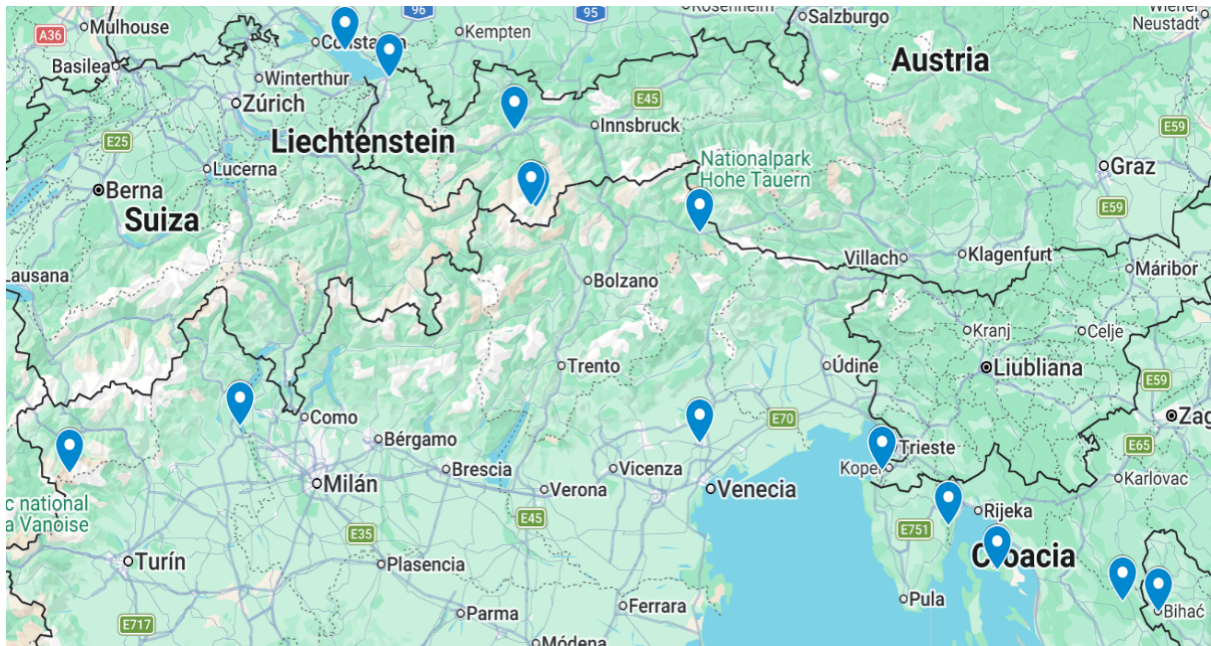




BAVARIA TYROL DOLOMITES ADRIATIC COAST AND AOSTA VALLEY



Italian Dolomites

DAY 1 LAKE CONSTANCE [Location](#)

The first activity of this long journey from Spain. Lake Constance, located between Germany, Austria, and Switzerland, is an ideal setting for stand-up paddleboarding (SUP) thanks to its wide expanses of calm water and alpine scenery. The more sheltered areas, such as bays and areas near harbors, allow for safe and relaxing trips, especially on calm days.



Pier next to Bodensee

During the activity, you can explore the shoreline and admire small towns, marinas, and natural areas surrounding the lake, combining sport and tourism in the same setting. Although conditions are generally calm, in open areas winds and small waves can pick up, so it's important to choose the right time of day to go out on the water. I recommend the early morning hours, but be sure to check the weather forecast beforehand. This activity is suitable for all levels, and is especially recommended for beginners and intermediate paddlers looking to enjoy stand-up paddleboarding (SUP) in a spacious, safe, and visually stunning environment.[ROUTE HERE](#)

DIA 2 BREGENZ[Location](#)

