



RESEARCH REPORT

Multilingual e-research report on accessible trails: mapping, categorization, and user-specific guidelines

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INTRODUCTION

This Report presents a structured overview of identified accessible trails located in Slovenia and Croatian Istria, two neighbouring regions connected across the border. Available online in English, Croatian, and Slovene, the report provides the geographic coordinates of all documented trails, along with their categorisation and practical instructional guidelines.

By mapping and classifying these trails, the report aims to support the safe and inclusive implementation of mountain biking (MTB) as a grassroots sport, while also promoting active lifestyles, outdoor physical activity, and cross-border engagement. The following sections describe the methodology used for trail identification, the classification criteria, and user-oriented guidance to facilitate practical use by different target groups.

SLOVENIA / SLOVENIJA

1. Trail name: Dragonja trail / Dragonjčanka

Route / potek poti / tijek staze

English

This round route takes us through the vineyards and forests of the Municipality of Piran, offering beautiful trails and constant views of the surrounding nature.

We start the tour in Dragonja, at the bus stop beneath the traffic lights. From there, we ride through vineyards along a canal to a paved road, where we cross a bridge over the Drnica River. After a few hundred meters on asphalt, we turn back onto a gravel road that leads past orchards and cultivated fields.

Soon we face a steep concrete climb, the most physically demanding part of the route, which takes us to the village of Medoš. From Medoš, we continue toward Krog, where one of the



nicest viewpoints on the tour opens up, overlooking the Sečovlje Salt Pans, Croatia, and the Slovenian coastline all the way to the Piran Peninsula.

After a short descent, we turn onto a forest singletrack that leads us to the hamlet of Cedola. We continue along forest paths to the main road toward Korte, cross it, and head in the direction of Kaštelir. Before reaching the village of Cetore, we turn back toward Korte.

The route then follows a forest path and a gravel descent into the valley below Korte. Riding along the Šmarje road, we return to Dragonja, where we complete this circular tour. About 500 meters before the finish, we pass the BIK bar, a convenient spot for a short break.

Slovene

Krožna tura nas popelje skozi vinograde in gozdove Piranske občine, kjer skozi krasne poti vidimo naravo, ki nas obdaja.

Turo začnemo v Dragonji, pod semaforjem na avtobusni postaji. Od tam se zapeljemo skozi vinograde, ob kanalu, do asfaltirane ceste, kjer prečkamo most nad reko Drnico. Po nekaj sto metrih asfalta ponovno zavijemo na makadamsko cesto, ki vodi mimo sadovnjakov in obdelanih njiv.

Kmalu sledi strm betonski vzpon, fizično najzahtevnejši del ture, ki nas pripelje v vas Medoši. Iz Medošev nadaljujemo proti Krogu, kjer se odpre eden najlepših razgledov na tej turi – pogled seže čez Sečoveljske soline, na Hrvaško ter vzdolž slovenske obale vse do Piranskega polotoka.

Po krajšem spustu zavijemo na gozdno enoslednico, ki nas pripelje do zaselka Cedola. Nadaljujemo po gozdni poti do glavne ceste proti Kortam, jo prečkamo in se usmerimo proti Kaštelirju. Pred vasjo Cetore zavijemo nazaj proti Kortam.

Sledi gozdna pot in makadamski spust v dolino pod Kortami. Po dolini ob šmarski cesti se vrnemo v Dragonjo, kjer sklenemo krožno turo. Približno 500 metrov pred ciljem se zapeljemo mimo BIK bara, kjer je možnost kratkega postanka

Croatian

Kružna tura vodi nas kroz vinograde i šume Općine Piran, gdje putem lijepih staza doživljavamo prirodu koja nas okružuje.

Turu započinjemo u Dragonji, ispod semafora na autobusnoj stanici. Od tamo vozimo kroz vinograde, uz kanal, do asfaltirane ceste, gdje prelazimo most preko rijeke Drnice. Nakon nekoliko stotina metara asfalta ponovno skrećemo na makadamsku cestu koja vodi pokraj voćnjaka i obrađenih polja.

Ubrzo slijedi strmi betonski uspon, fizički najzahtjevniji dio ture, koji nas dovodi do sela Medoši. Iz Medoša nastavljam prema Krogu, gdje se otvara jedan od najljepših vidikovaca na ovoj turi – pogled seže preko Sečoveljskih solana, prema Hrvatskoj te duž slovenske obale sve do Piranskog poluotoka.

Nakon kraćeg spusta skrećemo na šumsku singletrack stazu koja nas vodi do zaseoka Cedola. Nastavljam šumskim putem do glavne ceste prema Kortama, prelazimo je i usmjeravamo se prema Kašteliru. Prije sela Cetore skrećemo natrag prema Kortama.



Slijedi šumski put i makadamski spust u dolinu ispod Korta. Dolinom uz šmarsku cestu vraćamo se u Dragonju, gdje završavamo kružnu turu. Otprilike 500 metara prije cilja prolazimo pokraj BIK bara, gdje postoji mogućnost kratkog odmora.

Surface description: 70% forest trail, 20% asphalt, 10% gravel

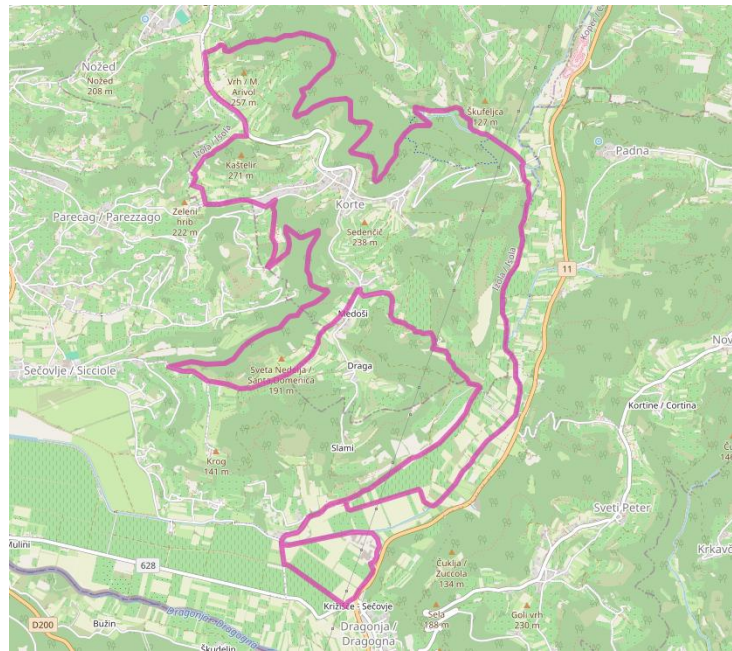
Technical difficulty: Challenging

Elevation gain: 450 m

Distance: 23 km

Recommended bike: Full-suspension MTB

GPX:



2. Trail name: Socerb castle / Grad Socerb

Route / potek poti / tijek staze

English

The tour begins on the very edge of the Karst, at the impressive 14th-century Socerb Castle, from where we set off across the characteristic karst plateau.

The route leads past wide pastures and pine forests to the picturesque karst village of Ocizla, near which three remarkable caves can be found: Socerb Cave, Ocizla Cave, and Miškot Cave with its unique natural bridge.

The journey then continues past the border settlement of Beka, once again through open karst landscape and pastures, and shortly before returning to Socerb Castle, we pass by the mysterious Holy Cave (Sveta jama).

Slovene



Tura se začne na samem robu Krasa, pri mogočnem gradu Socerb iz 14. stoletja, od koder se podamo na pot po značilni kraški planoti.

