

MOUNTAIN BIKING IN SLOVENIA

Julian Alps - Gorenjska and Soča Valley, South, Central and North East

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Guidebook to 35 mountain biking routes in Slovenia. Ranging from 12km to 59km, the routes are circular, negating any need for logistical 'return' planning. Graded from Blue to Black, the routes range from technically not difficult but requiring a reasonable level of fitness to highly technical, requiring a high level of fitness and confident bike handling skills.

Showcasing a remarkably diverse landscape, Slovenia is an idyllic (and incredibly, little known) mountain biking destination. From the towering peaks of Gorenjska and the stunning riverside trails of the Soča Valley to the tremendous limestone caves of the Karst region and the forests of the Nanos plateau in the country's south, there is endless opportunity for tough climbs, long descents and technical trails – as well as scenic trips lakeside and through vineyard-laced landscapes.

Full route descriptions are accompanied by 1:75,000 mapping and gradient profiles, together with practical information such as getting to and around Slovenia, travelling with the bike, arranging accommodation and dealing with emergency situations. A handy Slovenian language glossary is also included.

About the author

Rob Houghton has been an outdoor instructor, leader and educator for more years than he cares to count and he has led educational expeditions on five continents. Rob has also been a cyclist for as long as he can remember. His first bike was a Raleigh Striker back when they had fake suspension forks on the front. He only took up mountain biking ten years ago after a friend first took him around a trail centre in Wales. Since then, he's been hooked.

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