HIKING SLOVENIA AND THE JULIAN ALPS

JULY 14 - 23, 2019

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
TRIP AT A GLANCE

Dates: Jul 14 - 23, 2019
Location: Slovenia
Cost: $2,895.00
Activities: Hiking
Arrive: Our trip starts at 1 PM at the Ljubljana Airport (LJU) on July 14
Depart: Our trip ends on July 23 at the Ljubljana airport for departures after 12pm

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 trammeled 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: 14

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.

WHAT'S INCLUDED

- One (or two) Slovenian English-speaking mountain guides and an AGC guide.
- Nine nights lodging in twin/double rooms with private toilet and shower
- All meals from dinner on July 14 through breakfast on July 23
- All transport during the trip in 9-person vans, including 1 airport transfer (1pm on 7/14)

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

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**

**JULY 14, SUNDAY**

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.

**Saturday, July 13:** 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.

**Sunday, July 14:** 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!

**DAY 2**

**JULY 15, MONDAY**

**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
**DAY 3**

**JULY 16, TUESDAY**

**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 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. Overnight Logrska Valley. Hiking: 3-6 hours, 1110'-2300' ft. elevation gain/loss, 6 - 8 miles

**DAY 4**

**JULY 17, WEDNESDAY**

**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 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.
**DAY 5**

**JULY 18, THURSDAY**

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. The gorge cuts through limestone walls and follows a series of bridges and walkways and ends at the Sum waterfall. Leaving the river gorge, 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 here before finishing our 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 30-minute drive brings us to Lake Bohinj, the largest lake in Slovenia. Located in 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 a mile at Lake Bled. 3 hrs. total.

**DAY 6**

**JULY 19, FRIDAY**

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. Overnight Bohinj. Hiking: 10 miles, 2500 ft. elevation gain/loss, about 6.5 hours.
**DAY 7**

**JULY 20, SATURDAY**

**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.

**DAY 8**

**JULY 21, SUNDAY**

**Bohinj - Kranjska Gora – Vrata 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, 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. Overnight Kranjska Gora. Hiking: 4.6 miles, 1900 feet elevation gain/loss, about 4 hours.

**DAY 9**

**JULY 22, MONDAY**

**Bohinj - Kranjska Gora - Kninca 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, 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 our 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. Overnight Kranjska Gora. 3.5 miles, 1300’ gain/loss, about 3 hrs. Additional hiking along the Soca River as time allows.
DAY 10

JULY 23, TUESDAY

Podkoren - 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 Podkoren. 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.

ADDITIONAL TRIP INFORMATION

GETTING THERE

Flying into Ljubljana:

- 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 12:15pm on 7/14.
- If you are not using the group shuttle, there are other options for transportation listed on the website [http://www ljubljana info/airport/bus](http://www.ljubljana.info/airport/bus). Costs ranges from 4 Euros/person for the public bus to 40+ Euros for a local taxi. You can also pre-arrange private or shared shuttles, which range from 9 Euros/person (shared shuttle) to 25 Euros/person for a private shuttle.

Arriving in Ljubljana from other European destinations:

- If you are traveling to Ljubljana from any other European country/destination to Ljubljana, the easiest transportation option is to use the train system. You can find schedules and prices for Eurail at [http://www.eurail.com/en](http://www.eurail.com/en).

If you would like help with any travel plans we recommend our travel agent Barbara Phillip, Scan East West Travel, at barbara@scaneastwest.com or call 206-209-5831.
**ACCOMMODATIONS**

All lodging has been chosen for its comfort, convenience, and welcoming staff. We will be staying in double occupancy rooms with ensuite bathrooms at the following 3* hotels (or similar):

- 1 night Slamic B&B in Ljubljana
- 3 nights at **Hotel Plesnik** in the Logarska Valley
- 3 nights at **Center Bohinj** in Bohinj
- 2 nights at Hotel **Vitranc** and **Pr'Gavedarjo** in Kranjska Gora/Podkoren

Vegetarian (and vegan) options for this trip are available although variety of meals may be limited; if you are concerned about having enough protein during your trip, please bring some plant-based protein sources such as nut butter, instant dried hummus, or high-protein energy bars. If you cannot eat gluten or if you have other dietary restrictions, you will need to bring some supplemental food with you. Please call the office so we can help you plan.