Pot nas vodi mimo prostranih pašnikov in borovih gozdov vse do slikovite kraške vasice Ocizla, v bližini katere se nahajajo tri zanimive jame: Socerbska jama, Ociska jama ter Miškotova jama z edinstvenim naravnim mostom.

Nadaljevanje poti nas popelje mimo obmejnega naselja Beka, ponovno skozi odprto kraško pokrajino s pašniki, tik pred vrnitvijo h gradu Socerb pa še mimo skrivnostne Svete jame.

Croatian

Tura započinje na samom robu Krasa, kod impozantnog dvorca Socerb iz 14. stoljeća, odakle krećemo stazom preko karakteristične krške visoravnj.

Put nas vodi pokraj prostranih pašnjaka i borovih šuma sve do slikovitog krškog sela Ocizla, u čijoj se blizini nalaze tri zanimljive špilje: Socerbska špilja, Ociška špilja te Miškotova špilja s jedinstvenim prirodnim mostom.

Nastavak rute vodi nas pokraj pograničnog naselja Beka, ponovno kroz otvoreni krški krajolik s pašnjacima, a neposredno prije povratka prema dvorcu Socerb prolazimo i pokraj tajanstvene Svete špilje.

Surface description: 50% gravel, 50% asphalt

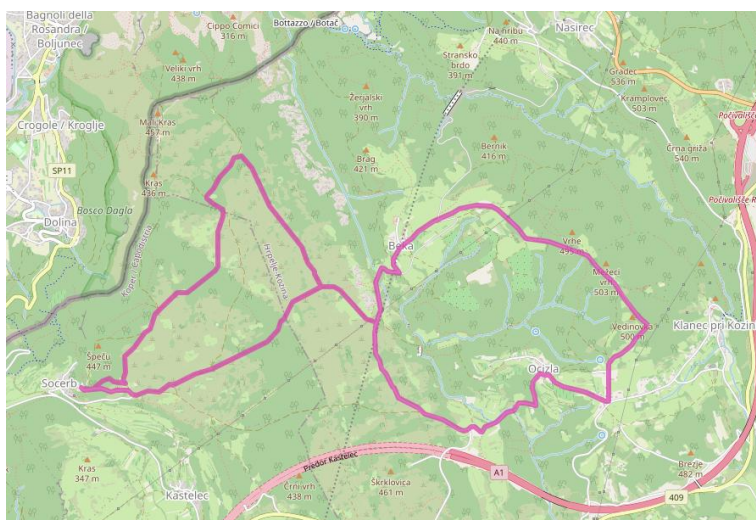
Technical difficulty: Easy

Elevation gain: 250 m

Distance: 14 km

Recommended bike: Hardtail or full-suspension MTB

GPX:





3. Trail name: Hill Kokoš / Kokoš

Route / potek poti / tijek staze

English

The route takes us across the karst plateau all the way to Mount Kokoš, offering beautiful views of Slovenian Istria.

From the border settlement of Krvavi Potok, the trail continues past the village of Nasirec and climbs the first gravel ascent to Veliko Gradišče, where we can enjoy the tranquillity of the karst forest. This is followed by a descent to the village of Prelože pri Lokvi. A forest path surrounded by pastures then leads us past Lipica, Slovenia's most important equestrian centre.

Near the border crossing, the final ascent awaits us to Mount Kokoš, where we can stop at the mountain hut and enjoy traditional local dishes. The tour ends with a pleasant descent back to Krvavi Potok.

Slovene

Tura nas popelje po razgibani kraški planoti vse do hriba Kokoš, od koder se odpirajo čudoviti razgledi na slovensko Istro.

Iz obmejnega naselja Krvavi Potok pot nadaljujemo mimo vasice Nasirec in se povzpemo po prvem makadamskem klancu na Veliko Gradišče, kjer lahko uživamo v spokojnosti kraškega gozda. Sledi spust do naselja Prelože pri Lokvi.

Gozdna pot, obdana s pašniki, nas vodi mimo Lipice, najpomembnejšega slovenskega konjeniškega središča. Tik ob mejnem prehodu nas čaka še zadnji vzpon na hrib Kokoš, kjer se lahko v planinski koči okrepčamo z domačimi jedmi. Za konec sledi prijeten spust nazaj do Krvavega Potoka.

Croatian

Tura nas vodi preko razvedene krške visoravni sve do brda Kokoš, s kojeg se otvaraju prekrasni pogledi na slovensku Istru.

Iz pograničnog naselja Krvavi Potok nastavljammo put pokraj sela Nasirec te se uspinjemo prvim makadamskim usponom na Veliko Gradišče, gdje možemo uživati u miru krške šume. Slijedi spust prema naselju Prelože kod Lokve.

Šumski put, okružen pašnjacima, vodi nas pokraj Lipice, najvažnijeg slovenskog konjičkog središta. Neposredno uz granični prijelaz čeka nas posljednji uspon na brdo Kokoš, gdje se u planinarskom domu možemo okrijepiti domaćim jelima. Na kraju slijedi ugodan spust natrag do Krvavog Potoka

Surface description: 60% gravel, 30% forest trail, 10% asphalt

Technical difficulty: Moderate

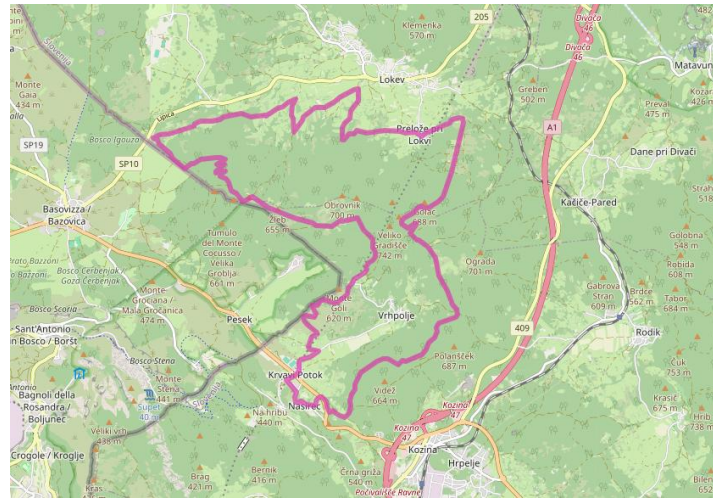
Elevation gain: 600 m



Distance: 25 km

Recommended bike: Hardtail or full-suspension MTB

GPX:



4. Trail name: Circular Cetore trail / Krožna Cetoranska pot

Route / potek poti / tijek staze

English

Passing through the village of Cetore, we join an old forest path leading toward Medljan. With gentle ups and downs, the trail follows the undulating hillside and brings us to an old village water source in Korte, a suitable place for a short rest.

The route then continues past the water source along a firebreak down into the valley below Cetore. From there, we begin the ascent toward the village of Medljan. The initial part of the climb is more demanding, after which the forest track turns into an asphalt road, making the ascent easier.

The road past Medljan soon comes to an end and guides us into the final section of the route, which leads through the forest along a wide, well-maintained double-track path back to Cetore.

Slovene

Skozi vas Cetore se vključimo na staro medvaško gozdno pot, ki nas z blagimi vzponi in spusti vodi vzdolž razgibanega pobočja do starega vaškega vodnega vira v Kortah, primerne za krajši postanek.

Pot se nato nadaljuje mimo vodnega vira po protipožarni preseki v dolino pod Cetorami. Od tam se začnemo vzpenjati proti vasi Medljan. Začetni del vzpona je nekoliko zahtevnejši, nato pa se gozdna pot preusmeri na asfaltirano cesto, kjer se zahtevnost občutno zmanjša.

Cesta mimo Medljana se kmalu zaključi in nas usmeri v zadnji del poti, ki nas skozi gozd po široki in utrjeni dvoslednici pripelje nazaj v Cetore.

Croatian



Kroz selo Cetore uključujemo se na staru medvašku šumsku stazu, koja nas blagim usponima i spustovima vodi duž razvedene padine do starog seoskog izvora vode u Kortama, pogodnog za kraći odmor.

Ruta se zatim nastavlja pokraj izvora vode, preko protupožarne prosjeke, u dolinu ispod Cetora. Odatle započinjemo uspon prema selu Medljan. Početni dio uspona nešto je zahtjevniji, nakon čega se šumski put nastavlja na asfaltiranu cestu, gdje se težina znatno smanjuje. Cesta pokraj Medljana ubrzo završava i vodi nas u završni dio rute, koji nas kroz šumu širokom i dobro utvrđenom dvosmjernom stazom vraća natrag u Cetore.

Surface description: 80% compact forest trails, 20% asphalt

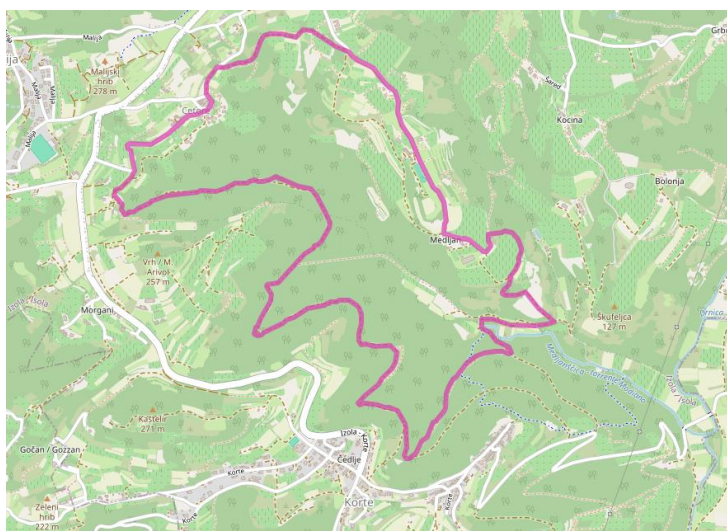
Technical difficulty: Easy

Distance: 7.6 km

Elevation gain: 200 m

Recommended bike: Hardtail or full-suspension MTB

GPX:



5. Trail name: Hill Lačna / Lačna

Route / potek poti / tijek staze

English

This tour, offering stunning panoramic views in all directions of the Istrian landscape, takes us to Lačna Hill.

Starting from the village of Hrastovlje, home to the Church of the Holy Trinity built in the 15th century, we face the only longer gravel ascent of the route, leading to the peaks of Veliki Gradež and then Ščukovec (Kuk). From here on, we can enjoy magnificent views in all directions across Slovenian Istria.



Riding along the ridge on a wide forest path, we reach the top of Lačna Hill, where an observation tower rises above the tree canopies.

The route then descends to the village of Kubed, where the former parish church of St. Florian stands on the edge of the hill, surrounded by a historic pentagonal defensive tower.

Finally, a challenging descent along gravel and rocky paths leads us back to Hrastovlje, where we can enjoy traditional local dishes at the Švab Inn.

Slovene

Tura s čudovitimi razgledi na vse strani istrske pokrajine nas popelje na grič Lačna.

Iz vasi Hrastovelj, kjer stoji cerkev sv. Trojice iz 15. stoletja, nas čaka edini daljši makadamski vzpon do vrhov Veliki Gradež in nato Ščukovec (Kuk). Od tu naprej lahko uživamo v čudovitih razgledih v vse smeri po slovenski Istri.

Po grebenu se po široki gozdni poti pripeljemo do vrha griča Lačna, kjer stoji opazovalni stolp, ki sega nad drevesne krošnje.

Pot se nato nadaljuje navzdol do vasice Kubed, kjer na robu vzpetine stoji nekdanja župnijska cerkev sv. Florijana, obdana s petkotnim obrambnim stolpom.

Čaka nas še zadnji, zahteven spust po makadamski in kamniti poti nazaj do Hrastovelj, kjer se lahko v gostilni Švab pogostimo s praviimi domačimi jedmi.

Croatian

Tura s prekrasnim pogledima na sve strane istarskog krajolika vodi nas na brežuljak Lačna. Iz sela Hrastovlje, gdje se nalazi crkva sv. Trojstva iz 15. stoljeća, očekuje nas jedini dulji makadamski uspon prema vrhovima Veliki Gradež, a zatim Ščukovec (Kuk). Odavde nadalje uživamo u impresivnim pogledima u svim smjerovima slovenske Istre.

Grebenom, širokom šumskom stazom, dolazimo do vrha brežuljka Lačna, gdje se nalazi vidikovac koji se uzdiže iznad krošnji drveća.

Ruta se zatim spušta prema selu Kubed, gdje se na rubu uzvisine nalazi nekadašnja župna crkva sv. Florijana, okružena peterokutnom obrambenom kulom.

Na kraju nas očekuje posljednji, zahtjevan spust makadamskim i kamenitim putem natrag do Hrastovlja, gdje se u gostionici Švab možemo okrijepiti autentičnim domaćim jelima.

Surface description: 60% gravel, 35% forest trail, 5% asphalt

Technical difficulty: Challenging

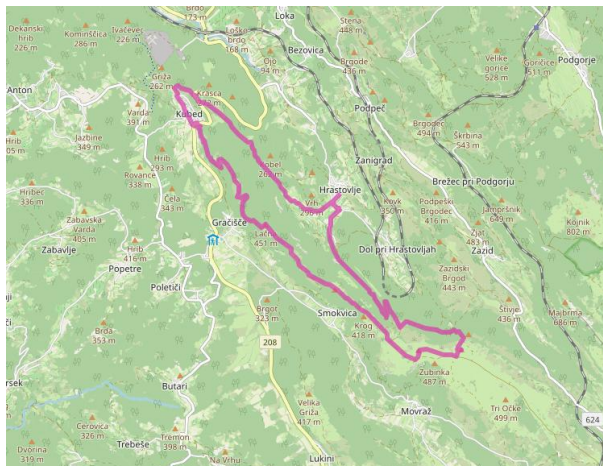
Elevation gain: 500 m

Distance: 17 km

Recommended bike: Hardtail or full-suspension MTB



GPX:



6. Trail name: On the edge of Izola / Na robu Izole

Route / potek poti / tijek staze

English

The tour begins on the road leading from Korte into the Dragonja Valley toward the main Koper–Dragonja road. The first section is downhill-oriented, following a slightly rocky descent along a farm track.

This is followed by a gentle forest climb that brings us below the village of Medoš, where a beautiful view opens over the Dragonja Valley.

The route then continues along a very scenic forest path that once connected the surrounding villages. Along the way, we come across a pleasant stopping point at an old village water source. From there, the forest trail continues all the way down into the valley as a wide, safe descent with a gentle gradient, suitable for mountain bikers of all skill levels.

For the return climb to the village of Korte, we ride through the wine-growing valley along the Drnica River, providing a calm and scenic conclusion to the tour.

Slovene

Tura se začne na cesti, ki iz Korte vodi v dolino Dragonje proti glavni cesti Koper–Dragonja. Prvi del poti je spustaško obarvan, saj se peljemo po rahlo kamnitem spustu po traktorski poti.

Sledi blag vzpon po gozdu, ki nas pripelje pod vas Medoš, kjer se odpre čudovit razgled na dolino Dragonje.

Nadaljevanje ture poteka po zelo lepi gozdni poti, ki je nekoč povezovala okoliške vasi. Ob njej naletimo tudi na prijetno postojanko pri starem vaškem vodnem viru. Od tam se gozdna pot vse



do doline nadaljuje v obliki širokega, varnega in enakomerno nagnjenega spusta, primernega za vse gorske kolesarje.

Za povratek proti vasi Korte se zapeljemo skozi vinorodno dolino ob reki Drnici, kar turo lepo in umirjeno zaključí.

Croatian

Tura započinje na cesti koja iz Korta vodi u dolinu Dragonje prema glavnoj cesti Koper–Dragonja. Prvi dio rute ima silazni karakter, jer vozimo lagano kamenitim spustom po traktorskom putu.

Slijedi blagi uspon kroz šumu koji nas dovodi ispod sela Medoší, gdje se otvara prekrasan pogled na dolinu Dragonje.

Nastavak ture odvija se vrlo lijepom šumskom stazom koja je nekada povezivala okolna sela. Uz stazu nailazimo i na ugodno odmorište kod starog seoskog izvora vode. Od tamo se šumski put nastavlja sve do doline u obliku širokog, sigurnog i ravnomjerno nagnutog spusta, pogodnog za sve brdske bicikliste.

Za povratak prema selu Korte vozimo se kroz vinorodnu dolinu uz rijeku Drnicu, čime se tura lijepo i mirno završava.

Surface description: 40% compact doubletrack, 50% forest trail, 10% asphalt

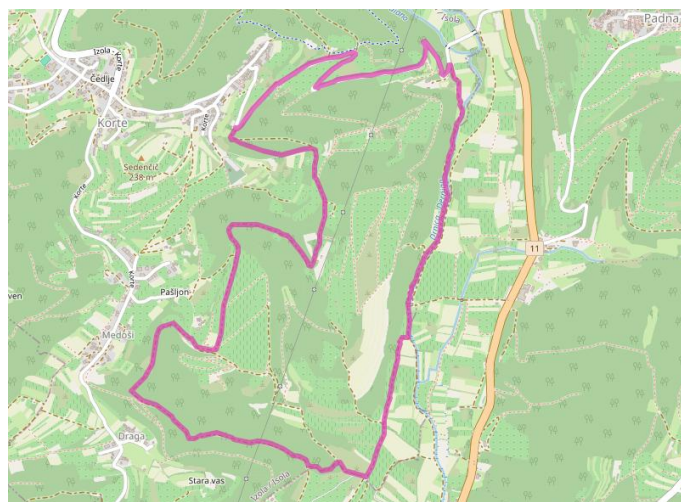
Technical difficulty: Moderate

Distance: 6.7 km

Elevation gain: 200 m

Recommended bike: Hardtail or full-suspension MTB

GPX:



7. Trail name: Along the Karst edge / Po Kraškem robu

Route / potek poti / tijek staze



English

A tour full of beautiful views, where we experience riding through both the Karst and Istrian landscapes, rich with pine groves.

From the Kraški Rob Visitor Centre (in the village of Črni Kal), after a short descent into the village of Osp, the route continues through the valley to the border crossing with Italy. After crossing the border, we begin the first—and at the same time the longest—climb of the entire tour, up to Socerb Castle (approx. 400 m of elevation gain). From the castle and the surrounding rocky cliffs, magnificent views open up over the Bay of Koper and the Bay of Trieste. From Socerb, we continue along gravel roads on the Karst plateau, through the village of Črnotiče, heading to the very edge of the Karst Edge above Loka, where stunning views from the rocky cliffs unfold over the Istrian hills and the valley below, toward Hrastovlje and Črni Kal.

A longer and interesting descent awaits us from here, past the village of Podpeč (with an ancient defensive tower dating back to the 11th century), and further down the valley to the village of Hrastovlje and the Church of the Holy Trinity, famous for its frescoes (15th century). In the village, you can stop for refreshments at the “Švab” restaurant, which offers traditional homemade dishes. From Hrastovlje, we return toward Črni Kal through the beautiful valley beneath the Karst Edge.

Slovene

Tura polna čudovitih razgledov, na kateri okusimo vožnjo tako po kraški kot istrski pokrajini polni borovih gozdičkov.

Iz centra za obiskovalce Kraški Rob (v vasi Črni Kal) se po krajšem spustu v vas Osp, pot nadaljuje po dolini do mejnega prehoda z Italijo. Po prečkanju mejnega prehoda pričnemo s prvim in hkrati najdaljšim vzponom na celotni turi do gradu Socerb (cca. 400 višinskih metrov). Iz gradu in okoliških skalnatih pečin se vijejo čudoviti razgledi na koprski in tržaški zaliv. Od Socerba se po makadamskih poteh na kraški planoti, skozi vas Črnotiče, odpravimo na sam Kraški rob, od koder se nam iz skalnatih pečin odpirajo čudoviti razgledi na istrske griče ter dolino pod Kraškim robom.

Čaka nas daljši in zanimiv spust pod Kraškim robom, mimo vasi Podpeč (s starodavnim obrambnim stolpom iz 11. st.) ter dalje v dolino do vasi Hrastovlje in cerkve Sv. Trojica z znamenitimi freskami (15 st.). V vasi se lahko okrepčate v gostilni “Švab” s ponudbo domačih jedi. Iz Hrastovelj se po čudoviti dolini pod Kraškim robom vrnemo nazaj proti Črnemu Kalu.

Croatian

Tura puna prekrasnih vidikovaca, na kojoj doživljavamo vožnju kroz krški i istarski krajolik, bogat borovim šumarcima.

Iz posjetiteljskog centra Kraški Rob (u selu Črni Kal), nakon kraćeg spusta u selo Osp, ruta se nastavlja dolinom sve do graničnog prijelaza s Italijom. Nakon prelaska granice započinjemo prvi i ujedno najdulji uspon na cijeloj turi, prema dvorcu Socerb (oko 400 metara visinske razlike). S dvorca i okolnih stjenovitih litica pružaju se prekrasni pogledi na Koparski i Tršćanski zaljev.



Od Socerba se makadamskim putovima preko krške visoravni, kroz selo Črnotiče, upućujemo prema samom Kraškemu rubu, odakle se sa stjenovitih litica otvaraju impresivni pogledi na istarske brežuljke i dolinu ispod Kraške ruba.

Očekuje nas dulji i atraktivan spust ispod Kraške ruba, pokraj sela Podpeč (s drevnim obrambenim tornjem iz 11. stoljeća), te dalje dolinom do sela Hrastovlje i crkve Sv. Trojstva s poznatim freskama iz 15. stoljeća. U selu se možete okrijepiti u gostionici „Švab“, koja nudi domaća jela. Iz Hrastovlja se kroz prekrasnu dolinu pod Kraškim rubom vraćamo natrag prema Črnom Kalu.

Surface description: 50% gravel, 30% forest and field trails, 20% asphalt

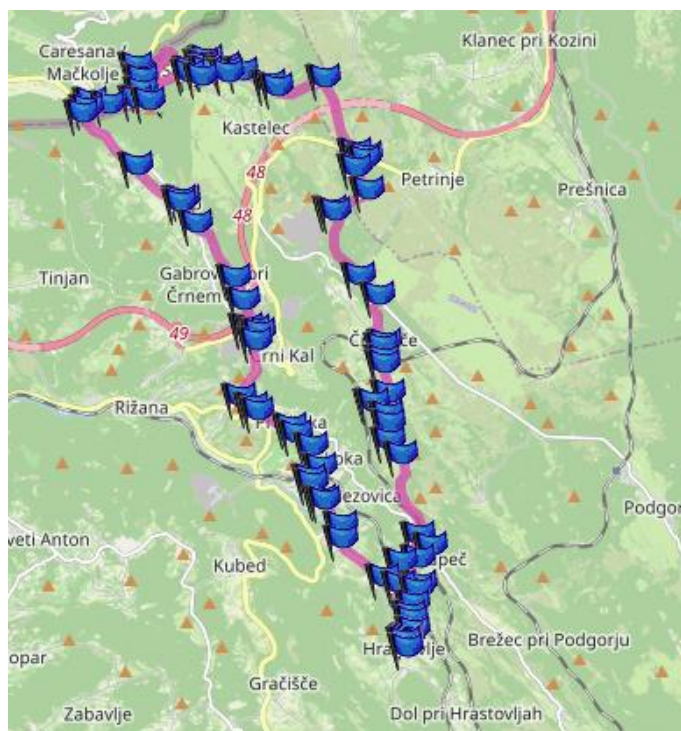
Technical difficulty: Moderate

Elevation gain: 775 m

Distance: 31 km

Recommended bike: Hardtail or full-suspension MTB

GPX:



8. Trail name: Across the Karst plateau / Po Kraški planoti

Route / potek poti / tijek staze

English

The tour takes us across the picturesque Karst Plateau, offering breathtaking views from the Karst Edge.



We begin at Socerb Castle, built in the 14th century, which stands right on the edge of the Karst Plateau. The route then continues across the karst landscape all the way to the Karst Edge, passing through several villages such as Ocizla, Prešnica, Podgorje, and Praproče, surrounded by wide pastures and pine forests.

The trail follows the Karst Edge, where magnificent views open up over Slovenian Istria, leading past the village of Črnotiče to the medieval fortress of Črni Kal, built in the 11th century.

A short but demanding descent and ascent over rocky karst terrain brings us back onto the Karst Plateau. The route then continues with a gentle forest descent to the village of Kastelec. The tour concludes with the final, and most challenging, rocky climb back to Socerb Castle.

Slovene

Tura nas popelje po slikoviti Kraški planoti, ob kateri se odpirajo čudoviti razgledi s Kraškega roba.

Začnemo pri gradu Socerb, zgrajenem v 14. stoletju, ki stoji prav na robu kraške planote. Pot nato nadaljujemo čez kraško pokrajino vse do samega Kraškega roba, mimo številnih vasic, kot so Ocizla, Prešnica, Podgorje in Praproče, obdane s prostranimi pašniki in borovimi gozdovi.

Sledi vožnja ob Kraškem robu, kjer se odpirajo veličastni razgledi na slovensko Istro. Pot nas vodi mimo vasice Črnotiče do srednjeveške utrdbe Črni Kal, zgrajene v 11. stoletju.

Čaka nas krajši, a zahteven spust in vzpon po kamniti kraški podlagi, ki nas ponovno pripelje na kraško planoto. Pot se nato nadaljuje z blagim, gozdnatim spustom do vasice Kastelec. Zaključek ture predstavlja zadnji, a hkrati najbolj zahteven kamniti vzpon nazaj do gradu Socerb.

Croatian

Tura nas vodi preko slikovite krške visoravni, uz koju se otvaraju prekrasni pogledi s Kraške ruba.

Započinjemo kod dvorca Socerb, izgrađenog u 14. stoljeću, koji se nalazi na samom rubu krške visoravni. Ruta se zatim nastavlja preko krškog krajolika sve do samog Kraške ruba, prolazeći pokraj brojnih sela poput Ocizle, Prešnice, Podgorja i Praproča, okruženih prostranim pašnjacima i borovim šumama.

Slijedi vožnja uz Kraški rub, gdje se otvaraju veličanstveni pogledi na slovensku Istru. Put nas vodi pokraj sela Črnotiče do srednjovjekovne utvrde Črni Kal, izgrađene u 11. stoljeću. Očekuje nas kraći, ali zahtjevan spust i uspon po kamenitoj krškoj podlozi, koji nas ponovno dovodi na kršku visoravan. Ruta se zatim nastavlja blagim, šumovitim spustom do sela Kastelec. Završetak ture čini posljednji, ali ujedno i najzahtjevniji kameni uspon natrag do dvorca Socerb.

Surface description: 80% gravel, 10% forest trail, 10% asphalt

Technical difficulty: Challenging

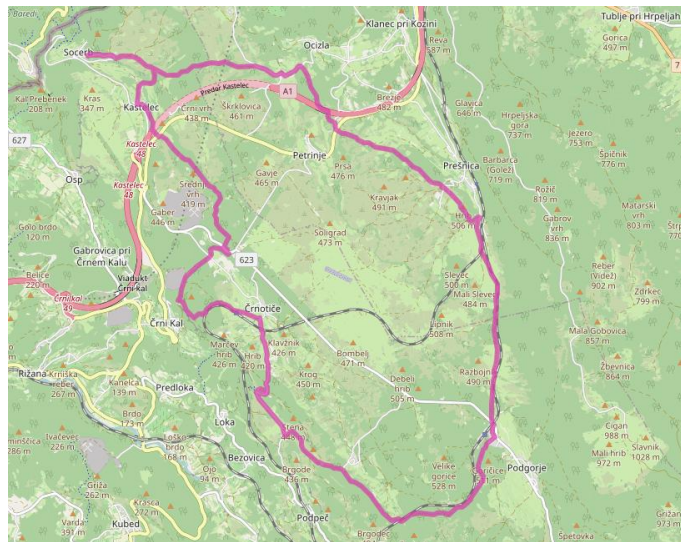
Elevation gain: 650 m

Distance: 30 km



Recommended bike: Hardtail or full-suspension MTB

GPX:



9. Trail name: Hill Slavnik / Slavnik

Route / potek poti / tijek staze

English

The route takes us to Mount Slavnik in Slovenian Istria, home to the Tumova Hut.

The starting point is the parking area in the Istrian village of Prešnica, from where we first follow an asphalt road to the beginning of the only climb on this route.

The ascent continues along a gravel road all the way to the summit of Slavnik, mostly shaded by hornbeam forests. In the final section of the climb, the views gradually open up in all directions, revealing the beautiful landscape surrounding Slavnik. At the top, we are welcomed by Tumova Hut, where we can enjoy traditional homemade dishes.

The descent to the village of Podgorje, below the slopes of the Slavnik range, also follows a gravel road. This is followed by a final gentle gravel stretch that runs alongside the railway line and leads us back to Prešnica.

Slovene

Tura nas popelje na goro Slavnik v Slovenski Istri, kjer stoji priljubljena Tumova koča.

Izhodišče je na parkirišču istrske vasice Prešnica, od koder se najprej zapeljemo po asfaltirani cesti do začetka edinega vzpona na tej poti.

Vzpon poteka po makadamski poti vse do vrha Slavnika, večinoma v prijetni senci gabrovih gozdov. V zadnjem delu vzpona se razgledi postopoma odprejo v vse smeri in razkrijejo



čudovito pokrajino, ki obkroža Slavnik. Na vrhu nas pričaka Tumova koča, kjer se lahko okrečamo z domačimi jedmi.

