



Trip Summary

Hiking Slovenia and the Julian Alps

6/24 – 7/3, 2017

TRIP AT-A-GLANCE

Dates: 6/24 – 7/3, 2017
Location: Ljubljana, Slovenia
Cost: \$2795
Rating: 4
Activities: Hiking

Arrival/Trip Meeting:

- **Date:** 6/24/2017
- **Arrival:** Ljubljana, Slovenia Airport. Group transfer @ 1pm
- **First meeting:** 4 PM @ the trip hotel.

Depart: 7/03/2017

- You can plan to fly out anytime after 12:00pm

What's Included

- One (or two) Slovenian English-speaking mountain guide and an Adventures in Good Company Group Leader
- Nine nights lodging in twin/double rooms with private toilet and shower
- All meals from dinner on June 24 through breakfast on July 3
- All transport during the trip in 9-person vans
- Group airport transfer at 1pm on June 24

What's Not Included

- Flights to/from Ljubljana
- Optional activities at Bled Lake
- Drinks and snacks
- Guide gratuities
- Trip/travel insurance
- Items of a personal nature

Trip Highlights

- Hiking along high mountain streams and through peaceful alpine valleys, surrounded by jagged limestone peaks
- Sampling local cheese, wine, and fish
- Spending time in the Logarska Valley, a quiet less-touristed part of Slovenia
- Marveling at the amazing views that are everywhere

Trip Overview

Slovenia's dramatic mountain landscape is a hiker's paradise. Known for magnificent snow-capped peaks, deep gorges, and impressive limestone towers, the Julian Alps are less trammled but no less beautiful than other European Alps. Tucked between Italy, Austria, Hungary, and Croatia, Slovenia is also known for traditional alpine villages, complete with gothic castles, karst limestone, and a culture and cuisine that is fascinating. We'll spend time hiking in the little known Logarska Valley, Lake Bohinj and the Julian Alps, and the Soca Valley, and have time to learn about cultural traditions and sample local cuisine. Long hidden behind the iron curtain and then one of the first provinces of the former Yugoslavia to declare independence, Slovenia is only now gaining the world's attention. The combination of a well-developed tourist infrastructure and unspoiled charm make this the perfect time to explore Slovenia. Maximum group size: 13

Our Itinerary

Our proposed itinerary follows. As is true on any adventure trip, it may be modified based on weather, group wishes, or new opportunities. [Note: Hiking times listed are approximate and do not include rest breaks, lunch, etc. "Time on trail" will be typically be 1-2 hours more than the indicated hiking time. Sometimes we have lunch at a mountain hut, which takes longer than having a picnic lunch.

Friday, June 23: Consider coming a day early to have time to explore the charming city of Ljubljana with its medieval bridges and quaint, narrow streets along the Ljubljana River. Lively with bars, cafes, and art galleries, the green city of Ljubljana is a welcome contrast to big and crowded European capitals. It is reminiscent of Prague — without the crowds — and is easy to navigate on foot. Many people speak English. In any case, if you're coming from North America, this is the day you will need to leave home.

CANCELLATION POLICY

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip	Refund
120 + days	All but \$50
120-91 days	50% of deposit
91-46 days	50% of trip fee
45 days or less	No refund

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances.

On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.

TRAVEL INSURANCE

- We highly recommend travel insurance for your trip.
- If you decide to purchase insurance, you can secure a policy through your own insurance company or enroll with the company we use, Travelex Insurance.
- Call 1-800-228-9792 or visit www.travelexinsurance.com.
- The location code is 20-0016.

Our Itinerary Continued

Saturday, June 24: Arrive Ljubljana

After an overnight flight, you arrive today in Ljubljana, the capital of Slovenia. If you would like to take advantage of the planned group transfer from the airport to the trip hotel, please plan your flight to arrive by 12 noon in order to make the group transfer time of 1:00pm. Our first group meeting is at 4 pm at our hotel. Your guides will give an overview of the trip and provide details about the first hike and what to bring in your daypack. Then we'll go out for the first of many delicious dinners! Overnight [Ljubljana at B & B Slamic](#) or similar.

Sunday, June 25: Ljubljana - Velika Planina - Logarska Valley

We'll leave Ljubljana after breakfast and drive for about an hour north to the Velika Planina. Literally meaning "big pasture", it is a high mountain plateau located in the foothills of the Kamnisko-Savinjska Alps, the southeastern outpost of the Alpine range that stretches across central Europe. Here the best preserved herdsman settlement in Europe is located. In addition to rich alpine flora, grassy slopes, karst sinkholes, and larches and pine trees, the distinctive conical shape of the buildings are unique to this area. We'll hike up through the forest to reach expansive green meadows, with the limestone peaks of the Kamnisko-Savinjska Alps seeming almost within reach. We'll eat a delicious picnic lunch with the music of cowbells playing in the background as we look over the valley below. We might get the chance to supplement our lunch with a bit of fresh local cheese and the sour-milk that is made in the area. After our hike it's about an hour's 1.5 drive to the Nature Park Logarska Valley, a remote and little visited gem situated right on the Austrian border where we'll spend 3 nights. Overnight Logarska Valley. Hiking: 7 miles, 1500' elevation gain/loss, about 4 hours

Monday, June 26: Logarska Valley

The Logarska Valley is little known outside Slovenia and thus retains its original quiet and charm. It's a place of striking contrasts where pointy white limestone peaks loom over the soft green glacier valley. Known for its clean mountain air and fertile soil, Slovenians looking to escape the bustle of city life have moved here and organic farming has become extremely popular. The area is also known for a special breed of indigenous sheep, called Jezersko-Solcava and weaving is popular among women. Today we hike right from the hotel to the Rinka Waterfall, the highest of the 20 waterfalls in the valley, following a fairy-tale like trail along a clear stream. For those who are interested in additional hiking we can climb up to Okreselj, a glacial amphitheatre beneath the soaring walls of surrounding mountains. This area was a favorite of noble families of the Austrian empire and may become one of yours too. Overnight Logarska Valley. Hiking: 3-6 hours, 1110'-2300' ft elevation gain/loss, 6 - 8 miles

Tuesday, June 27: Mt Raduha

Our final hike in this area is a climb of Mt Raduha, which is separated from the rest of the Alps Massif by the River Savinja. Situated right on the border with Austria, this Eastern part of Kamnisko-Savinjske Alps offers

Our Itinerary Continued

untouched nature. Our loop hike begins in the forest and then climbs up to a grassy ridge that leads to the limestone peak. The views in all directions from the summit are amazing! We may have the company of sheep at lunchtime. Tonight we'll have dinner at an agriturismo where we'll replenish our energy with mouth-watering home-made delicacies. Overnight Logrska Valley. Hiking: 5 miles, 2000' gain/loss, about 4 hrs.

Wednesday, June 28: Logarska Valley - Vintgar Gorge - Bohinj Lake

Today we bid a fond farewell to the Logarska Valley and continue to the jewel of the Julian Alps, Lake Bohinj. Our road today is spectacular, offering great views of the Kaminske Alps and even a (very) short visit into Austria before crossing back into Slovenia over the Jezersko Pass. It's about a 2.5 hour drive to Vintgar Gorge on the Radovna River, a popular scenic attraction for local and international tourists. The gorge cuts through limestone walls and the path follows a series of wooden bridges and walkways and ends at the Sum waterfall. Leaving the river gorge (and becoming far less crowded), the trail ascends through open forest to the chapel of St Catherine and a view over the entire area of Bled. We'll have lunch at a cafe here before finishing our loop hike and making the short drive to Lake Bled, known for a medieval church located on a tiny island in the middle of the lake, silhouetted against the high peaks of the Julian Alps. We'll take a walk along the lakeshore before a further 30 minute drive brings us to Lake Bohinj, the largest lake in Slovenia and one of the most beautiful.

