



# Austria, Italy & Slovenia Alpe Adria Hiking

## The Best Trails from the Alps to the Adriatic

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**  
Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)  
or call **800-974-0300**



# Feel the difference

with **Mountain Travel Sobek**

## Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

## Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





# Leading the Way

## World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





# Why take this trip with us?

## REASON 1

MT Sobek has been leading Alps adventures for over 50 years and the Alpe Adria is one of our most popular long-distance trails.

## REASON 2

As befits a "World's Best Hike" we've perfected an 10-day route from Salzburg to Trieste that combines well-paced days with carefully chosen, comfortable lodgings and plenty of chances to unwind.

## REASON 3

We work with professional local guides, who are truly the best in the Alps. Many of our Alps-loving guests return to hike with them year after year!

## At A Glance

### ACTIVITIES

Hiking 4 to 8 hours daily through spellbinding landscapes, en route visiting scenic villages and towns, and sampling local specialties.



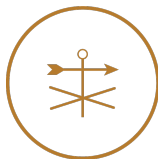
### LODGING

Upscale city hotels, family-run inns, and alpine estates, all renowned for superb hospitality, full amenities, and top service.



### CLIMATE

The weather in the Alps is always unpredictable. You could encounter snow in the morning and sun in the afternoon. Bring layers and warm clothes.



### KNOW BEFORE YOU BOOK

*"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence."* - Alex M.



# Austria, Italy & Slovenia Alpe Adria Hiking

## The Best Trails from the Alps to the Adriatic

Discover the highlights of the Alpe Adria, a 470-mile trail system from the Alps to the Adriatic Sea. From the highest summits down to lush valleys, past mountain lakes and aquamarine rivers, hike the trails' most beautiful stretches. Experience memorable landscapes, rich cultures, and local cuisines of three different countries — Austria, Italy, and Slovenia—and encounter landmarks such as the Garnet Gate and mountaintop Sanctuary Monte Lussari. Wrap up in the Italian town of Trieste, with dazzling Adriatic Sea vistas — the perfect ending to an extraordinary trip.

### 10 Days

**Start:** Salzburg, Austria

**End:** Trieste, Italy

**Departing:** June, July, September

**Activities:** Hiking & Trekking

**Lodging:** Comfortable Hotels

**Group Size:** 4-16 Guests

**ACTIVITY:**



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*"MTS provides great access to some of the most beautiful hiking and outdoor experiences. The guides provide great context and history. I truly enjoy being able to focus on the hiking and enjoyment when I hike in a new area and not on the logistics."*

- Stacy P.

Check [mtsobek.com](https://mtsobek.com) for date-specific pricing.

# The Itinerary

## DAY 01

### Arrive in Salzburg

Start your journey in Salzburg, one of the most beautiful cities in Austria, if not the whole Alps. A UNESCO World Heritage Site, Mozart's birthplace, and the setting for *The Sound of Music* movie, Salzburg has a charming baroque Old Town with a formidable fortress looming above. Meet with your group at 5pm for orientation and welcome dinner.

**ACCOMMODATION:** Sheraton Hotel, Salzburg

**MEALS:** Dinner

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## DAY 02

### Set Out on the Alpe Adria Trail

After a scenic 2-hour drive from Salzburg, reach Hohe Tauern National Park to take the inaugural hike amidst its alpine meadows and peaks. Enjoy a typical Austrian lunch and then transfer to the village of Heiligenblut at the foot of Grossglockner, Austria's highest peak at 12,461 feet — a perfect starting point for the Alpe Adria experience.

**ACCOMMODATION:** Hotel Larchenhof or The Sagritzerwirt

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 3-hours total private van transfer

**ACTIVITY:** 5 hours/5.5 miles hiking with 2,000' elevation gain & loss

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## DAY 03

### Head Toward the Pasterze Glacier

Hike the first stage of the Alpe Adria trail, beginning in the village of Heiligenblut and ascending towards the mighty Grossglockner and Pasterze Glacier. Wind your way through forests, past waterfalls, along lakes and on steep hairpin bends. End the hike with panoramic views from Franz Josef Hohe, and take a 40-minute shuttle ride back to the village. In the evening, try local dishes featuring lamb and beef, which is especially tender as local farmers take their cattle up to 6,000-foot-high alpine pastures.