Spust v vasico Podgorje pod pobočjem Slavnika prav tako poteka po makadamski poti. Sledi še zadnji, položen makadamski odsek, ki nas ob železniški progi pripelje nazaj do Prešnice.

Croatian

Tura nas vodi na planinu Slavnik u slovenskoj Istri, gdje se nalazi popularna Tumova kuća. Polazište je na parkiralištu istarskog sela Prešnica, odakle se najprije vozimo asfaltiranom cestom do početka jedinog uspona na ovoj ruti.

Uspón se nastavlja makadamskim putem sve do vrha Slavnika, većinom u ugodnoj sjeni grabovih šuma. U završnom dijelu uspona pogledi se postupno otvaraju u svim smjerovima i otkrivaju prekrasan krajolik koji okružuje Slavnik. Na vrhu nas dočekuje Tumova kuća, gdje se možemo okrijepiti domaćim jelima.

Spust prema selu Podgorje pod obroncima Slavnika također vodi makadamskom cestom. Slijedi još završni, blagi makadamski odjeljak koji nas uz željezničku prugu vraća natrag do Prešnice.

Surface description: 95% gravel, 5% asphalt

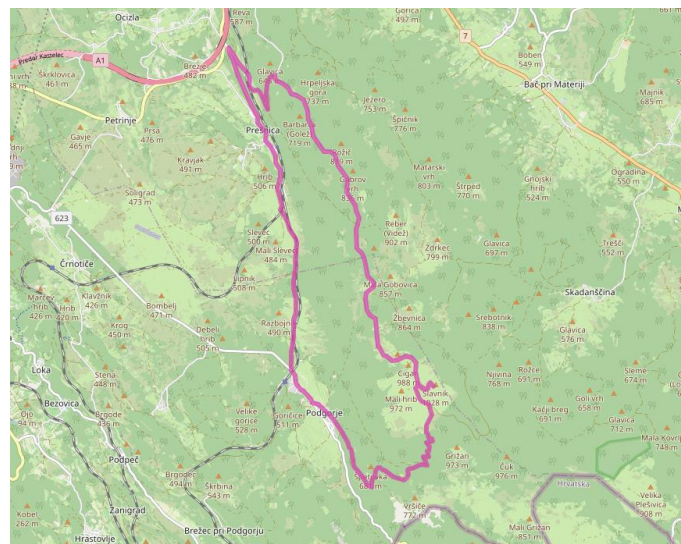
Technical difficulty: Moderate

Elevation gain: 650 m

Distance: 22 km

Recommended bike: Hardtail or full-suspension MTB

GPX:



10. Trail name: In the Embrace of Istria / V objemu Istre

Route / potek poti / tijek staze

English



The tour starts and ends in the iconic Istrian village of Padna, where parking is available in front of the excellent Gold Istra restaurant. We recommend rewarding yourself with a well-deserved meal there after completing the tour.

Most of the route follows old connecting paths between Istrian villages that are no longer in regular use, giving the tour a special sense of remoteness and authenticity. Immediately after the start, we turn left downhill from the main road, where a small sign points the way toward Šmarje. The descent ends with a crossing of a stream via a wooden bridge, followed by a demanding climb toward Pomjan, with a short break in Šmarje. At the Poljane viewpoint on the top of Pomjan, a breathtaking view opens up over Koper, the sea, and the Alps in the background.

After exploring the picturesque village of Pomjan, where the view stretches all the way to the Karst Edge, the real adventure begins as the route continues past the Supot waterfall. After heavy rainfall, this section becomes particularly challenging, as part of the trail runs directly along the stream bed. Leaving the unspoiled nature behind and climbing back onto well-maintained paths past the Supot eco camp, we arrive in the legendary Istrian village of Koštabona, whose architecture and atmosphere bear witness to the area's rich history.

In the final part of the tour, we connect the villages of Puče, Karkavče, and Nova vas along slightly easier paths and return to the starting point in Padna.

Slovene

Tura se začne in konča v ikonični istrski vasi Padna, kjer je na voljo parkirišče pred odlično gostilno Gold Istra. Priporočamo, da se po uspešno opravljeni turi tam tudi zasluženo okrepite.

Večina trase poteka po starih povezovalnih poteh med istrskimi vasi, ki danes niso več v redni uporabi, kar turi daje poseben občutek odmaknjenosti in pristnosti.

Takoj po štartu z glavne ceste zavijemo levo navzdol, kjer nas majhna tabla usmeri proti Šmarjam. Spust se zaključi s prečkanjem potoka po lesenem mostičku, nato pa sledi zahteven vzpon proti Pomjanu, s kratko pavzo v Šmarjah.

Na razgledni točki Poljane na vrhu Pomjana se odpre osupljiv pogled na Koper, morje in Alpe v ozadju.

Po ogledu slikovite vasice Pomjan, od koder razgled sega vse do Kraškega roba, se začne prava avantura mimo slapa Supot. Po obilnejših padavinah je ta del poti še posebej zahteven, saj del trase poteka po strugi potoka. Ko zapustimo neokrnjeno naravo in se mimo eko kampa Supot povzpemo nazaj na urejene poti, prispemo v legendarno istrsko vas Koštabona, ki s svojo arhitekturo in ambientom priča o bogati zgodovini območja.

V zaključnem delu ture po nekoliko lažjih poteh povežemo še vasi Puče, Karkavče in Nova vas ter se vrnemo na izhodiščno točko v Padni.

Croatian



Tura započinje i završava u kulturnom istarskom selu Padna, gdje je dostupno parkiralište ispred izvrsne gostionice Gold Istra. Preporučujemo da se nakon uspješno odrađene ture ondje i zasluženo okrijepite.

Veći dio rute odvija se starim povezanim putovima između istarskih sela, koji danas više nisu u redovitoj uporabi, što turi daje poseban osjećaj izdvojenosti i autentičnosti.

Odmah nakon starta s glavne ceste skrećemo lijevo nizbrdo, gdje nas mala oznaka usmjerava prema Šmarjama. Spust završava prelaskom potoka preko drvenog mostića, nakon čega slijedi zahtjevan uspon prema Pomjanu, s kratkim zaustavljanjem u Šmarjama.

Na vidikovcu Poljane, na vrhu Pomjana, otvara se zadivljujući pogled na Kopar, more i Alpe u pozadini.

Nakon obilaska slikovitog sela Pomjan, odakle se pogled proteže sve do Kraške ruba, započinje prava avantura pokraj slapa Supot. Nakon obilnijih oborina ovaj je dio rute posebno zahtjevan, jer dio trase vodi koritom potoka. Kada napustimo netaknutu prirodu i, prolazeći pokraj ekokampa Supot, ponovno se uspnemo na uređene putove, stižemo u legendarno istarsko selo Koštabona, čija arhitektura i ambijent svjedoče o bogatoj povijesti ovog područja. U završnom dijelu ture, po nešto lakšim stazama, povezujemo još sela Puče, Karkavče i Nova Vas te se vraćamo na početnu točku u Padni.

