

# EXPLORE!

## Family Active Slovenia

8 days

Slovenia - Trip code FSO

## Family Active Slovenia

Join us for a week of exhilarating activities in the beautiful Slovenian countryside. Based in Tolmin and the sparkling emerald Lake Bohinj, we enjoy the thrills of whitewater rafting, cycling and kayaking as well as the option to try canyoning in Triglav National Park. Enjoy a picnic on the shores of Lake Bled, try delicious local Slovenian dishes whilst cycling through picturesque villages and take a cable car up to the top of Mount Vogel for impressive views of the Julian Alps.

## Trip highlights

- ★ **Tolmin** - Cycling through the gorges and valleys of northwestern Slovenia
- ★ **Whitewater Rafting** - Explore the beautiful Soca Valley from the waters of the 'Emerald River'
- ★ **Lake Bled** - Enjoy some time in the beautiful resort town of Lake Bled
- ★ **Lake Bohinj** - Kayaking and walking in Triglav National Park
- ★ **Mount Vogel** - Take the cable car up Mount Vogel and enjoy the spectacular landscapes of the Julian Alps
- ★ **Accommodation** - stay in a characterful family friendly hotel right on the lake shore of Lake Bohinj with a large indoor swimming pool and a terrace overlooking the lake.

### ACCOMMODATION GRADE:

#### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

**TRIP PACE:****Moderate**

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

**GROUP SIZE:****10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join tour in Ljubljana, drive to Tolmin.

Arriving in the Slovenian capital today, we drive out of the city and on towards the steep mountainous landscapes of the Upper Soca Valley. Our destination is a farmhouse on the outskirts of the historic town of Tolmin, lying at the confluence of the Soca and Tolminka Rivers, some 90 kilometres from the airport.

For those arriving on morning flights why not consider travelling into the centre of the Ljubljana, a 30 minute taxi ride, to take in the cafe lifestyle along the banks of the river. Be sure to check out the Dragon Bridge, the most fairy tale of fairy tale bridges decorated with ornamental dragons.



**Accommodation: Pension Pri Kafolu** (or similar)



Standard Hotel



Meals Provided: None

### DAY 2 - Triglav National Park hike, Whitewater rafting on the Soca River.

Our base for the next three days, Triglav National Park, incorporating the majestic Julian Alps is Slovenia's premier national park. Start the day with a farmhouse breakfast before heading out on foot to explore the village of Tolmin, taking a two hour long circular walk through the spectacular 1km long, 60metre deep Tolmin gorge. Witness waterfalls, caves and crystal clear waters roaring through the canyon. The town also lies close to the poignant Javorca monument, built on the craggy hillside overlooking the Tolminka Valley and the mountain pastures of Polog. Built by soldiers of the Austro-Hungarian army in 1916, in memory of their fallen comrades, this beautiful First World War church was inscribed on the European Cultural Heritage List in 2007.

After lunch, head to the emerald waters of the Soca river for an afternoon of exhilarating whitewater rafting. A full safety briefing will take place before heading onto the river for 1.5 to 2 hours, covering 12km, encompassing moderate rapids with regular waves that are readily seen, and a combination of wide and narrower channels where a degree of manoeuvring is required. No previous experience is necessary but an ability to swim is required in order to take part in this activity.



**Accommodation: Pension Pri Kafolu** (or similar)



Standard Hotel



Meals Provided: Breakfast

## DAY 3 - Full day mountain biking, riding past rivers and waterfalls

A full day of mountain biking, weaving our way through the scenic and cultural high-lights of the Soca Valley using combination of cycle tracks and local roads. Lying along the eastern edge of the Julian Alps, this picturesque valley is home to waterfalls, canyons, alpine flora and some of the most diverse and unspoilt landscapes anywhere in the country. We have a number of biking trails to choose from today, catering for all levels of fitness and ability and, as we make our way through the stunning Slovenian countryside, doubtless we'll find a few places to sample typical Slovenian treats as we pass through the rural villages.



**Accommodation: Pension Pri Kafolu** (or similar)



Standard Hotel



Meals Provided: Breakfast

## DAY 4 - Free day. Optional canyoning and high ropes course.

Today is a free day, choose from a number of optional activities, relax at the farmstead or head out in foot to further explore Triglav National Park.

Canyoning is a fun activity mixing adrenaline and natural beauty in equal measure. Negotiate narrow canyons, slide down waterfalls and jump into pools with water cascading above you, all under the instruction of experienced local guides. Descending the river wearing a wetsuit, helmet and buoyancy aids there is a fair amount of scrambling, sliding and jumping involved as we spend two hours working our way downstream. Please note a minimum age restriction of 10 applies to this optional activity.

For those with a head for heights, high ropes course located 20 minutes away from our farmstead offers a total of twelve stations where you get to tackle high rope obstacles 10 meters above the ground, leap off Tarzan swings and glide down zip wires.



**Accommodation: Pension Pri Kafolu** (or similar)



Standard Hotel



Meals Provided: Breakfast

## DAY 5 - Lake Bled. Picnic lunch on the lake shore. Continue to Lake Bohinj.

Bidding farewell to our farmstead base, drive 75km to Bled in the heart of Julian Alps. With an emerald lake, medieval castle and a backdrop of snow-topped mountains, Bled presents an almost perfect picture-postcard setting. Once home to the Yugoslavian royal family and the summer residence of President Tito, during the early years of the 20th century Bled was one of Europe's most

fashionable resorts. Perched on a rocky bluff, some 100 metres about the lake, sits the 11th century Castle Bled, an almost perfect medieval fortress, with towers, ramparts, moats and a Romanesque wall.

Take a stroll around the lake. An option not to be missed is a Pletna boat ride, a wooden boat rowed by a special oarsman to the island on Lake Bled. Climb up the 99 steps to St Mary's Church and ring the wishing bell entrance to Bled castle.

Enjoy a freshly prepared picnic on the shore of Lake Bled with fine views of the surrounding peaks and Bled castle towering over the lake on a cliff. Be sure to try a dessert called Bled Cream Cake which can be purchased at many of the cafes and restaurants in and around Bled. Continue Lake Bohinj, without doubt one of the most beautiful lakes in Slovenia.



**Accommodation: Hotel Jezero** (or similar)



Premium Hotel



Swimming pool available



Meals Provided: Breakfast & Lunch

## DAY 6 - Kayaking on the Sava Bohinjka River. Afternoon walk to the breathtaking Savica Waterfalls.

Lake Bohinj is a naturally preserved glacial lake, enclosed by a series of steep mountain cliffs on the southern edge of Triglav National Park. These landscapes form part of one of the oldest al-pine reserves anywhere in Europe and today we'll have a chance to explore them by kayak and on foot.

After breakfast there is a choice of kayaking locations. For those families with experience of kayaking, head to the Sava Bohinjka River to explore the upper section of the river, grade two to three. Experienced instructors will conduct a safety briefing and a reminder of basic kayaking techniques before you head onto the water for approximately 1.5 to 2 hours negotiating sections of rapids overlooking rich farmland with a striking backdrop of the three high peaks of Triglav in the distance, feeding the network of lakes and rivers. There is a minimum height requirement of 115 cm for this activity, all equipment is provided.

For those without kayaking experience there is the option of strolling over to the kayaking centre close to the hotel on Lake Bohinj for a gentle introduction to kayaking with expert guides on hand to teach you the basic kayaking techniques needed, with time to put your skills into practice on the tranquil waters of the lake.

This afternoon there is an optional hike to the Savica Waterfalls, the source of Slovenia's longest and mightiest river, the Sava. Witness cascades of water tumbling deep into the gorge 78 m below. The waterfalls can be reached via an 8km walk from our hotel, half the walk follows a footpath alongside the shores of Lake Bohinj, alternatively it's possible to get a taxi to the falls where it's a short 20 minute walk over rapids and streams to reach the falls. Look out for chamois and an abundance of endemic plants. You may also spot the odd 'kokolec' dotted around, a special kind of rack for drying hay that is unique to the Slovene regions.



**Accommodation: Hotel Jezero** (or similar)



Premium Hotel



Swimming pool available



Meals Provided: Breakfast

## DAY 7 - Mount Vogel. Take the cable car up to Mount Vogel for impressive views over the Julian Alps.

After breakfast take the cable car up Mount Vogel to the ski station at a height of 1535 m from where impressive views extend over the lake and the Julian Alps. After exploring the Vogel ski area centre soaking up the spectacular mountain scenery, start heading back down to the lake shore accompanied by your Explore leader. The hike provides the opportunity to enjoy the wonderful and unspoilt alpine meadows this country has to offer, with over 2,900 species of flora on display, many of which are endemic to the Julian Alps. Descending to the valley floor, sights of the beautiful rivers, lakes and mountains ensure stunning views at every turn. Alternatively for those wishing to return directly to the lake shore, return by cable car for a small supplement of €4 take an easy walk around Lake Bohinj (12 km) or hire a mountain bike and cycle quiet country roads.



**Accommodation: Hotel Jezero** (or similar)



Premium Hotel



Swimming pool available



Meals Provided: Breakfast

## DAY 8 - Transfer to Ljubljana airport, tour ends.

After breakfast drive back to Ljubljana Airport, where our trip ends.



