



Slovenia 2010
Julian Alps - Self Guided



Easy - Moderate 7 nights

Nestling under Austria's Southern Alps and warmed by Italy's Mediterranean sun, Slovenia is a small country with a big geography. Our picturesque walking tour starts in Kranjska Gora, a well-known winter sport village hosting yearly world cup slaloms. From here we hike through mountain pastures, valleys dotted with charming farmhouses and explore the Triglav National Park with its many World War 2 monuments. You make your way to Lake Bled, well known for many for its beautiful island church and alpine backdrop, where you spend two nights exploring the area. Our next destination is Slovenia's largest lake, Bohinj, with its crystal clear waters fed by the 70 metres Savica Waterfall. You spend a further two nights here so as to provide the option of walking all the way around lake or perhaps enjoy a swim in its inviting waters!

TOUR ITINERARY

DAY 1 - ARRIVAL TO PODKOREN

Kranjska Gora in vicinity is an alpine village with beautiful scenery of Western Julian Alps. Known from winter sports - World Cup slaloms are held here every January. Village hotel 3*.

DAY 2. PODKOREN – THREE COUNTRIES POINT - PODKOREN

13 km total / total ascend 640 meters; forest and mountain meadows walk

This “warming up” walk takes you to Mt. Peč, 1508 meters high summit where borders between Slovenia, Italy and Austria meet. Also a magnificent viewpoint, it offers great vistas of Julian Alps and Carnian Alps as well as Hohe Tauern in distance. After returning to the valley, the trail leads you to the source of longest Slovene river Sava and finally below ski slopes of Kranjska Gora ski resort back to starting point. Village hotel 3*.

Escape the Crowds

DAY 3. PODKOREN - KRANJSKA GORA – MARTULJEK – PODKOREN

19 km total / total ascend 500 meters, alpine character walk

There are many interesting spots on this days' hike. First a visit is paid to Kranjska Gora, a well known Slovene Alpine resort. Leaving the village one enters the Jasna valley. Ending it on the southern side are the picturesque mountains Prisank and Razor. The early afternoon walk through a forest covered alpine valley leads to Lower Martuljek waterfall – a mayor natural monument, underneath the sheer rock face of Mt. Špik (2400 meters). The returning path to Podkoren goes upstream and along Sava river valley. Village hotel 3*.

DAY 4. RADOVNA VALLEY – VINTGAR GORGE - LAKE BLEED (SELO VILLAGE)

13 km / total ascend 200 meters; valley & field walk

This is a resort changing day! After a short car transfer through Radovna valley, the days walk begins. The route follows unspoilt stream of Radovna river all the way to its natural treasure the Vintgar gorge - a mile long canyon with a 30 meters waterfall on the end. Finally the walk goes past Katarina church viewpoint through world famous Lake Bled resort and your destination – a romantic small village Selo, some 2 km from towns' centre. Family hotel 3*.

DAY 5. SELO – BOHINJSKA BELA – LAKE BLEED – SELO

11 km / total ascend 270 meters; hillsides and panoramic walk

A day to explore Bled – its Lake, island church with “The bell of wishes”, the castle on the rock. A short panoramic walk can be taken to the villages of Kupljenik and Bela. Photographers will want to ascend Osojnica – best photos of the lake, castle and Karawanke range can be taken from here in the afternoon light. And - we liked the cream cake in Park hotel – famous in all of central Europe... Family hotel 3*.

DAY 6. POKLJUKA – USKOVNICA SADLE – VOJE – LAKE BOHINJ

12 km / total ascend 200 meters; mountain meadows & forest line walk

A short car transfer to the top of Pokljuka high plateau, here a 12 kilometres downhill walk to the Lake Bohinj starts. This high plateau is a good starting point for more demanding tours. Hiking across mountain pastures, farmers lodges to viewing point from where great views of Bohinj valley can be seen. In Studor village a farmers museum can be visited, set in an old, intact farmhouse. See how people of the region lived 150 years ago. Hotel 4*.

DAY 7. LAKE BOHINJ - 13 km; Lakeside / valley walk.