I'm heading to Austria, and while still on the shores of Lake Constance, I'm going to do the spectacular Bregenz Via Ferrata. It's one of the most breathtaking routes in the Alps around Lake Constance. The route ascends a rock face with open views over the lake and the city of Bregenz, combining vertical sections, exposed passages, and areas equipped with staples and safety cables. The route is of moderate difficulty and short duration, which I could even combine with the SUP route on Lake Constance due to its proximity and short duration.[ROUTE HERE](#)



Känzele via ferrata

DIA 3 IMST [Location](#)

Now begins a long mountain trek of acclimatization to prepare me for the rest of the days. In the heart of Tyrol lies Imst, a beautiful and picturesque town in the Austrian Tyrol. The Imst via ferrata, built in 1989, is considered one of the most outstanding classic via ferratas in the Tyrolean Alps and a benchmark in modern mountaineering. The route offers approximately 800 meters of climbing, with numerous exposed sections that provide a high level of technical difficulty and a very complete experience in vertical progression. [ROUTE HERE](#) The route ascends a well-equipped rock face to the summit of Maldonkopf (2,632 m),



Combining vertical steps, aerial traverses and sections where exposure is constant, it makes it a demanding but very attractive activity for people with experience in via ferratas.



Approach

DIA 4 Y 5 VENT [Location](#) Breslau Hut [Location](#)

The ascent of the Wildspitze from Vent, in Tyrol (Austria), is one of the most iconic high-mountain routes in the Eastern Alps. At 3,768 meters, the Wildspitze is the highest mountain in Tyrol and offers an unforgettable alpine experience, traversing glaciers, snow-covered ridges, and stunning scenery.



Overnight stay next to the shelter

The route begins in the village of Vent and ascends to the Breslauer Hütte, where I spent the night before tackling the ascent to the summit; in my case, I slept outside the refuge in my tent.[ROUTE](#) the refuge, the route continues across the Mitterkarferner Glacier, ascending snow and ice slopes to reach the narrow summit ridge, which offers spectacular views of the Austrian and Italian Alps. This is a high-mountain ascent, physically demanding and with technical difficulties associated with glacial terrain. Experience in snow and ice travel is essential, as is having the appropriate equipment (crampons, ice axe, helmet, harness, and rope). Before starting the activity, it is crucial to check the weather forecast, the condition of the glacier, and the recommendations of the local mountain huts.[ROUTE HERE](#)



DAY 6 TOBLACH DOLOMITES ITALY [Location](#)

From Vent in the afternoon I head to my next destination and country, Italy, towards the Dolomites. It is a spectacular circular route that takes in some of the most impressive landscapes of this massif declared a World Heritage Site by UNESCO.



San Candido

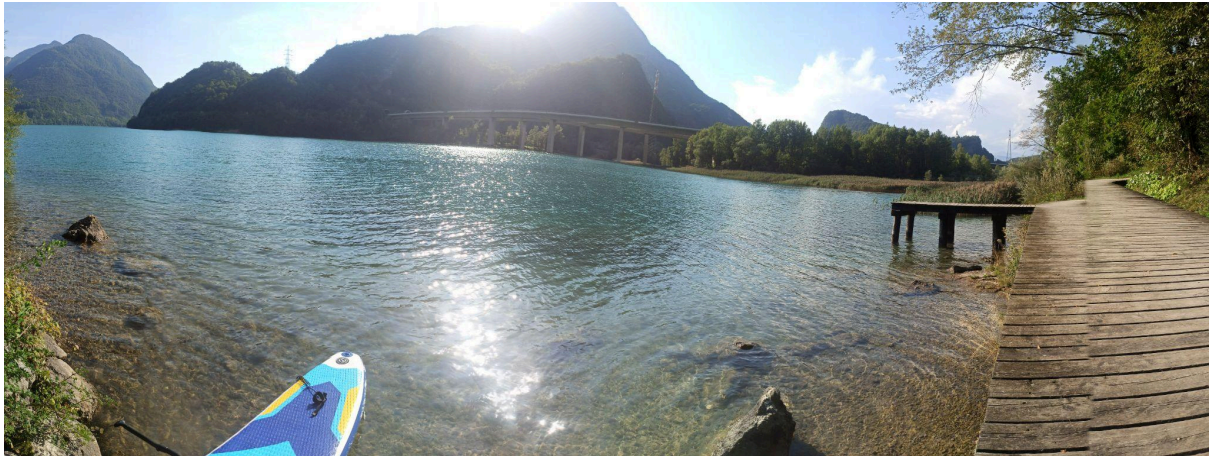
The route passes through well-known locations such as Passo Tre Croci, Rifugio Città di Carpi, Rifugio Sorgenti del Piave, Sella Ciampigotto, Rifugio Padon, Passo Gardena, Passo delle Erbe, and Rifugio Fanes, alternating between forest tracks, high mountain trails, and secondary roads. Although the route is almost entirely rideable, there are some sections where pushing the bicycle is necessary due to the incline or the difficulty of the terrain.