Located in the center of Triglav National Park and ringed by the Julian Alps, Bohinj is the alpine center of the country and our base for the next three nights. It is also a great place to take a day off from our planned itinerary if you choose. With its relaxing alpine environment it offers a wide range of activities such as swimming, kayaking, biking, or taking the cable car up Vogel. Overnight Bohinj. Hiking: 4 miles, 1100' gain/loss, plus about a mile at Lake Bled (flat), about 3 hrs total.

Thursday, June 29: Seven Triglav Lakes

Today we hike to the Seven Triglav lakes area, a land known for its spectacular beauty. This is the most challenging hike we'll do, and the unsurpassed beauty of the area make it well worth it. After a short drive to the trailhead, we start our hike on a wide but steep trail through pine forests, eventually reaching shepherds' cottages and green meadows, and then continue into rocky terrain above treeline until we reach the Valley of Seven Triglav Lakes, also known as the Kingdom of Goldenhorn. We'll have lunch at a mountain hut before retracing our steps (greeting the cows grazing in the high pastures). This may be the perfect night to taste some traditional specialties, such as home-made cheese and a glass of Slovenian Brandy at a local restaurant. Overnight Bohinj. Hiking: 10 miles, 2500 ft elevation gain/loss, about 6.5 hours

Friday, June 30: Bohinj - Voje Valley

This morning we set out on foot from our hotel and follow the Mostnica River up the Voje Valley gorge. The trail is rocky and rooty, but not steep, and there are plenty of photo opportunities along the way. After stopping for coffee or tea and strudel at a mountain hut at the end of the gorge, we return to Lake Bohinj and you have the option of walking around the lake or spending the rest of the afternoon on your own, perhaps swimming or kayaking. The northern side of the lake is the quietest as it is furthest from the road and the trail follows the shoreline closely, leading us to secluded bays. If you choose to opt out of the last 3 miles (which is mostly along a quiet road), you can take an electric boat back across the lake. Overnight Bohinj. Mostnica Gorge hike (from hotel): 5 miles RT, 700' gain/loss, about 3hrs. Hike around Lake Bohinj (essentially flat): north side=3 miles (~1.5hrs) or entire lake=6 miles (~2.5hrs).

Saturday, July 1: Bohinj - Kranjska Gora - Krnica Valley

Leaving Bohinj this morning, we drive around the east side of the Julian Alps to Kranjska Gora. First we'll take a side trip to the end of the Vrata Valley to do a loop hike directly under the North face of Mt. Triglav,

Our Itinerary Continued

the highest peak in Slovenia. We may spot rock climbers scaling the sheer cliffs or hikers returning from the summit (a summit hike takes 2-3 days). We'll have lunch about halfway through our hike near an unstaffed mountain shelter (a "bivouac"). A section of the trail after lunch involves making our way across a small boulder field. Our hike finishes alongside the Bistrica River, and we may want to dip our feet in the rushing glacial waters. On our way out of the valley to the main road, we'll stop to see the Pericnik waterfall. From there it's less than an hour's drive to Kranjska Gora. Although particularly known for winter sports, Kranjska Gora is also an active town in summer, with outdoor cafés and many hiking options nearby (including one right from town you can do after dinner or before breakfast). 4.6 miles, 1900 elevation gain/loss, about 4 hours. Overnight Kranjska Gora. Hiking: 4.6 miles, 1900 feet elevation gain/loss, about 4 hours

Sunday, July 2: Kranjska Gora - Sllemenova Spica - Soca Valley

We start our day by driving the winding road to the historic Vrsic Pass (about a 30 mn drive). The pass used to be the border between Italy and the Austro-Hungarian Empire and the road was built by Russian prisoners of war during World War I. We'll enjoy breathtaking views before starting our hike to the high pastures of Sleme. Along the way we'll see different kinds of alpine flowers, including delicate white Edelweiss. We'll enjoy a typically delicious lunch near the Sleme overlook before retracing our steps. Next we'll descend the pass (by vehicle) to the Soca Valley and hike a section of a nature trail that begins at the source of the Soca river and connects old footpaths and secluded spots. We'll end our day back in Kranskja Gora where we'll share a final farewell dinner, lifting our glass of Slovenian wine in a toast to the people we've met and everything we've done. Overnight Guest House Martin. 3.5 miles, 1300' gain/loss, about 3 hrs. Additional hiking along the Soca River as time allows.

