT charity

**FOR MORE INFORMATION AND TO BOOK YOUR PLACE ON THIS SPECTACULAR TRIP
CONTACT JURE**

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www.caft.co.uk/challenges