Surface description: 90% forest trail, 10% asphalt

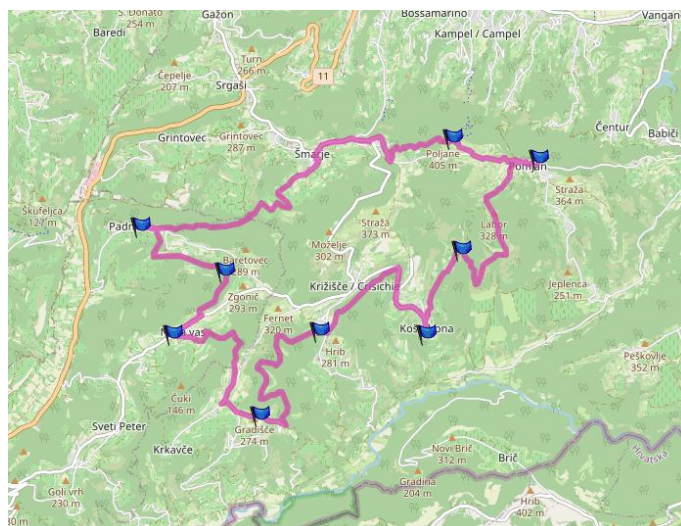
Technical difficulty: Challenging

Elevation gain: 650 m

Distance: 23.5 km

Recommended bike: Full-suspension MTB

GPX:





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CROATIA / HRVATSKA

1. Trail name: Adriano's / Adriano

Route / potek poti / tijek staze

English

This trail is located within the Griseum Bike Trail Area and winds through a pine forest, combining natural sections with technically undemanding segments while being rich in fun features.

It is suitable for more experienced riders who will ride it at higher speeds, while beginners can use it at a slower pace to learn and gradually improve their riding skills.

Slovene

Ta pot se nahaja na območju Griseum Bike Trail Area in se vije skozi borov gozd ter združuje naravne odseke s tehnično nezahtevnimi segmenti, hkrati pa ponuja veliko zabavnih podrobnosti.

Namenjena je izkušenejšim kolesarjem, ki jo bodo premagovali hitreje, začetnikom pa omogoča, da se ob počasnejši vožnji učijo in postopoma izpopolnjujejo svoje kolesarske spretnosti.

Croatian

Ova staza nalazi se na području Griseum Bike Trail Area te se vijuga kroz borovu šumu, kombinirajući prirodne dionice s tehnički nezahtjevnim segmentima, a istovremeno nudi mnoštvo zabavnih elemenata.

Namijenjena je iskusnijim biciklistima koji će je savladavati brže, dok početnicima omogućuje da se pri sporijoj vožnji uče i postupno usavršavaju svoje biciklističke vještine.

Surface description: 100% forest trail

Technical difficulty: Moderate

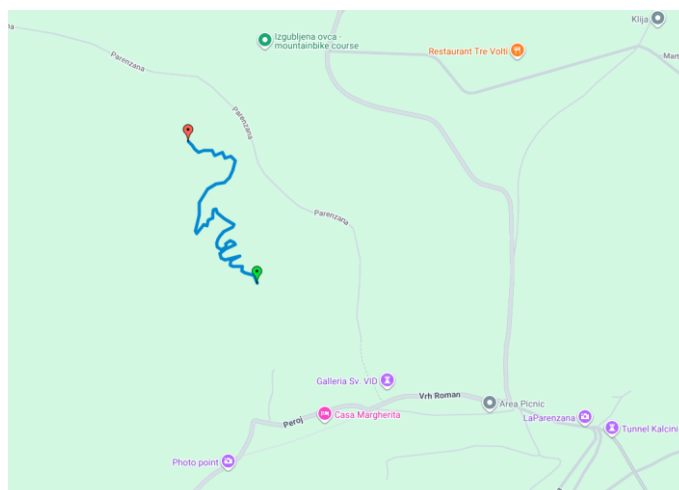
Elevation gain: 40 m

Distance: 950 m

Recommended bike: Full-suspension MTB



GPX:



2. Trail name: BEERanje

Route / potek poti / tijek staze

English

The trail starts in the artistic town of Grožnjan and follows the Parenzana route towards Završje, passing through several tunnels and rest areas.

Leaving the Parenzana, the trail descends onto a dirt road that leads past one of the rare Istrian *stancija* complexes, consisting of two connected houses with a stone arch, and continues towards Kostanjica.

Riding alongside vineyards with views towards the sea, the trail descends to Ponte Porton, where a gentle climb leads back to Grožnjan.

Slovene

Pot se začne v umetniškem mestecu Grožnjan in nas po Parenzani vodi v smeri Završja, skozi več tunelov in počivališč.

Parenzano zapustimo s spustom proti poljski poti, ki nas popelje mimo ene redkih istrskih stancij, sestavljene iz dveh povezanih hiš z voltom, vse do Kostanjice.

Ob vinogradih, s pogledom usmerjenim proti morju, se spustimo do Ponte Portona, kjer nas čaka položen vzpon nazaj proti Grožnjanu.

Croatian

Ruta započinje u umjetničkom gradiću Grožnjanu i vodi nas Parenzanom u smjeru Završja, prolazeći kroz nekoliko tunela i odmorišta.

Parenzanu napuštamo spuštanjem prema poljskom putu, koji nas vodi pokraj jedne od rijetkih istarskih stancija, sastavljene od dvije povezane kuće s voltom, sve do Kostanjice.

Uz vinograde, s pogledom usmjerenim prema moru, spuštamo se do Ponte Portona, gdje nas očekuje blagi uspon natrag prema Grožnjanu.



Surface description: 60% gravel, 40% asphalt

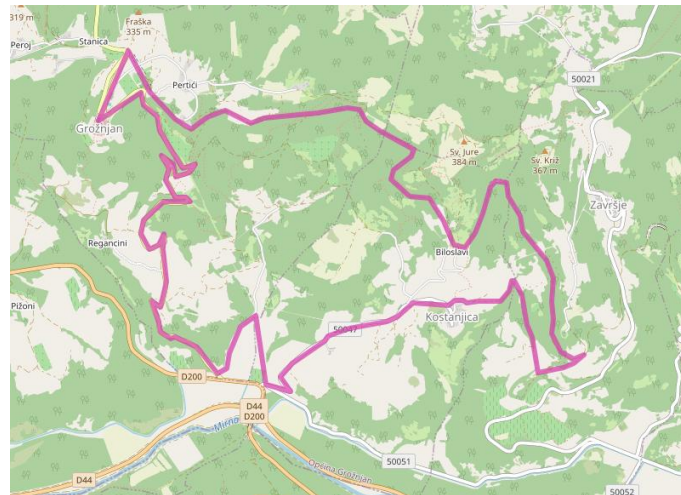
Technical difficulty: Easy

Elevation gain: 380 m

Distance: 17 km

Recommended bike: Full-suspension MTB, gravel bike, e-bike

GPX:



3. Trail name: Peaceful / Mirna

Route / potek poti / tijek staze

English

The trail reveals the beauty of the hills surrounding the Mirna River, which once served as a connection between this region and the sea.

Olive groves and vineyards accompany the route throughout the entire ride, offering views of some of the most beautiful places in Istria, while a visit to Livade and the Parenzana Museum can be an ideal spot for a break.

Slovene

Pot razkriva lepote gričev, ki obdajajo reko Mirno, ki je bila nekoč povezava tega območja z morjem.

Oljčniki in vinogradi nas spremljajo po celotni poti, ob pogledih na nekatera najlepša istrska krajevna območja, obisk Livad in muzeja Parenzane pa je lahko idealen kraj za počitek.

Croatian

Put otkriva ljepote brežuljaka koji okružuju rijeku Mirnu, nekadašnju poveznicu ovog područja s morem.