Monday, July 3: Kranjska Gora - Ljubljana Airport

Our adventure ends this morning as we depart for the Ljubljana airport after breakfast. The airport is about an hour's drive from Kranjska Gora. We'll arrive by 10am and you can plan flights out after 12pm. If you want to spend extra time in Ljubljana, our guides are happy to drop you off in the city afterwards.

Packing List

FOOTWEAR

- 1 pair lightweight hiking boots with good ankle support.
- 1 pair comfortable walking shoes – athletic shoes, Keens, or Tevas/Chacos (streets are often rough or cobbled)
- 2 pair thin liner socks: silk or synthetic equivalent (optional)
- 3 pair Hiking socks: wool or synthetic equivalent (e.g. Thorlo, Smartwool, Ultrex, or Teko)

CLOTHING

- 1-2 pair lightweight, synthetic hiking pants (Supplex, or nylon/polyester/spandex blend) Zip-off pants are ideal.
- 1 lightweight long underwear top: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene)
- 1 medium-weight top layer: (i.e. Capilene 3, or wool shirt)
- 1 lightweight fleece jacket
- 1 pair shorts, ¾ pants or hiking skirt: (unnecessary if you use zip-offs)
- 1 lightweight long-sleeved shirt for sun protection
- 2-3 T-shirts (made of synthetic material or lightweight wool)
- 1 wide-brimmed hat or baseball cap for sun, rain, and high fashion
- 1 rain jacket and rain pants: a **waterproof**/breathable fabric like Gore-tex is preferable.
- Underwear and pajamas or whatever you like to sleep in
- Warm hat and gloves
- 1 – 2 changes of comfortable clothes to wear around the hotels and out to dinner (e.g. pants and/or skirt, with a couple of tops)

EQUIPMENT

- 1 daypack large enough to carry your water, lunch, raingear, etc.. (See 'notes on packing list)
- 1 waterproof pack cover or 1 garbage bag to line/waterproof your pack
- Pair of trekking poles (Highly recommended)
- 2 liter water carrying capacity (water bottle or hydration system)

ESSENTIALS

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|--|---|
| <input type="checkbox"/> Passport and a photocopy of your passport | <input type="checkbox"/> 1-2 bandannas |
| <input type="checkbox"/> Sunscreen and lip block with SPF of at least 15 | <input type="checkbox"/> headlamp/small flashlight |
| <input type="checkbox"/> Sunglasses (100% UV blocking) and retention strap | <input type="checkbox"/> Ear plugs (for a good night's sleep) |

TOILETRIES (small everything)

- Toothbrush, small toothpaste, dental floss, shampoo, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia
- Personal "patch kit": band aids (See notes on packing list for specific recommendations)
- Personal prescription/over the counter medications (See notes on packing list for recommendations)

Please note: Individuals allergic to insect stings must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL

- | | |
|---|--|
| <input type="checkbox"/> Small journal and pen | <input type="checkbox"/> Camera and film/memory card |
| <input type="checkbox"/> Favorite snacks | <input type="checkbox"/> Book or small game |
| <input type="checkbox"/> Electrical adaptor/converter plug | <input type="checkbox"/> Bathing suit |
| <input type="checkbox"/> Wash cloth (often European linens do not include a wash cloth) | |

Please Note: Further details regarding specifics for your trip (i.e. adaptors or other trip specific details) will be sent 5 months prior to the trip departure in the Pre-departure Information document.

Notes on the Packing List

Please note: If you are not familiar with any of the terms used as explanation regarding the equipment or clothing required for this trip or would like help with any item listed please let us know. We are available to answer your questions and/or send more information to assist in determining appropriate equipment and clothing for your trip.

Daypacks: You will need a daypack that is large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover or vest), lightweight gloves, warm hat and any other desired personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters'. Please note: A fanny-pack is not large enough to hold all of the items you will need for the day.

Footwear: Well-fitting, sturdy hiking boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them as much as possible and taking some short hikes before your trip. For general trekking/hiking there are many choices in both materials and styles of boots. Your choice will depend on the environment you will be hiking as well as your personal preferences and physical condition of your feet and ankles. Boots can be made of leather, nubuck leather, synthetic materials or a combination and come in low, mid or ankle cut styles. For general trekking/hiking we recommend low/mid-height height, lightweight/midweight hiking boots/shoes with Vibram or Vibram type soles. Please note: If you have weaker ankles or are recovering from an ankle injury consider either the mid-height or the ankle height boots. More information regarding choosing a hiking boot is available upon request. **Remember to waterproof your boots before the trip.** (Even boots billed as 'waterproof' still need to be treated with a waterproofing product – it's the interior lining that is actually the 'waterproof' part of the boot, not the exterior.)

Personal First Aid Kit: We recommend bringing a small first aid kit with the following items: blister and/or foot remedies for blisters, hot spots, etc. (band aids/compeed/moleskin/personal choice), personal prescription medications, over the counter medications for common ailments (respiratory/colds, stomach issues, sore muscles/joints). Your AGC guide will have a first aid kit as well but if you already know what works for you it's best to have that with you rather than experiment on a trip.

- **Please note: If you have severe reactions to insect bites/stings or other severe allergic reactions and have been advised to carry an Epi-Pen please do not forget to bring that with you and let your guides know.**

Clothing: All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your active wear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Hydration: It is very important to your safety and enjoyment to have an independent ability for accessing your water to facilitate drinking frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a HYDRATION SYSTEM such as an MSR, CamelBak or Platypus type bladder system. These systems are simply collapsible water bags with a hose attachment that you drink from. These fit inside/outside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Bladder bags traditionally come in 1, 2, and 3 Liter sizes. We recommend a 2 Liter size.

Please Note:

The Adventures in Good Company's packing list covers what we have found to be essential for your safety and comfort for this particular trip.

Because we stay indoors every night, you may be tempted to skimp on the warm clothes. Please don't. It is essential that you have the warm clothing and the rain to stay warm in case of inclement weather

You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

Do try to follow the packing list as closely as possible to avoid excessive luggage.

Notes on the Packing List Continued

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Goretex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Trekking Poles: Trekking poles are highly recommended for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. In addition they help conserve your energy by transferring some of the work to your arms and chest. If you are not familiar with trekking poles we have written a blog spot that addresses the most commonly asked questions about trekking poles. You can find that at: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>

If you will be purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted.
 - For a detailed description of considerations when purchasing a pair of trekking poles please see: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/153280/Choosing-Trekking-Poles-for-your-Next-Hiking-Trip>

Please note: Trekking poles can be an expensive equipment purchase. If this is new to you we suggest purchasing an inexpensive pair (EBay, or some of the big box stores can be a good source) or borrow a pair from a friend. During your trip you will have the opportunity to learn the correct technique to use them, practice with them and also see what others may have chosen. Once you've gained a bit of experience and you know that hiking is going to be a regular part of your life, you can make a more informed decision about whether you want to invest in the 'perfect' pair of poles.

Important Note regarding luggage: Please follow the packing list closely to avoid excessive luggage. We recommend packing in a medium-size suitcase or duffel with wheels. You must be able to easily handle your own luggage keeping in mind that some hotels may not have elevators and negotiating stairs may be necessary.