Passo Gardena

This is a physically demanding trek, ideal for mountain bikers experienced in multi-day rides. The combination of spectacular alpine scenery, mountain huts, and some of the most famous passes in the Dolomites makes this route one of Europe's great bikepacking experiences.[ROUTE HERE](#)

DAY 7 CAVAZZO LAKE DOLOMITES ITALY [Location](#)



After a few days of high-intensity activities, I'm looking for a more playful and relaxed day and I'm heading to my last stop in the Italian Dolomites. Lake Cavazzo, also known as Lake dei Tre Comuni, is the largest natural lake in the Italian region of Friuli-Venezia Giulia.[ROUTE HERE](#)

DIA 8 BOVEC SLOVENIA [Location](#)

First day in the Balkans, it is worth noting the prohibition of overnight stays in many areas of Slovenia, so it is always recommended to avoid tourist or busy areas. Circular route starting and ending in Srpenica, which covers some of the most spectacular natural landscapes of the Soča river valley in Slovenia.

The first point of interest is Slap Virje (km 27.1), a beautiful waterfall about 12 meters high, known for the intense turquoise color of its waters. It is surrounded by a lush forest and is one of the most photographed spots in the area. Access from the parking area is short and easy.

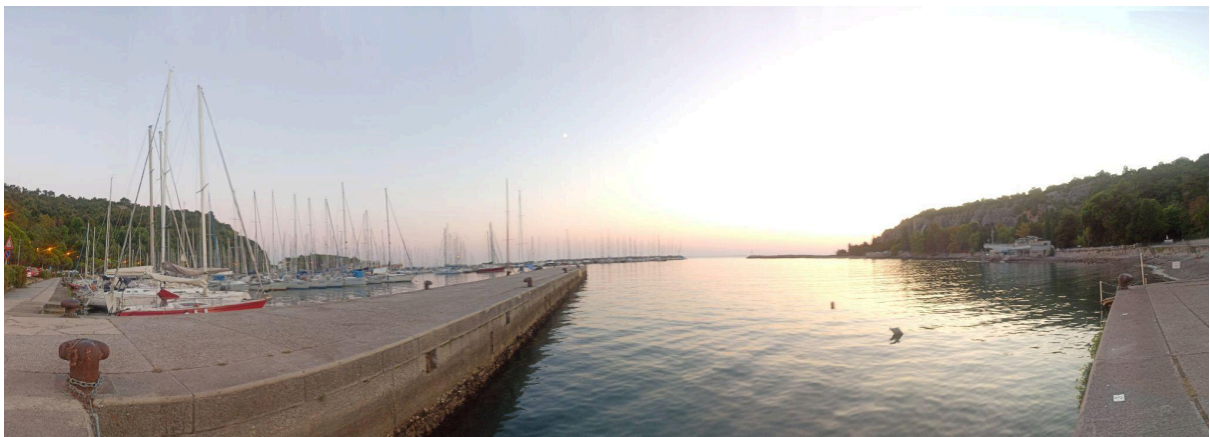
The route continues to Boka Waterfall (km 32.0), considered one of the most impressive waterfalls in Slovenia. With a main drop of 106 meters and a total vertical drop of 144 meters, it is one of the tallest in the country.