Meals Provided: Breakfast

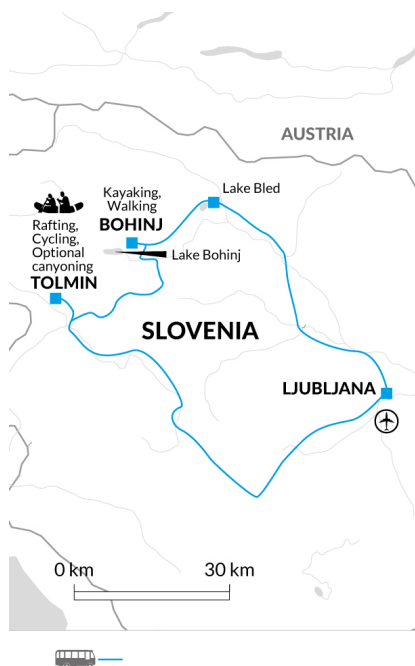
## Family information

### TRIPLE ROOMS

This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

### Minimum age

7



## Why book this trip

From the soaring peaks of the Julian Alps to the shores of Lake Bled that looks so beautiful you could be forgiven that it's been photoshopped, Slovenia boasts countless outdoor treasures that makes it an ideal destination for an active family holiday. First and foremost Slovenia is all about the great outdoors, on this trip you'll get to raft the rapids of the emerald coloured Soca River, head out on mountain bikes exploring the green valleys and rustic farmsteads of Triglav National Park, kayak on Lake Bohinj and take a cable car to the top of Mount Vogel for spectacular views of the Julian Alps, walking back down to the lake shore through alpine meadows.

Along the way stop to sample Slovenian dishes fusing Eastern European and Mediterranean flavours using locally sourced ingredients washed down with a glass of fine Slovenian wine. Enjoy a picnic on the shore of Lake Bled and stay in an excellent family friendly hotel on the shores of Lake Bohinj overlooking the lake, an ideal base to make the most of all the activities close by.

## What's included?



### Included meals

Breakfast: 7  
Lunch: 1



### Transport

Bus  
Boat



### Trip staff

Explore Tour Leader



### Accommodation

4 nights standard hotel  
3 nights premium hotel

## Trip information

### Country information

### Slovenia

#### Climate

Slovenia has a continental climate, with warm summers and the possibility of some rain in the Julian Alps. There is an average of 5-6 hours of sunshine in April, May, June and September and 7-8 hours in July and August. Seasonal weather patterns can be unpredictable. In the capital, Ljubljana, in spring and autumn temperatures average at around 15°C, with April being cooler at around 9°C, and in summer the temperatures average at 20°C.

#### Time difference to GMT

+1

#### Plugs

2 Pin Round

**Religion**

Roman Catholic

**Language**

Slovene

## Budgeting and packing

### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

A selection of optional activities are listed below to help you budget for your Family adventure. Whilst the basic tour price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for your family.

**Tolmin**

Day 4: Canyoning (minimum age 10) €47 per person.

Enjoy a chance to swim, hike and slide through the idyllic landscapes between Tolmin and Baska Grapa, as we spend a day canyoning through the gorges.

Day 4: High Rope course (minimum age 10) €20 per person.

**Lake Bled**

Day 5: Entrance to Lake Bled castle, €5 per person

**Lake Bohinj**

Day 7: Mountain biking. Adult bike hire €16 per day, €12 up to 4 hours. 50% reduction for children.

Day 7: Mount Vogel - cable car down the mountain for those who don't want to walk down €4 adult, €2 children

### Clothing

Pack for hot weather for July and August departures. Temperatures are cooler in the Julian Alps so a fleece is essential plus a windproof/water-proof jacket whilst hiking. Remember to bring your swimwear.

### Footwear

Bring comfortable shoes/trainers and sandals for day to day activities, note that footwear will get wet on the whitewater rafting day.

### Luggage

20kg

### Luggage: On tour

Please allow yourself one main piece of luggage and a daysac. Remember, you are expected to carry your own baggage, so don't overload yourself, a soft wheeled bag may be easier to manage than a suitcase.

### Equipment

We recommend taking a water bottle, insect repellent, and sun cream. You may also wish to bring a swimming costume and towel.

### Tipping

**Explore leader**

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

**Country Information**

## Slovenia

## Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

### Lunch price

£8

### Dinner price

£15

### Beer price

£2

### Water price

£0.9

## Foreign Exchange

### Local currency

Euro.

### Recommended Currency For Exchange

Pound Sterling and US Dollars can be exchanged for the local currency.

### Where To Exchange

Most major towns and cities - your Explore Leader will advise you on arrival. Only exchange money at reputable places like banks, ATM's and official Forex Offices.

### ATM Availability

Major towns and cities have ATMs for cash withdrawal.

### Credit Card Acceptance

Credit cards are also generally accepted.

### Travellers Cheques

Accepted in most banks but not all money changing facilities.

## Transport, Accommodation & Meals

### Transport Information

Bus, Boat

### Accommodation notes

#### Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Please note that some of the hotels used on this trip don't have air-conditioning.

## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office



[advice click here.](#)

For more information from Explore about travel advice, [click here](#)

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## **Visa and Passport Information**

Slovenia: Visas are not required by UK, US, Canadian, Australia and New Zealand citizens.

Other nationalities should consult their local embassy or consular office. You should confirm all visa related issues with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## **Booking conditions**

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

## **Transfers**

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully

protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## **Non refundable permits**

### **Slovenia**

#### **Vaccinations**

Nothing compulsory, but we recommend being up-to-date with your routine vaccination courses and boosters as recommended in the UK including protection against measles, mumps, rubella, tetanus, diphtheria, hepatitis A, typhoid and polio. Tick-borne encephalitis protection is recommended by some medical sources at certain times of the year. Ticks are most active between spring and late autumn. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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