Maslinici i vinogradi prate nas duž cijele rute, uz poglede na neka od najljepših istarskih krajolika, a posjet Livadama i Muzeju Parenzane može biti idealno mjesto za odmor.



Surface description: 70% gravel, 30% asphalt

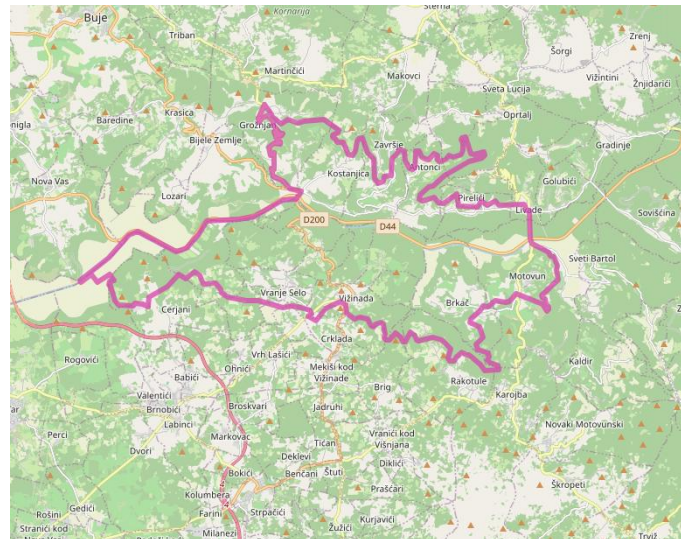
Technical difficulty: Easy

Elevation gain: 840 m

Distance: 62 km

Recommended bike: Full-suspension or hardtail MTB, gravel bike, e-bike

GPX:



4. Trail name: Musketeer / Moscatir

Route / potek poti / tijek staze

English

The trail leads through forest landscapes from the Slovenian border in the north to the hills above the Mirna River, passing some of the most beautiful Istrian scenery and the wine-growing region famous for Momjan Muscat.

This sweet wine, rooted in the long history of the area, reflects the land that changes as the kilometers pass. The route goes through natural tunnels formed by tree branches in forest sections and continues along ridge rides with views stretching all the way to the Alps.

Slovene

Pot nas vodi skozi gozdna prostranstva od slovenske meje na severu do gričev nad reko Mirno, skozi nekatere najlepše istrske pokrajine ter vinorodno območje, znano po momjanskem muškarnem vinu.

Sladko vino, ki ima na teh tleh svoje korenine že od davnih časov, spremlja pokrajino, ki se spreminja z vsakim prevoženim kilometrom. Pot vodi skozi naravne tunele, ki jih v gozdnih odsekih oblikujejo drevesne veje, vse do vožnje po grebenu z razgledi na Alpe.

Croatian



Staza nas vodi kroz šumska prostranstva od slovenske granice na sjeveru do brežuljaka iznad rijeke Mirne, kroz neke od najljepših istarskih krajolika te vinorodno područje poznato po momjanskom muškatom vinu.

Slatko vino, koje na ovim prostorima ima svoje korijene još od davnina, prati krajolik koji se mijenja sa svakim prijeđenim kilometrom. Put vodi kroz prirodne tunele koje u šumskim dionicama oblikuju krošnje drveća, sve do vožnje po grebenu s pogledima na Alpe.

Surface description: 40% gravel, 30% forest trails, 30% asphalt

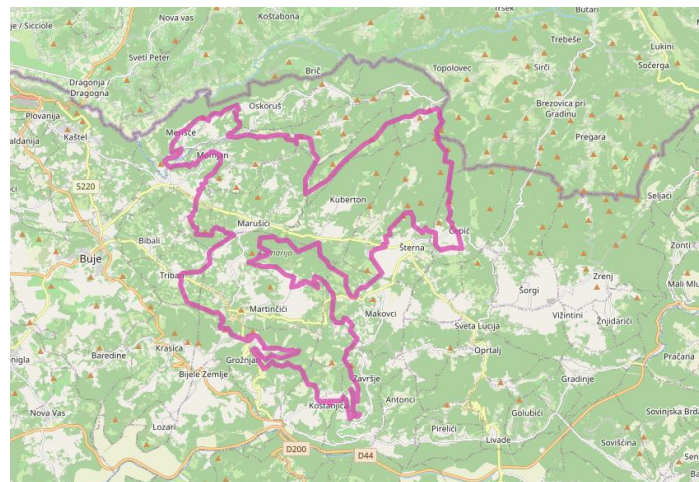
Technical difficulty: Moderate

Elevation gain: 1,400 m

Distance: 73 km

Recommended bike: Full-suspension or hardtail MTB, e-bike

GPX:



5. Trail name: Saint / Svetnik

Route / potek poti / tijek staze

English

The trail combines riding through the Grožnjan area with visits to old chapels and historical sites that tell the story of this region.

One of the most interesting spots is Bastia, where the former Port of Grožnjan was located, once connecting the town to the sea.

The route passes near the famous Istrian desert of Piski, which is reserved for the more adventurous, while the zipline above it is an experience open to everyone.

Slovene

Pot združuje vožnjo po območju Grožnjana z obiski starih cerkvic in lokacij, ki pripovedujejo zgodovino tega prostora.



Najbolj zanimiva je zagotovo lokacija Bastia, kjer je nekoč stala grožnjanska luka, ki je v preteklosti povezovala Grožnjan z morjem.

Pot poteka tudi ob znameniti istrski puščavi Piski, ki je namenjena bolj pogumnim, zipline nad njo pa je doživetje za vsakogar.

Croatian

Staza objedinjuje vožnju področjem Grožnjana s posjetima starim crkvicama i lokacijama koje pričaju povijest ovoga kraja.

Posebno je zanimljiva lokacija Bastia, gdje je nekada stajala grožnjanska luka koja je u prošlosti povezivala Grožnjan s morem.

Staza prolazi i uz poznatu istarsku pustinju Piski, namijenjenu onima hrabriji, dok je zipline iznad nje doživljaj za svakoga.

Surface description: 55% gravel, 45% asphalt

Technical difficulty: Moderate

Elevation gain: 1,400 m

Distance: 45 km

Recommended bike: Full-suspension or hardtail MTB, gravel bike, e-bike

GPX:



6. Trail name: Waterfall / Slap

Route / potek poti / tijek staze

English

Upper Bujština is a karst landscape whose beauty is mostly visible only to speleologists underground, but this trail takes you close to two of its most famous waterfalls.



Butori and Cingarela waterfalls are most likely connected by underground channels, and during rainy periods their powerful flows create truly magical scenery.

Slovene

Zgornja Bujština je kraško območje, katerega lepota je večinoma vidna le jamarjem v podzemlju, ta pot pa nas popelje v bližino dveh najbolj znanih slapov tega območja.

Slapova Butori in Cingarela sta najverjetneje povezana s podzemnimi vodnimi kanali, njuna vodna moč pa v deževnih obdobjih ustvarja čarobne prizore.

Croatian

Gornja Bujština je krško področje čija je ljepota uglavnom vidljiva samo speleolozima u podzemlju, dok nas ova staza vodi u blizinu dvaju najpoznatijih slapova toga područja.

Slapovi Butori i Cingarela najvjerojatnije su povezani s podzemnim vodenim kanalima, a njihova vodena snaga tijekom kišnih razdoblja stvara čarobne prizore.

Surface description: 60% gravel, 40% asphalt

Technical difficulty: Easy

Elevation gain: 690 m

Distance: 45 km

Recommended bike: Full-suspension or hardtail MTB, gravel bike, e-bike

GPX:

