

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

## DAY 1

### Arrive Ljubljana, welcome and introductions

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

Otherwise, Day 1 is the day you arrive 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 1:00 p.m. Our first group meeting is at 4 p.m. at our hotel. After introducing ourselves, our guides will give an overview of the trip and provide details about the first hike and what to bring in our daypack. Then we'll go out for the first of many delicious dinners! (D)

## DAY 2

### Hike in Velika Planina, drive to 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 herdsmen 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 a 1-2-hour 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.

Hiking: 7 miles, 1,500-foot elevation gain and loss, about 4 hours. Overnight: Logarska Valley.

*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. (B, L, D)*

## DAY 3

### Hike to Rinka Waterfall

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. This area was a favorite of noble families of the Austrian empire and may become one of yours too.

Hiking: 6 - 8 miles, 1,110-2,300-foot elevation gain and loss, 3-6 hours. Overnight Logarska Valley. (B, L, D)

## DAY 4

### Climb Mount Radhua

Our final hike in this area is a climb of Mount 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 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 homemade delicacies.

Hiking: 5 miles, 2,000-foot elevation gain and loss, about 4 hours. Overnight Logarska Valley. (B, L, D)

## DAY 5

### Hike in Vintgar Gorge, visit to Lake Bled and on to Lake Bohinj

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.

Hiking: 4 miles, 1,100-foot elevation gain and loss, plus about a mile at Lake Bled (flat), about 3 hours total. Overnight Bohinj. (B, L, D)

## DAY 6

### Hike to 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 tree line 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.

Hiking: 10 miles, 2,500-foot elevation gain and loss, about 6.5 hours. Overnight Bohinj. (B, L, D)

## DAY 7

### Hike up Mostnica Gorge, optional hike around Lake Bohinj

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.

Mostnica Gorge hike (from hotel): 5 miles RT, 700-foot elevation gain and loss, about 3 hours.

Hike around Lake Bohinj (essentially flat): north side - 3 miles (~1.5 hours) or entire lake - 6 miles (~2.5 hours). Overnight Bohinj. (B, L, D)

**DAY 8**

Loop hike out of Vrata Valley, transfer to Kranjska Gora

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 Mount Triglav, 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 caf  s and many hiking options nearby.

Hiking: 4.6 miles, 1,900-foot elevation gain and loss, about 4 hours. Overnight Kranjska Gora. (B, L, D)

**DAY 9**

Hike along Soca Valley

We start our day by driving the winding road to the historic Vrsic Pass (about a 30-minute 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. 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 Kranjska 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.

Hiking: 3.5 miles, 1,300-foot elevation gain and loss, about 3 hours. Additional hiking along the Soca River as time allows. Overnight Kranjska Gora. (B, L, D)

**DAY 10**

Depart after breakfast for Joze Pucnik Airport (LJU).

Your 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 10 a.m. and you can plan flights out after 12 p.m. If you want to get an earlier flight, we can arrange a private transfer (additional cost). And if you want to spend extra time in Ljubljana, our guides are happy to drop you off in the city afterwards. (B)