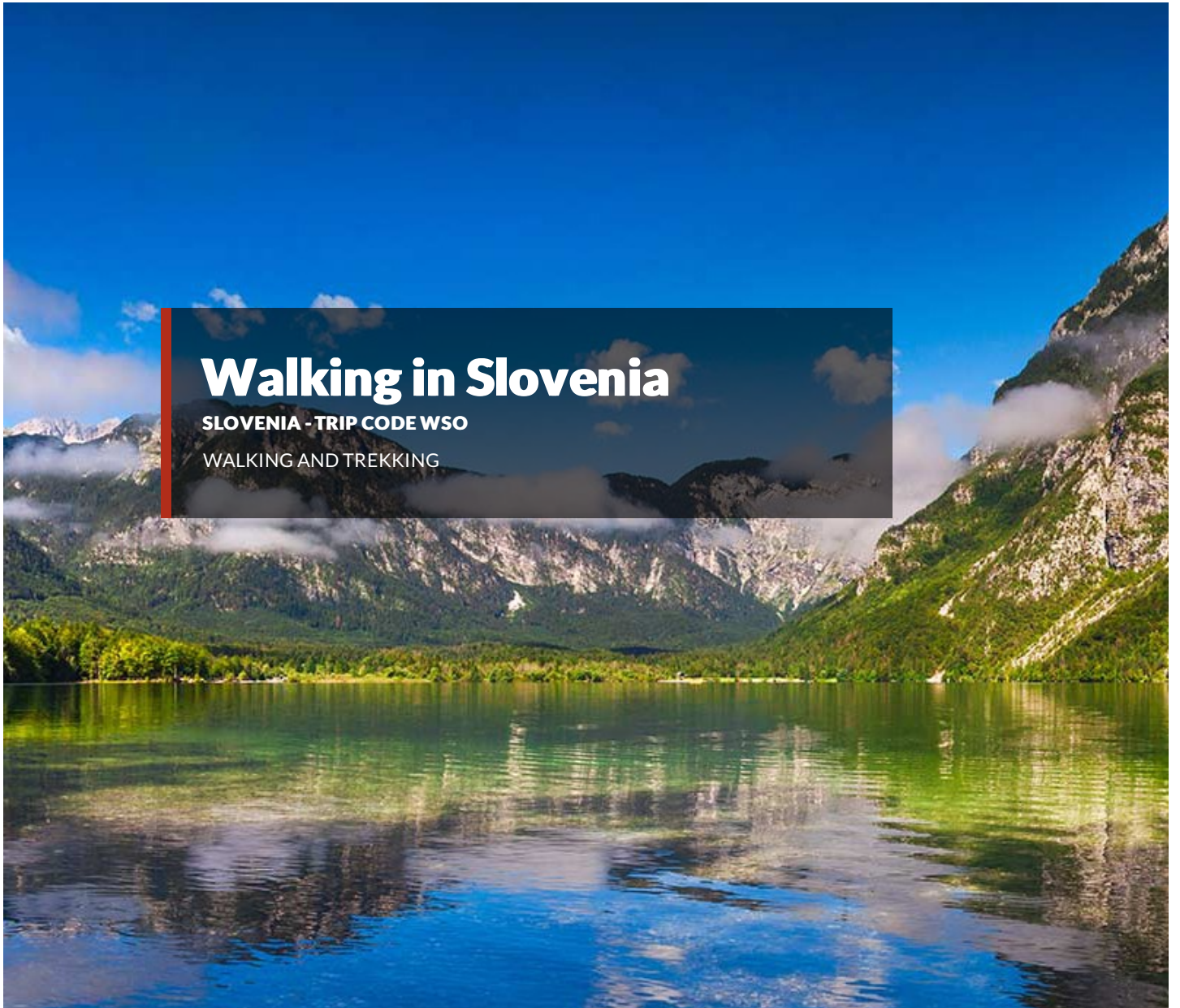


# EXPLORE!



## Walking in Slovenia

SLOVENIA - TRIP CODE WSO

WALKING AND TREKKING

### Why book this trip?

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On this centre based walking holiday explore the dramatic peaks, valleys and lakes of stunning Slovenia. Uncover Triglav National Park's natural and cultural wonders, with walks to beautiful waterfalls, natural gorges and traditional farming villages.

