

SLOVENIA – THE JULIAN ALPS

8-day / 7-night **self-guided** walking the valleys & lakes of the Slovenian Alps



Tiny Slovenia lies at the crossroads of Europe, bordering Italy, Austria, Croatia, and Hungary, with a coastline on the Adriatic Sea. Nestled between the Balkans and the Alps, Slovenia offers a wonderful contrast of landscapes and climates. The Triglav National Park is at the most easterly part of the Alps and this walking holiday focuses on the lakes and mountains of the Julian Alps. The jagged limestone peaks, Mount Triglav (the highest peak in Slovenia), and the glacial lakes of Bohinj and Bled offer some of Europe's finest scenery.

Walk from the resort town of Kranjska Gora through valleys, past mountain refuge huts to Lake Bled and Lake Bohinj the rural and mountainous landscape is a photographer's paradise. Walk through thick forests and alpine meadows often full of wildflowers. Try the local honey brandy and glory in a cuisine that takes a little bit from Hungarian, Austrian, Balkan and Italian cooking, for a uniquely Slovenian flavour.

Cost from: **\$1395** per person twin share. Single room supplement \$295

Departs: Daily on demand from 30th March to 5th October, 2019 (subject to a minimum of 2 people)

Includes: 7 nights' accommodation in 3- or 4-star hotels; 7 breakfasts; transfers as described on days 3, 4 and 6; luggage transfers (one bag per person, 20kg max); route notes & maps (one set per room); personal welcome briefing; GPS data, local tourist taxes, emergency assistance.

Not Included: Transfers from Ljubljana (these can be pre-booked at extra cost from Ljubljana airport or city centre, ask for details), lunches, dinners, drinks and snacks, personal expenses, excursions or entrance fees.

Grading: Easy to moderate, suitable for most reasonable fit people. Average daily walking distance is 13 kilometres and an average elevation gain of 300 metres. Walks on Days 2 and 3 are longer & moderate grade.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary:

Day 1 Arrive Kranjska Gora

Kranjska Gora is a charming alpine town, a ski resort in winter and centre for outdoor activities in the summer. Take a train from Ljubljana to Jesenice, then a local bus to Kranjska Gora. Private transfers can be arranged to Kranjska Gora from Ljubljana airport or city centre at extra cost, ask for details when booking. Meet our local representative for a briefing and to receive your maps, route notes and information.

Day 2 Jasna Valley walk

Walking @ 18km, 5-6 hours, ascent 500m

Walk from Kranjska Gora to the wonderfully photogenic Lake Jasna, its green-blue waters reflecting the mountains beyond. At the end of the lake is a statue of the mythical chamois 'Zlatorog' (golden horn) which in Slovenian folklore once roamed Mount Triglav and was hunted for its golden horn. As you come out of the valley see the glorious mountain vista of the Prisank and Razor Mountains. You can have a simple lunch at Krnica hut and on the return perhaps visit the Russian Chapel, dedicated to Russian POWs who died during WW1 building the military road over Vrši Pass.

Day 3 Three Countries Border Point walk

Walking @ 19km, 6 hours, ascent 640m

Walk through forest and mountain meadows to the summit of Mt Pe (1508m) and the triple border point where Slovenia, Italy and Austria meet. At the top soak up the dramatic views across the Julian and Carnian Alps, with the Hohe Tauern, the highest alpine range in Austria, forming a picturesque background. The trail then descends through the valley to the source of the mighty Sava River, the longest in Slovenia, back to Kranjska Gora. Ten-minute return transfer by car (included) from hotel to trailhead.

Day 4 Radovina Valley – Vintgar Gorge – Bled

Walking @ 11km, 3-4 hours, ascent 200m

Start with a transfer through the verdant Radovna Valley, amid soaring mountain peaks, to the trailhead at Vintgar Gorge, carved by the Radovna River from the surrounding limestone. Walk on a timber walkway in the mossy gorge, crossing and re-crossing the turquoise river, passing by calm pools and the turbulent Šum waterfall. Emerging from the gorge you walk via Katarina Church to Bled. With its crystal-clear lake, Bled is the gateway to Triglav National Park. Your hotel here overlooks the lake.

Day 5 Walks around Lake Bled

Walking up to @ 15km, up to 5 hours, ascent up to 270m

Bled is like a fairy-tale – a medieval castle guards the town from a clifftop, its steepled church rises from an island in the lake, and mountain peaks soar in the distance. And there are many wonderful walks in and around Bled. For a leisurely stroll, you can walk around the lake; for the best views of the lake, church, castle and mountains, walk to the top of Straža hill. Alternatively you may like to visit Bled Castle and its museum, or take a traditional style rowboat called a *Pletna*, to the island and ascend the 99 steps to the Assumption of Mary Church. End the day with the local speciality *Kremšnita* pastry in a tea shop near the lake.

Day 6 To Lake Bohinj

Walking @ 12km, 3-4 hours, ascent 200m

After breakfast transfer to the Pokljuka Plateau (1280m), the starting point for many walks in the Julian Alps. Walk through alpine meadows and past rustic farmhouses to expansive views into the Bohinj Valley. Descend into the village of Studor where you can see how local people lived 150 years ago. Your final destination is Lake Bohinj, a real gem in the heart of Triglav National Park, and the small fishing settlement on the lake.

Day 7 Around the lake & to Savica Waterfall Walking up to @ 15km, up to 5 hours, ascent up to 250m

Spend the day strolling around this beautiful, tranquil lake sitting in the shadows of the Julian Alps. Weather permitting, have a swim in its crystal clear water. For lunch you might like to try Bohinj trout. At the western end of the lake is a short trail up to Savica Waterfall, which feeds the lake. Perhaps take the cable car to the 1532-metre Vogel Mountain for a spectacular view of Mount Triglav, the highest peak in the Julian Alps. The town has a number of cosy village pubs where you can try the locally made honey brandy or schnapps.

Day 8 Departure day

Tour ends after breakfast. Transfer to Ljubljana available at extra cost, ask for details.



Outdoor Travel offer guided or self-guided inn-to-inn walks in most destinations within Europe including Mont Blanc, the Pyrenees, Tyrolean Alps, Umbria, along the Danube in Germany and many areas in the UK such as the popular **Coast to Coast** trail or West Highland Way in Scotland. We offer pilgrimage walks such as the **Camino de Santiago** in France, Spain or Portugal and the **Via Francigena**, the pilgrim's *Road to Rome*.

Contact Outdoor Travel for more details and reservations:

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