**ACCOMMODATION:** Hotel Larchenhof or The Sagritzerwirt

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 6 hours/7 miles with 3,500' elevation gain & 600' elevation loss

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## DAY 04

### Hike Around Lake Millstatt & to Mount Steinerer Tisch

Explore the area around Lake Millstatt, starting with a scenic hike to Steinerer Tisch, a massive stone table that sits 6,000 feet above the lake with stunning panoramic views. Legend has it that giants once lived in the grass-covered mountains here. Stop at the local high alpine farm to sample some of the products. In the afternoon, check into your hotel for a peaceful evening.

**ACCOMMODATION:** Naturhotel Alpenrose or Hotel Pragent

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2.5 hours total private van transfer

**ACTIVITY:** 4-5 hours/7 miles hiking with 1,600' elevation gain & loss

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## DAY 05

### Discover the Path of Love

Take in fabulous views as you climb the so-called Path of Love to the Garnet Gate, an impressive Cubist sculpture at the summit that overlooks Lake Millstatt. The hike across lush alpine meadows along the Millstätter Alpe Ridge is a feast for the senses. Afterward, enjoy freshly baked bread with local spreads and salami.

**ACCOMMODATION:** Naturhotel Alpenrose or Hotel Pragent

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1-hour total private van transfer

**ACTIVITY:** 5-6 hours/8 miles hiking with 1,600' elevation gain & loss

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## Experience Three Countries & a Mountaintop Sanctuary

Today experience how the Alpe-Adria trail connects Austria, Italy and Slovenia. Leave Austria for a 1.5-hour drive to Italy to take a gondola ride up to the start of a hike along the charming pilgrims' path to the church of Maria Lussari on Monte Lussari (5872'), and then towards a rocky amphitheater just below Cima del Cacciatore. After lunch with a view, return by gondola and do an enjoyable 1.5-hour hike in the woods along Laghi di Fusine, wrapping it up with gelato. Head towards Slovenia for well-deserved rest near the picturesque ski village of Kranjska Gora.

**ACCOMMODATION:** Hotel Spik

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2-hours total private van transfer

**ACTIVITY:** 4-5 hours/5 miles hiking with 1,000' elevation gain

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## Hike Up the Highest Mountain Pass in Slovenia

This morning, hike up to Vrsic (5,285'), the highest mountain pass in Slovenia with spectacular views of the surrounding mountains. On the climb along the scenic alpine trail, you might come across some mountain sheep. Later on, descend into the Soca Valley, following the stream of the turquoise-green Soca River to the town of Bovec. Overnight in a charming hotel.

**ACCOMMODATION:** Hotel Sanje OB Soci

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2-hours total private van transfer

**ACTIVITY:** 5-6 hours/8 miles hiking with 2,000' elevation gain & 1,000' elevation loss

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## Explore Soca Valley & Triglav National Park

Today hike in the Soca Valley, following the Soca River through unspoiled parts of Triglav National Park. Famous for the WWI Battle of Isonzo vividly described in Ernest Hemingway's novel, *A Farewell to Arms*, Soca is now known as a playground for hikers, cyclists, and water enthusiasts. After sampling local cheeses, end the day amongst the vineyards with some fresh-cut prosciutto and a glass of local red.

**ACCOMMODATION:** Hotel Gredic

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2-hours, 45 minutes total private van transfer

**ACTIVITY:** 2-3 hours/3.2 miles hiking with 70' elevation gain & 300' elevation loss

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## Hike in the Valley of Rosanda & End up in Trieste

Last but not least, head back to Italy for a 2-hour hike in the Valley of Rosanda. This unique natural reserve is known for its karst landscape and mild Mediterranean climate. End the tour in Trieste, a fascinating city that has been on a crossroads of Latin, Slavic, and German culture for over 2000 years. For the final night together, enjoy a farewell feast of local Italian specialties.

**ACCOMMODATION:** Hotel Savoia Excelsior

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1-hour private van transfer

**ACTIVITY:** 2 hours/3.1 miles hiking with 660' elevation gain & loss

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## Depart from Trieste

Depart from Trieste Airport, or take a train, shuttle, or taxi to the airport in Venice.