- **Julian Alps** - Varied walks over five days including taking the cable car to Mount Vogel for high walks with panoramic vistas
- **Lake Bohinj** - Slovenia's largest glacial lake, a delightful base in a beautiful unspoilt setting
- **Savica Waterfall** - Spectacular waterfall, hidden amidst the steep walls of the Komarca Gorge



**INCLUDED MEALS**  
Breakfast: 7  
Dinner: 3



**TRIP STAFF**  
Explore Tour  
Leader



**TRANSPORT**  
Bus  
Cable Car



**ACCOMMODATION**  
7 nights standard  
hotel



**WALKING GRADE:**  
Easy To  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

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

### DAY 1 - Join trip at Ljubljana Airport and drive to Lake Bohinj

Arriving at Ljubljana airport, the transfer to our hotel at Lake Bohinj will take approximately one hour. Lake Bohinj is situated 28 kilometres south of Lake Bled, set in Triglav National Park the vast blue-green waters are surrounded by spruce forest and the awesome Julian Alps. The lake is less developed, unspoilt and considered by many more beautiful than its northerly cousin.

Arriving at Lake Bohinj we settle into our chalet-style hotel. Our comfortable base for the week is the family ran Hotel Kristal located a short walk from the lake. The hotel offers typical Slovenian hospitality with a welcoming lounge, sauna and garden.



**ACCOMMODATION:**  
Hotel Kristal (or similar)

**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

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## **DAY 2 - Walk around Lake Bohinj up to the Savica Waterfall. Option to take a boat back across the lake**

Setting off from the hotel, we walk around the north side of Lake Bohinj on a gently undulating forest trail. When we reach the west end of the lake we follow the trail towards the Savica Waterfall, gradually climbing to 653 metres. The waterfall is fed by underground rivers hidden in the limestone karst; its impressive torrent is 78 metres high. We head back down towards the lake along the same path and you can either choose to walk back to the hotel following the lake trail or take a boat which runs from one end of the lake to the other (this is included).

Today's easy 12 kilometre walk is expected to take approximately four-and-a-half hours with a total ascent and descent of 350 metres.



**ACCOMMODATION:**  
Hotel Kristal (or similar)



**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: BREAKFAST**

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## **DAY 3 - Take chairlift up to 1,660m. Hike to Rodica Peak with spectacular views across the Julian Alps**

This morning we catch the public bus along the shore of Lake Bohinj and then take the Vogel cable car up to 1,535 metres, continuing up on the chairlift to 1,660 metres. Following a marked mountain trail we climb to above the ski fields and head off to the pyramid-shaped peak of Rodica (1,964m). Taking the path along the ridge we summit the mountain to be rewarded with panoramic views of the Triglav National Park and beyond. We return by the same route to take the cable car back down to the lakeside.

Today's moderate nine kilometre walk is expected to take approximately five-and-a-half hours with a total ascent and descent of 550 metres. Depending on the weather and groups ability there is an alternative shorter, five kilometre, walk to Siji peak (1,880m), the group can discuss with your Explore Leader the best option on the day.



**ACCOMMODATION:**  
Hotel Kristal (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST AND DINNER

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#### **DAY 4 - Free day. Opportunity to visit Lake Bled or Ljubljana**

Today is a free day to relax around the hotel, you can hire bikes and/or kayaks from the lakeside or explore the region further.

There is the option to take the public bus to Lake Bled where you can take a rowing boat out onto the lake to visit the castle or walk through the Vintgar Gorge. The gorge is 1,600 metres long, carved by the Ravnova River. There is a wooden walkway along the gorge which allows you to get as close as possible to nature; the walkway criss-crosses the river four times, hovering over waterfalls, rapids and pools.