The viewpoint next to the road offers an excellent panoramic view, although there is also a path for those who wish to get closer and enjoy more expansive views.[ROUTE HERE](#)

The day can be combined with adventure activities such as rafting on the river starting point for canyoning in the Sužek Valley [ROUTE HERE](#). After visiting both sites, the route returns to Srpenica through the spectacular landscape of the Soča valley, characterized by its mountains, forests and the crystal clear emerald waters of the river.

Sušec Canyon is one of the best and most popular canyoning destinations in Europe. Located just a 10-minute drive from Bovec, Slovenia, it offers a natural water park with slides, jumps of up to 12 meters, and rappels of up to 25 meters on limestone rock. The route takes approximately 3 to 3.5 hours and is ideal for both beginners and families, as it features trails that allow you to avoid the highest or most intimidating jumps. It is located near the town of Srpenica and is one of the star attractions in the Julian Alps.

DAY 9 UČKA NATIONAL PARK CROATIA [Location](#)



Ika Bay

Already in Croatia and after a brief stop in Slovenia due to planning and restrictions for campers I headed to Učka, spent the night at the parking point and began this circular route starting and ending in Ičići, a coastal town located on the Riviera of Opatija, which combines the landscape of the Adriatic Sea with the forests and mountains of the Učka Natural Park.

The route ascends a scenic road to Planinarski Dom Poklon (km 15.9), a mountain refuge situated at an altitude of approximately 922 meters. It is the main access point to Učka Nature Park and an ideal place to pause, enjoy the local cuisine, and admire the views of the Istrian peninsula and the Kvarner Gulf. Numerous trails lead from the refuge, allowing you to explore the park's beech and chestnut forests, as well as ascend Mount Vojak, the highest point in the Učka massif (1,401 m). From its observation tower, you can enjoy spectacular panoramic views of the Adriatic Sea, the islands of the Kvarner Gulf, and even the Alps on clear days. The route then returns to Ičići, descending once more towards the coast and offering a captivating

contrast between the mountainous landscape and the Croatian coastline.[ROUTE HERE](#)



Lipovica Beach

In the afternoon I head to Ploče Beach, perfect for enjoying a beautiful sunset on the shores of the Adriatic. Ploče Beach is one of Rijeka's most modern urban beaches, featuring pebbles and concrete platforms for sunbathing. The waters of the Adriatic Sea are very clean and clear. Showers, changing rooms, and restrooms are available. Bars and cafes line the promenade. The beach is accessible for people with reduced mobility and regularly receives the Blue Flag award, a distinction that recognizes water quality, safety, and services.[ROUTE HERE](#)

DIA 10 KRK [Location](#)

Krk is the largest island in the Adriatic Sea. It's connected to the mainland by a bridge, so it's easily accessible by car without needing a ferry. Parking is a bit further from the beach because it's not possible to park right on the sand. There are several beaches called Puna Beach in Croatia. If you're referring to the one on the island of Krk, the most well-known is Puna Beach.



Punat beach

Pebble beach with a concrete sunbathing area. Very clean and clear waters, ideal for swimming and snorkeling. Sections with natural shade thanks to nearby pine trees. Showers, changing rooms, and restrooms are available. Bars, cafes, and restaurants are within walking distance. Lifeguard services are usually on duty during peak season.[ROUTE HERE](#)

DIA 11 PLITVICE NATIONAL PARK [Location](#)

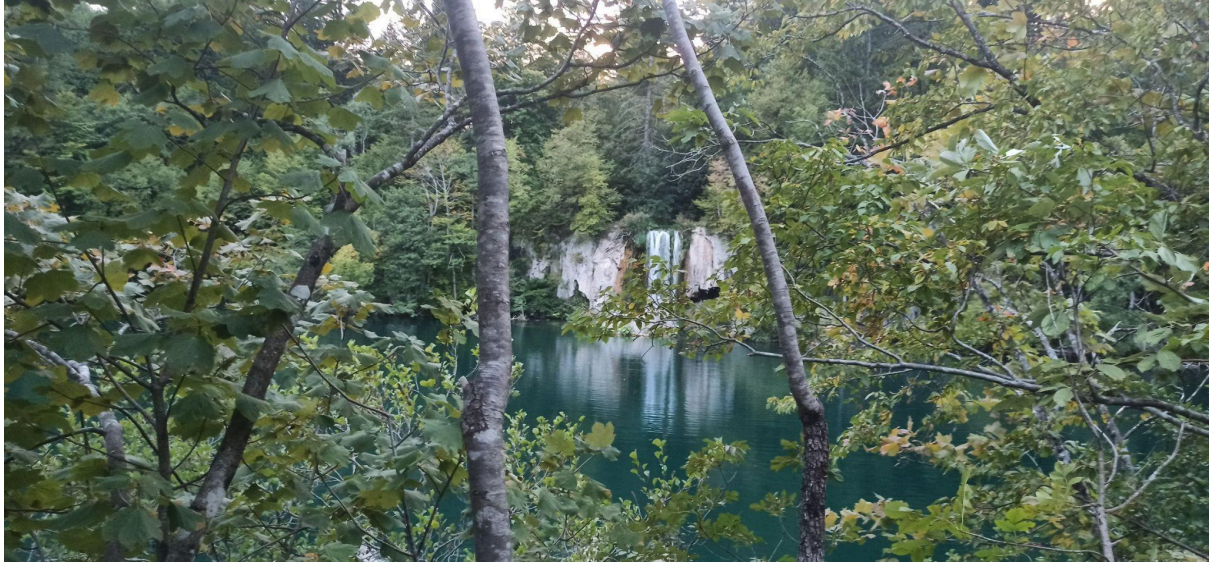
In the morning I head to Plitvice Lakes National Park, Croatia's most famous national park and one of the most spectacular natural areas in Europe. A UNESCO World Heritage Site, it's renowned for its turquoise lakes, waterfalls, and wooden walkways that allow you to explore the park very close to the water, making a stop at the charming town of Senj.[Location](#)



Senj Beach

After a brief stop, I begin my journey to Plitvice Lakes to take one of the most comprehensive tours of the park, as it allows you to visit both the Lower and Upper Lakes, including the main viewpoints and the park's most iconic waterfalls. It's a complete 23-kilometer route.[ROUTE HERE](#)





Natural park

DIA 12 BIHAC BOSNIA [Location](#)

On a somewhat alternative day, I headed to Bihac, exploring its pedestrian streets, cafes, and Austro-Hungarian-era buildings. I also took a stroll along the Una River, famous for the intense emerald green of its waters, and visited restaurants where I sampled Bosnian specialties like ćevapi, burek, and Una River trout.



Rio Una and its gastronomy

I take the opportunity to refuel and do some shopping due to the low prices, and to do a calisthenics session after several days without strength training. [Location](#)



DAY 13 SLOVENIAN RIVIERA SLOVENIA [Location](#)

After spending the night following a long crossing, I'm now heading back home to the Slovenian Riviera. The Slovenian Riviera is a highly recommended stop. In a single day, you can visit Koper, Izola, and Piran, three towns with a strong Venetian heritage, excellent cuisine, and a much more relaxed atmosphere than the Croatian coast during peak season. Piran is generally considered a must-see, while Koper is a good option for strolling through its historic center or for a stopover if you're arriving from Italy.



PA Moon Bay

DAY 14 TRIESTE BAY ITALY [Location](#)

I wake up in the tranquil bay of Trieste, located at the northern tip of the Adriatic Sea between Italy and Slovenia, one of the most attractive coastal enclaves in the region. Its calm waters, the cliffs of the Karst, and the picturesque fishing villages make it an ideal destination for enjoying outdoor activities and discovering a landscape that blends the Mediterranean atmosphere with Central European influences.