A day for rest or an easy hike around Lake Bohinj (in the summer months one can swim in its' crystal clear waters). Also to be visited are the Savica waterfall, 70 meters high source of Sava Bohinjka river. As a side trip, a cable car ride up Vogel mountain - 1532 metres high can be taken. And perhaps local pubs with excellent lake trout. Hotel 4*.

DAY 8. Departure after breakfast.

Please note that mentioned walking times take an average walker in account. These are net times (i.e. not including rests or lunch stops).

2010 PRICES AND DATES

What does the tour price of €635.00 per person sharing include?

- Accommodation in above mentioned hotels / boarding houses in a two bedded room with WC and shower on bed & breakfast basis
- Half board (6 dinners in the accommodation) - Central European cuisine, with local specialities
- Car transfers on day 4 and 6
- Luggage transfer from hotel to hotel (1 piece per person)
- Information package including detailed route description with corresponding maps (one per room) Maps and description (in a form of a picture book) have to be returned to us after the trip
- Backup service (hotline) during the trip

Single room supplement €120.00

Tour can start any time from 15 May and 3 October

Please note that if you do not wish to avail of half board there is a reduction of €95.00 per person (you need to specify this when booking the tour, - otherwise a €25.00 administration fee will apply).

Extras per person: entrance fees; if you have more than 1 piece of luggage there is an additional surcharge €10.00 per item (a handbag is free of charge) – to be paid locally

We can organize additional night in Bled in a 3* Hotel per person/ night – €49.00; single room €65.00; halfboard supplement €15.00

WHAT TO BRING

Your enjoyment of your walking holiday will be greatly helped by having the right gear. The following list should help you in planning your packing for your trip.

Footwear: Good footwear is vital for a happy walking holiday! We recommend waterproof, breathable, walking boots with good ankle support. Boots which are “broken in” (i.e. not brand new), teamed with **well fitting hiking socks** will keep your feet snug and dry and help to avoid blisters.

Hiking Clothes

We recommend the “onion look” of layering clothing as the best protection against heat/cold:

- Base Layer –this layer should not retain moisture but transport it away from the skin (there are lots of “wick away” fabrics now on the market.
- Insulation layer – this layer should stop you from losing body heat – fleece is ideal
- Outer Layer – this layer should keep you dry even in a downpour! A **waterproof**, breathable jacket and over-trousers are as important as your comfy boots. You should bear in mind that clothing tends to lose its “waterproofness” over time so if you have had your gear for many years it might be time to treat yourself with a trip to an outdoor store!
- Walking trousers/ shorts (avoid denim)
- Warm hat and gloves for chilly mornings or high mountains
- Sun hat
- Walking stick/pole (a great help on uneven terrain)

Daypack - a small comfortable rucksack to carry the bits and pieces you will need during the day:

- Water bottle/flask
- Moleskin/plasters/"second skin" – ward off any impending blisters before they become a problem!
- Sun screen
- Camera
- Binoculars
- Mobile phone

GENERAL INFORMATION

Accommodation

All rooms are with WC and shower/bath. We do reserve the right to change the accommodation around during the week, but we will always endeavour to provide a high standard.

Money - The unit of currency is the Euro (€), 100 cent = € 1.

Travel Insurance

It is essential to take out holiday insurance to cover cancellation, personal accident, illness, or loss of possessions. This can be obtained from travel agents, airlines; we can also offer you a week long package for €35.00

Travel

Slovenia is well served by mayor airlines. Of the mainstream carriers, Slovene national airlines Adria Airways flies to Ljubljana airport twice daily from London. Easy Jet flies every day from London to Ljubljana. Ryanair serves Maribor in NE Slovenia. Airport of Ljubljana is 25 km from the centre. There are regular bus shuttle connections to the city but no trains are operating from there.

We can organize the following transfers (price is approx per person and will be paid locally):

Transfer from Ljubljana airport to Podkoren: €50.00

Return to the airport from Bohinj: €45.00

Transfer from Bohinj back to Podkoren: €40.00

When is the best time to visit Slovenia?

Every season of year has it's own charms in Slovenia. If you like blooming fruit trees, come and visit Western Slovenia in spring. Hot summers are coolest in Alpine valleys, along crystal clear rivers and deep forests. Unforgettable autumn colours covers East Slovenian hills every September. Any time you choose to come - you're welcome