



ADVENTURES  
*in good company*



## HIKING SLOVENIA AND THE JULIAN ALPS

### Trip Summary

#### HIGHLIGHTS

- Hiking among high mountain lakes and through peaceful alpine valleys, surrounded by jagged limestone peaks
- Sampling local cheese, Slovenian red wine, and Bled cream cakes
- Spending time in the Logarska Valley, a still quiet part of Slovenia
- Marveling at the amazing views that are everywhere

Phone: 877-439-4042

Outside the US: 970-833-3132

Email: [info@goodadventure.com](mailto:info@goodadventure.com)

## TRIP AT A GLANCE

<b>Location:</b>	Slovenia
<b>Activities:</b>	Hiking
<b>Arrive:</b>	Our trip starts at 1 p.m. at the Ljubljana Airport (LJU) on Day 1
<b>Depart:</b>	Our trip ends at the Ljubljana airport for departures after 12 p.m. on the last day (Day 10)

### 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

### Rating

On this trip we combine hiking with time for cultural experiences. Most of our hikes are 3 to 5 hours with moderate elevation gain, with one more challenging hike and options to extend the hiking on several days. While previous hiking experience is not essential, you must be able to hike uphill for one to two hours at a time. This trip is rated 4. Prior to beginning the trip, participants should be engaged in aerobic conditioning for at least 40-50 minutes 4-5 times a week. Additional endurance exercise (e.g. going for a 2-hour hike once a week) and/or strength training is usually required. **Rating:** 1 2 3 **[4]** 5.

### What's Included

- 1 - 2 local Slovenian English-speaking mountain guide for 8, and an AGC guide for more than 8
- Nine nights lodging in twin/double rooms with private toilet and shower
- All meals from dinner on Day 1 through breakfast on Day 10
- All transport during the trip in 9 person vans
- Group airport transfer at 1 p.m. on Day 1

**What's not included:** Travel to and from Ljubljana, alcoholic beverages and snacks, guide gratuities, travel insurance, and optional activities at Bled Lake

## OUR ITINERARY

Below is the itinerary we have planned 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

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!

### DAY 2

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.*

### DAY 3

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 amphitheater 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.

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

#### DAY 4

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.

#### DAY 5

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.

#### DAY 6

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.

## DAY 7

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.

## DAY 8

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 cafes and many hiking options nearby.

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

## DAY 9

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. 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 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.

## DAY 10

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.

## ADDITIONAL TRIP INFORMATION

### Getting There

The airport in Ljubljana is Joze Pucnik Airport (LJU). There is a group shuttle arranged from the Joze Pucnik Airport to the B & B Slamic hotel. If you would like to take advantage of this shuttle, please plan to arrive by 12:15 p.m. on Day 1.

If you are not using the group shuttle, there are other options for transportation and will be included in the Pre-departure document. <http://www.ljubljana.info/airport/bus>. Getting Home: We'll have you back to the Joze Pucnik Airport (LJU) on the last day of the trip (Day 10) by 10 a.m. You can plan flights out after 12 p.m. If you prefer to spend extra time in Ljubljana, our guides are happy to drop you off in the city.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

### Accommodations

We will be staying in double occupancy rooms with ensuite bathrooms at 3-star hotels throughout the trip. All accommodations and details will be sent with the Pre-Departure document 6 months prior to the departure date. All lodging has been chosen for its comfort, convenience, and welcoming staff.

### Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit [www.travelexinsurance.com](http://www.travelexinsurance.com) or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

## CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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