Duino Beach

The coast offers numerous opportunities for paddle surfing, as well as spectacular viewpoints overlooking the gulf. Along the way, you can visit small coves with crystal-clear waters, marinas, and iconic landmarks such as the Castello di Miramare, one of the area's most representative monuments. It's a destination suitable for all ages, in an area of great scenic beauty. Thanks to its calm waters and the beauty of its coastline, the Bay of Trieste is an excellent choice for enjoying a day on the Adriatic Sea.[ROUTE HERE](#)



DAY 15 SAN LIBERALE TREVISO ITALY [Location](#)

Back to mountain activities after a few days at the beach. The surrounding area is renowned for its rich landscape and history, as Monte Grappa was the scene of important events during the First World War. The San Liberale Trail, located in the province of Treviso (Italy), is one of the most attractive mountain routes in the Monte Grappa massif.



Via Ferrata Sas Brusai

The Sass Brusai via ferrata, located in the Monte Grappa massif in the province of Treviso, Italy, is one of the most spectacular via ferratas in the Veneto region. The route ascends an impressive rock face, combining vertical sections, airy ledges, and sections equipped with steel cables, offering an intense experience in a stunning alpine setting. This via ferrata will be the final training exercise before the grand finale of the trip to Gran Paradiso.

The route alternates between technical sections and more fluid ones, always accompanied by magnificent views over the Veneto plain, the Prealps, and the Monte Grappa massif. The via ferrata runs along exposed terrain, so good physical condition and prior experience on this type of route are required.

This is a K4+ difficulty activity, recommended for athletes accustomed to via ferratas.[ROUTE HERE](#)

DAY 16 LAKE MAGGIORE[Location](#)

Lake Maggiore, located between Italy and Switzerland, is Italy's second largest lake and one of the most spectacular destinations in the north of the country. Surrounded by mountains, elegant villas, historic gardens, and picturesque lakeside villages, it offers an ideal setting for combining nature, sports, and tourism.



Lake Maggiore

Its calm waters allow for numerous outdoor activities such as paddle surfing,[ROUTE HERE](#) Meanwhile, the network of trails and scenic roads surrounding the lake offers excellent options for hiking and cycling. Among its main attractions are the Borromean Islands, the town of Stresa, the Mottarone mountain, and the monastery of Eremo di Santa Caterina del Sasso, all with magnificent views over the lake.





Overnight stay by the lake

DAY 17 CHAVANEY VALLE DE AOSTA [Location](#)



Local Gastronomy of Piedmont

After replenishing my energy and enjoying the local cuisine, I head towards the last stop of the trip: the VAosta street andIt is the smallest, least populated, and most mountainous region of Italy, located in the far northwest of the country and surrounded by the highest peaks of the Alps. It borders France and Switzerland, combining a rich Roman and medieval history with breathtaking alpine scenery, making it an exceptional destination for nature lovers. This is a transition day for acclimatization and rest before the ascent.



Aosta Valley

The route begins from Le Pont (where I park) to the Vittorio Emanuele Refuge, a 750m+ and 5km route without difficulties that can be done in a couple of hours at a relaxed pace, taking into account that you are carrying all the water supplies, etc. The refuge has all the comforts as well as a winter shelter. I upload the complete track the next day.

DAY 18 VITTORIO EMANUELE REFUGE GRAN PARADISO [Location](#)

The ascent to the summit begins. This route is the standard route to Gran Paradiso (4,061 m) from the Valsavarenche valley. It is one of Italy's most classic alpine climbs, combining easy access to the refuge with a high-mountain day on a glacier to the summit on this second day. The route traverses moraines, granite boulders, and the Gran Paradiso glacier. At the top, you'll encounter snow-covered slopes and glacial crevasses. The famous final rock spur, equipped with fixed ropes, leads to the statue of the Virgin Mary at the summit. The ascent to the refuge is a very popular and technically straightforward hike. However, the final section to the summit is not a hike. It requires experience in glacier mountaineering or being accompanied by a mountain guide due to the presence of ice, crevasses, and an exposed final section. [ROUTE HERE](#)