Another alternative is to visit Ljubljana, Slovenia's laid back capital. This ancient city, which dates back to the 12th century, is located on the emerald green Ljubljanica River. It is a pedestrian friendly city, that has much to offer, the centre is traffic free with bicycles free of charge to use instead. Explore the old town with its museums and castle or soak up the cosmopolitan atmosphere in one of its many riverside cafes and restaurants.

Today's optional 12 kilometre walk along the Vintgar Gorge is expected to take approximately four-and-a-half hours.



ACCOMMODATION:  
Hotel Kristal (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 5 - Local bus to Brod. Walk in the Bohinj Valley through wildflower meadows to small farming villages**

This morning we take a local bus along the Bohinj Valley to the village of Brod. We begin our walk heading over a low ridge, through woods, to find meadows filled with wildflowers on a plateau with farmland below. We descend through open country to reach the small farming villages of Srednja Vas, Studor and Stara Fuzina. There's time to explore these picturesque, traditional places before making our

way back to Lake Bohinj, along farm tracks and quiet roads.

Today's easy 10 kilometre walk is expected to take approximately four-and-a-half hours with a total ascent and descent of 375 metres.



ACCOMMODATION:  
Hotel Kristal (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST AND DINNER

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### **DAY 6 - Take cable car to 1,535m. Ascend the mountain to the Vogel Ridge, for views to the coast**

Today we take the Vogel cable car for another day of superb walking among the peaks of the Julian Alps. There are great views of the lake from top of cable car where we begin our walk to a cheese maker's hut in the valley. We follow mountain paths to the main Vogel ridge with views all the way to neighbouring Italy and the Adriatic coast. The rugged 'balcony' walk maintains height and mountain views, slowly leading back to the ski area from where we descend to the cable car.

Today's moderate 10 kilometre walk is expected to take approximately six hours with a total ascent and descent of 680 metres, it is graded as moderate.



ACCOMMODATION:  
Hotel Kristal (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## **DAY 7 - Walk in the Voje valley to Mostniski Waterfall and through the spectacular Mostnica Gorge**

We walk from the hotel, through an attractive village, and then alongside a white-water river through beautiful sections of gorge. Passing a cafe in a hut we can take a break and sample some of the local cakes. We continue on through the Voje Valley with pastures and chalets. In May the area is carpeted with beautiful wild flowers with have fine views of steep hills and limestone outcrops enroute to Mostnica waterfall. The two kilometre long Mostnica Gorge is the most spectacular gorge in Bohinj. Carved out by the crystal clear Mostnica stream, it's only a few metres wide but its towering walls are 20 metres high. We head back along different paths with fabulous views through pastures, forest, riverside and village to reach the lake.

Today's easy 12 kilometre walk is expected to take approximately four-and-a-half hours with a total ascent and descent of 350 metres.



**ACCOMMODATION:**  
Hotel Kristal (or similar)



**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: BREAKFAST AND DINNER**

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## **DAY 8 - Free day, optional walk to mountain hut. Drive to Ljubiana Airport where the trip ends**

On your final day you can either have free time to enjoy the many activities on the lake, or your Explore Leader will offer a walk up to the Kosijev dom na Vogarju hut. This walk takes us through Stara Fuzina, gently ascending to 1,054 metres where we can either rest and have a picnic lunch or enjoy typical local Slovenian food in the mountain hut. We walk back down to the lake with plenty of time before our afternoon departure to Ljubljana Airport.

Please note you will need to vacate your room by 10am, luggage can be left in the hotel.

Today's optional easy 10 kilometre walk is expected to take approximately four-and-a-half hours with a total ascent and descent of 550 metres.



**MEALS PROVIDED: BREAKFAST**

# Trip information

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## 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	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Slovene

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## 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.

Boat across Lake Bohinj - €12

Bike hire, Lake Bohinj - €5 one hour, €12 half day and €16 full day.