**MEALS:** Breakfast



# Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

## Sheraton Grand Hotel

Salzburg's Sheraton Grand has a stellar location for walking to the Old Town, Mozarts Geburtshaus (Mozart's birthplace), and other must-see sights. Immediately adjacent to Mirabell Park — the dining room and many guest rooms gaze right into its lush gardens — this internationally renowned hotel has excellent service, great international and local cuisine, and well-appointed rooms.

## Hotel Larchenhof

At the foot of Grossglockner, Austria's highest mountain, this family-run hotel has been wowing guests for decades. Every corner of the expansive building offers panoramic valley and high-alpine views. Modern rooms are light, airy, and outfitted with local-timber and natural-material furnishings. The dining room often hosts local musicians, and the spa is a soothing retreat.

## The Sagritzerwirt

A family-owned boutique hotel nestled in the mountain village, Sagritz, the Sagritzerwirt is a quiet getaway with a perfect blend of modern amenities and rural charm. Admire beautiful views of the alpine village from your private balcony and enjoy cable TV, a desk, radio, and free Wi-Fi in your cozy room. Savor breakfast in the on-site dining hall, sip drinks at the lounge, or pamper yourself with a wellness treatment at the sauna. Experience the tranquil countryside during your stay here!



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Naturhotel Alpenrose**

When you enter the Naturhotel Alpenrose, you will feel it: Here you can leave everyday life behind and completely relax. Even before its construction, attention was paid to natural materials, which provide a very special atmosphere, for warmth and comfort. The processed wood comes for the most part from local forests. Hand-chopped larch shingles, which were prepared by a Lungau farmer, adorn the facade.

## **Hotel Pragent**

Nestled in the picturesque heart of Carinthia, Austria, Hotel Pragent offers serene tranquility in a charming family-owned alpine retreat. With 36 modern, spacious rooms boasting panoramic views of surrounding mountains and forests, guests can easily access the abundant natural beauty. Enjoy delectable Austrian and international cuisine featuring locally sourced ingredients at the on-site restaurant, complemented by an extensive wine selection. The hotel also features a pool, sauna, and spa for relaxation. Hotel Pragent promises a great escape for unforgettable memories!

## **Hotel Spik**

Welcome to the friendly, comfortable Hotel Spik Alpine Resort, located in the picturesque town of Gozd Martuljek! The hotel's 56 rooms exude an idyllic Alpine atmosphere and come equipped with modern amenities such as a satellite TV, a mini bar, a balcony, and free Wi-Fi. Recharge your batteries in their relaxation pools and saunas, or take a dip in their ice pit, and treat your taste buds to delicious Slovenian cuisine at their on-site restaurant.

## **Hotel Sanje OB Soci**

At this modern guesthouse, accommodation is basic and clean in small, private guest rooms with en suite bathrooms. There is also free Wi-Fi, TV, and air conditioning.

## **Hotel Gredic**

Set in a 16th-century castle, the luxury Hotel Gredic sits in the heart of Slovenia's Brda wine country. The individually decorated guest rooms feature a range of amenities like Wi-Fi, A/C, and private bathrooms with heated floors. The on-site restaurant serves local specialties, the bar offers drinks and snacks, and there's a terrace with views of the surrounding vineyards.

## **Tavarneta Estate**

Located in the remote wine region of Goriska Brda, the intimate Tavarneta Estate commands breathtaking views of the vineyards and Briska hills. The onsite restaurant is designed around slow food—local food and traditional cooking—and of course has a fully stocked wine bar featuring local vintages. An outdoor infinity pool looks out across the lush valley and the sauna invites you to unwind. Modern rooms feature wood floors and large windows, many with vineyard views.



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Hotel Savoia Excelsior**

At this stunning property right in the center of town, classical elegance melds effortlessly with a contemporary edge and Italian flair. Most of the elegant rooms — all with marble bathrooms — offer sweeping views over the Gulf of Trieste; some have private balconies. Most of Trieste's attractions are just a walk away.

# Departure Dates

This trip is available to run in: June, July, September

**Book early for a greater choice of available dates.**  
Once you book, your price is GUARANTEED!

June 8-17, 2025

July 7-16, 2025

September 1-10, 2025

September 15-24, 2025

June 9-17, 2026

June 23-July 1, 2026

July 7-15, 2026

July 21-29, 2026

September 1-9, 2026

September 13-21, 2026

# What's Included

## PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

## PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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