REQUIRED TRAVEL EQUIPMENT

 Lake Constance → Gran Paradiso (multi-country trek + high mountain)

 Basic travel equipment (for the entire trip)

✓ Mandatory

- 40–50 L backpack (or backpack + dry bag system)
 - Small backpack 20–30 L (for day trips)
 - Trekking poles
 - Waterproof hiking boots (primary use)
 - Lightweight sneakers (city / leisure / coast)
 - sandals or flip-flops
 - Breathable technical clothing
 - 2-3 technical t-shirts
 - 1-2 technical trousers
 - 1-2 pairs of shorts
 - Fleece lining
 - Waterproof jacket (Gore-Tex or equivalent)
 - Lightweight thermal jacket (down or Primaloft)
 - Technical socks (6–8 pairs)
 - Technical underwear
 - Cap / hat
 - Category 3 sunglasses
-

 Via Ferrata Equipment (Tyrol + Italy)

✓ Mandatory

- Climbing harness
- Via ferrata kit with energy absorber
- Approved helmet
- Ferrata gloves
- Resting cable (if not integrated)
- Small backpack (20–30 L)

✓ Recommended

- Approach shoes
- Carabiners, extra quickdraws, or cords

High-altitude equipment (Wildspitze + Gran Paradiso)

✓ Mandatory

- Automatic or semi-automatic crampons
- Classic mountaineering ice axe
- Mountaineering helmet
- Glacier-compatible harness
- 1–2 HMS carabiners
- rigging cord
- Rope (if you're not going with a guide or organized group)

✓ Extra high mountain clothing

- Winter gloves (waterproof)
- Thermal hat
- Buff
- Windproof or softshell trousers
- Reinforced waterproof overlay

⚠ Without this equipment, it is not safe to climb Gran Paradiso without a guide.

Bikepacking gear (Dolomites)

- Bike helmet
 - Cycling gloves
 - Puncture repair kit
 - Spare inner tube or tubeless kit
 - Bike multi-tool
 - Quick link
 - Light pump
-

Water/coastal/SUP equipment

- Tabla SUP + leash
- Lightweight life jacket (recommended for lakes)
- Waterproof bag
- Swimsuit

Navigation and electronics

- GPS or mobile phone with offline maps (Komoot / Gaia / Maps.me)
- Power bank 20,000 mAh minimum
- Multiple chargers
- Powerful headlamp + extra batteries
- Heavy-duty wiring

Refugio / camping

- Sleeping bag liner (mandatory in Italian mountain huts)
- Lightweight sleeping bag (if you're bivouacking or doing impromptu camping)
- Lightweight sleeping mat
- Earplugs for sleeping
- Microfiber towel
- Waterproof bag for clothes

Safety and first aid kit

- Basic first aid kit:
 - Ibuprofen / paracetamol
 - Band-Aids
 - Elastic sale
 - Disinfectant
 - Compeed blisters
- Thermal blanket
- Whistle
- Multipurpose knife

Protection

- Crema solar SPF 50+
- Stick labial solar
- Category 3-4 sunglasses (very important on a glacier)
- Cap / buff

Water and food

- 2–3 liters total capacity
- Botellas o soft flasks
- Mineral salts / isotonic
- Energy bars
- Dried fruit
- Light meals for long days

Documentation

- ID card / passport
- European Health Insurance Card
- Mandatory mountain insurance
- Bank cards + cash
- Shelter reservations (overnight stays are optional)

CRITICAL POINTS OF THE TRIP

Via Ferratas (Imst, Sass Brusai)

- Helmet + heat sink always

High mountain (2 major objectives)

- Wildspitze (Austria)
- Gran Paradiso (Italy)
 - 👉 crampons + ice axe + rope

Shelters

- Sleeping bag liner required
 - Always use a headlamp
-

REAL TRIP SUMMARY

This trip blends 5 worlds:

-  trekking largo alpino
 -  technical ferratas
 -  Glacier mountaineering 4000 m
 -  bikepacking Dolomites
 -  costa + SUP + lagos
-