Kayak hire, Lake Bohinj - €7 one hour, €19 half day and €25 full day. Guided €40 per hour per person.

Bus to Lake Bled - €3.60 each way. The buses run from outside the hotel, every hour and take approx 30mins.

Shuttle bus from Bled Castle and Bled station to the Vintgar Gorge - €1 each way

Rowing boat, Lake Bled - €15 for an hour, 3 people per boat

Boat trip, Lake Bled - €14 (traditional Plenta boat return to the church)

Public bus to Ljubljana - €10 each way (takes approx. 2hrs each way)

Sauna in hotel - €30 for 2 hours for 1-4 people. The cost can be split between a small group of up to 4.

## Clothing

Bring light and comfortable clothing that can be layered according to the temperature. The weather conditions in the mountains can be changeable, and it can become cool, especially at night, so bring warmer layers. Tops made from wicking materials which keep you drier and warmer are recommended as a base layer, and walking trousers are preferable to trousers of heavier material such as jeans. A waterproof jacket is essential at all times in case of rain and wind.

- Breathable wind and waterproof jacket (you may also wish to bring waterproof trousers)
- T-shirts
- Long sleeved tops
- Sunhat
- Long trousers
- Shorts (if you prefer to walk in them)
- Swimwear and towel
- Midlayer Fleece/pullover
- Socks (liner and thicker pair)
- Insulated jacket

## Footwear

We recommend you bring well-worn in walking boots - leather or fabric are both fine. In addition please take comfortable trainers/shoes or sandals for the evenings. If you choose the kayaking option on day four, you'll need shoes that you don't mind getting wet.

We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

## Luggage

20kg

### Luggage: On tour

Bring one main piece of luggage and a 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream, water and picnic lunch. On hot days you will carry fewer clothes but more drinking water.

## Equipment

- Sunglasses
- Sun cream
- Small Torch (with spare batteries and bulb)
- Camera
- Walking poles (if you usually use them)
- Personal toiletries
- Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials.
- Insect repellent
- Small waterproof dry bag (for items such as your mobile phone)



-Reusable water bottle (minimum 1 litre) - Get 15% discount on a Water-to-Go bottle  
[www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore](http://www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore)  
-Lunch bag/Tupperware (for packed lunches)

## Tipping

### Explore leader

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

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, we recommend approximately 15€ per person for tipping. 10% is recommended at meal times.

## 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	Dinner price	Beer price	Water price
£8	£15	£2	£0.9

### Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro.	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 Information

Bus, Cable Car

## Accommodation notes

The Hotel Kristal is a small friendly family-run hotel, in typical alpine chalet style, offering great Slovenian hospitality. There is a good restaurant, inviting bar and lounge area, a wellness centre and a lovely garden, perfect for relaxing in after a days walking. The en suite rooms are comfortable and modern; with Wi-Fi throughout. Situated 500 metres from Lake Bohinj, with views of the surrounding mountains, it is an ideal base for a week's walking. Please note that the single rooms available at the hotel are smaller single occupancy rooms unless a single occupancy twin room is requested (subject to surcharge).

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## 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.

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 complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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.

### **Maximum altitude (m)**

1964

### **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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### **Walking and Trekking information**

## DAILY DISTANCES

Day 2	12km	4.5hrs
Day 3	9km	5.5hrs
Day 4	12km	4-5hrs
Day 5	10km	
Day 6	10km	4hrs
Day 7	12km	6hrs
Day 8	10km	4.5hrs

 Optional Walks

### Walking grade

Easy to moderate

### Trek details

Walks on 5 days for between 4 to 6 hours. Maximum altitude of 1,964m at the summit of Rodica Peak. The higher walks on days 3 and 6 are graded as Moderate and both require good weather. Your Explore Leader may move the walking days around depending on the forecast of the week.

### Max walking altitude (m)

1964



AWARD WINNING  
EXPLORE LEADERS



PRICE GUARANTEE  
PROMISE



AIRPORT  
TRANSFERS