

Second week | 1<sup>st</sup> day

# The Gulf of Trieste

## Portorož - Koper - Muggia - Trieste

*Pedalling along the seafront on a cycling path to reach the town*



This trip perfectly blends the sea and culture, the golden sands with history and nature with art.

Using a spectacular cycling path right near the edge of the water along the Adriatic you pass by the famous seaside resort and spa **Portorož (Portorose)** and reach **Izola (Isola)** and Koper (Capodistria), where the traces of the glorious past are still present as well as the close and intense ties to Venice.

Strolling along the picturesque paved streets you can admire many Gothic villas, colonnades, beautiful churches and high bell-towers. Then you cross over the border reaching **Muggia** – the only Italian town which geographically belongs to Istria with particularly Venetian characteristics – which looks directly over the Gulf of **Trieste**. From here you catch a ferry which quickly takes you to the central dock of the capital city of the region.

### ROUTE INFORMATION

**Starting point:** Portorož (Portorose)

**Arrival:** Trieste

**Length:** km 31 (Portorož-Muggia)

**Conditions:** a good separate cycling path almost everywhere

**Indications:** present

**Inter-modality:** bike + boat

### USEFUL ADDRESSES

#### Tourist Office Portorož

Obala 16, Portorož, tel. +386 05 6742220

ticpo@portoroz.si, www.portoroz.si

#### Tourist Office Piran

Tartinijev trg 2, Piran, tel. +386 05 6734440

ticpi@portoroz.si, www.portoroz.si

#### Tourist Office Izola

Ljubljanska ulica 17, Izola, tel. +386 05 6401050

tic.izola@izola.si, www.izola.eu

#### Tourist Office Koper

Titov trg 3, Koper, tel. +386 05 6646403

tic@koper.si, www.koper.si

#### IAT Muggia

via Roma 20, Muggia, tel. +39 040 273259

#### Touristic Office FVG -Trieste

Via dell'Orologio, 1 tel. +39 040 3478312

info.trieste@turismo.fvg.it

#### Trieste railway station

piazza della Libertà 8, Trieste

www.trenitalia.com

**Ferries:** the Muggia-Trieste line is active daily (limited number of bikes)



1



2



4



5

1 Portorož - Portorose, beaches  
2 Koper - Capodistria, Tito Square

3 Muggia, harbour  
4 Trieste, Miramare Castle

5 Trieste, Roman theatre

## TRAVELLERS' DIARY

To reach the pulsating heart of Trieste from the spectacular Istrian coast we advise you to use the sea route, which will get you to Muggia, and to the chief city of the region, offering you the breathtaking view of the town sheltering on a sort of amphitheatre overlooking the gulf.

For references to the cycling path from Portorož (Portorose) to Muggia – see the description of the sixth stage of the first week's trip.

When you arrive near the picturesque historical centre of Muggia you must have a good visit at the small port

(Mandracchio), the old circle of walls showing gates topped by lions of St. Mark and the castle which dominates the city, and for those who are better trained in uphill rides, the old sanctuary of Saint Mary of the Assumption which dates back to the XIII century; then you can catch the convenient ferry (limited number of bikes) which brings you in to Trieste with spectacular views. Once you get off you are immediately in the heart of the city, Unity of Italy Square, surrounded by numerous villas and public buildings, like the Trieste Town Hall, the building of the Regional

council of Friuli Venezia Giulia and the Prefecture, as well as historical coffee houses. There are so many interesting places to visit in this city where you can still breathe the air of Central Europe: from the Revoltella Museum to the Natural History Museum, from the Museum of the Sea to the Town Theatre, from the Cathedral of Saint Justus to the Synagogue, from the Serbian-Orthodox church of Saint Spyridon to the Greek Orthodox church of Saint Nicholas, from the Miramare Castle to the Saint Justus castle, from the Roman Theatre to Richard's Arch.