**WEATHER**

July is the best month to visit Slovenia and the Julian Alps. Days are pleasant and warm with the occasional overcast skies offering a bit of sun relief. Most of your trip will be spent in the Julian Alps, where the temperature will vary depending on your altitude for the day. In general, temperatures in the Alps will range from lows in the mid 50s to highs in the mid to upper 70s and low 80's. July does not have a lot of precipitation but you can expect some fog and rain during the month.

**TRAVEL INSURANCE**

WE STRONGLY RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH COVERS YOUR COST IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP for medical reasons, trip delay, lost baggage, and other unforeseen emergencies. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. In order to avoid disappointment and expense in the event that you must cancel your trip we strongly urge you to purchase some type of insurance coverage. You can also sign up for it online at **Travelex Insurance**. To get the best rates, use 20-0016 as your location number on the Get A Quote page.
PACKING LIST

FOOTWEAR
__ 1 pair lightweight/midweight hiking boots with good ankle support.
__ 1 pair of comfortable shoes for general use
__ 2-3 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING
__ 2-3 pair of comfortable synthetic long pants for hiking - zip-offs work well
__ 2 - 3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
__ 1 pair shorts, ¾ pants or hiking skirt: (unnecessary if you use zip-offs)
__ 1 lightweight, long-sleeved shirt for hiking/sun protection - button up front is the best
__ 1 lightweight long underwear top – silk, wool or synthetic equivalent (polypropylene)
__ 1 medium-weight top layer – synthetic/wool/down pull over – fleece/wool or down vest
works well for this layer
__ 1 lightweight fleece/down jacket
__ 1 wide brimmed or baseball style hat for protection from the sun/rain
__ 1 rain jacket/poncho and rain pants – waterproof/breathable fabric like Gore-tex
__ Underwear/nightwear
__ 1 pair wool, Capilene, or Polartec gloves
__ 1 warm/lightweight wool or fleece hat
__ 1 buff
__ 1 – 2 changes of casual clothes to wear at end of day

EQUIPMENT/ESSENTIALS
__ Passport and a photocopy of your passport (when applicable)
__ 1 pair Trekking poles (strongly required)
__ 1 daypack (see notes on packing list for recommended capacity)
__ 1 Rain Cover for your pack
__ 2-liter water carrying capacity (water bottle or hydration system)
__ Sunglasses (100% UV protection) w/retention strap
__ Small headlamp or flashlight
__ Ear plugs (for a good night’s sleep!)
__ 1 – 2 bandanas
__ Wristwatch/travel alarm clock
__ Sunscreen and lip block with SPF of at least 15

TOILETRIES (small everything)
__ Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
__ Sunscreen and lip protection with sunblock of at least SPF 15
__ Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL
__ Small journal and pen
__ Camera and film/memory card
__ Favorite snacks
__ Book or small game
__ Electrical adaptor/converter plug
__ Bathing suit
__ Wash cloth (often European linens do not include a wash cloth)
NOTES ON PACKING

Adventures in Good Company’s packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs.

Daypacks: Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 24 - 30 Liters (1450 - 1850 cubic inches) with a hip belt, padded shoulder straps, and ‘lifters’. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.

Pack Cover: These are waterproof/resistant, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty, plastic bag to line your pack to protect the contents from rain—your pack however will get wet using this method. Purchasing a pack cover is highly recommended

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes before your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle—you’ll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. 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.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, 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? Your wind/rain pants 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. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a HYDRATION SYSTEM such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small role of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Trekking Poles: Trekking poles are required 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. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions