

# Walking Slovenia's Lakes and Mountains

Trip Code: JLM

Version: JLM Walking Slovenia's Lakes and Mountains JLM Slovenia's Lakes and Mountains



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Hike Slovenia's best trails to waterfalls, lakes, meadows and shepherd pastures
- Stay in an alpine hut before hiking through the Seven Lakes Valley of Triglav
- Walk on the spectacular mountainous border between Slovenia and Austria
- Visit Ljubljana or sail across to the pretty church in the centre of Lake Bled

**AT A GLANCE**

- 5 days walking
- Max altitude - 1800 metres
- Join at Ljubljana

**ACCOMMODATIONS & MEALS**

- 7 Breakfasts
- 3 Dinners
- 6 nights Hotel
- 1 nights Mountain Hut / Refuge

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

On this centre based walking holiday you'll hike spectacular trails whilst surrounded by dramatic peaks and Slovenia's stunning lakes. Experience pristine nature in Triglav National Park alongside walks to waterfalls and traditional villages. Brimming with flower meadows, sleepy hamlets, mediaeval castles and lush green pastures, Slovenia is called Europe in Miniature. Pretty Lake Bled in the heart of the Julian Alps is the perfect base for a walking holiday with its mountain backdrop, stunning spa lake and island church. From here we'll hike in the Karavanke Mountains on the Austrian and Slovenian border, visit secret waterfalls in the Martuljak Mountains and walk on the beautiful high plateau of Pokljuka. The dramatic Triglav National Park is home to Slovenia's highest mountain, Triglav and we'll head into the heart of the mountains by cable car to spend a night in a traditional alpine hut overlooking the glacier lake of Bohinj. We'll hike through the captivating Valley of the Seven Lakes and explore flower meadows where shepherds and herdsman carry on a way of life unchanged for centuries. During the holiday there's the opportunity to visit the beautiful capital of Ljubljana with its pavement cafes, meandering river and stunning architecture.

### Is this holiday for you?

This is a lovely centre-based walking holiday in the heart of the Julian Alps. Each day you'll only need to carry a day pack as you follow well-marked trails with varying amounts of ascent and descent. As the holiday is centre-based you can choose to opt in and out of each day's walk which averages 5 to 6 hours with plenty of rest stops to enjoy the views and take in the scenery. A holiday highlight is one night in a mountain refuge at 1520m where we use a cable car to get up high into the mountains. When heading up to the mountain hut you'll need to carry what you need for one night, but considering all bedding is provided and with careful packing, you can avoid heavy backpacking. A free day means there is time to enjoy Lake Bled or visit the pretty capital of Ljubljana.

# Itinerary

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## DAY 1

**Meet at the hotel in Lake Bled. A group transfer from Ljubljana airport is included.**

Meet at Ljubljana Airport before a brief 30 - 40 minute transfer to the beautiful lakeside town of Bled which is our base for the holiday walking. Once settled in there will be time for a stroll. This pretty town is located on the shores of a crystal clear lake with a magnificent Julian Alps backdrop, fairy-tale island and magnificent medieval castle. This town is home to lake waters fed by natural springs. The relaxed lakeside promenade is home to pavement cafes and bars, perfect for people watching. Lake Bled is a great place to enjoy a few extra days, pre or post-holiday and if you wish to do this then please contact the KE office and we can help you organise this. In the evening we'll meet up with the leader for dinner and a briefing with the rest of the group.

\*Food for thought: Prsut is an excellent starter from the Karst region of Slovenia where the bora winds provide the perfect conditions for drying salted meat. The end result is a delicious tender ham which goes perfectly with local cheese, fresh bread and wine. Another delicious Slovenian dish is zlikrofi. These small boiled dumplings look and taste similar to Italian ravioli and are typically filled with potato and served with a range of sauces. Štruklj is made from different types of dough (filo pastry, leavened dough, puff pastry, noodle, buckwheat and potato dough) with different fillings, baked or cooked, sweet or savoury including tarragon, cheeses, walnut, apple and poppy seeds amongst the most popular.



**Accommodation**  
Hotel

## DAY 2

**Follow wonderful trails along the Slovenian / Austrian border.**

Dominating the horizon and visible from Bled are the incredible Karavanke Mountains which are the natural border between Slovenia and Austria. Lesser known than the Julian Alps, these mountains offer wonderful walking trails, spectacular views, an abundance of alpine flora and also hold one or two mountain secrets. After leaving Bled we make a short transfer up the Ljubelj Pass which snakes its way between the two countries. We start our walk by following trails on the northern slopes of Begunjscica, a beautiful peak with a secret trail which takes us around and through the mountain. From the dramatic northern slopes we hike along a wonderful path before heading into the mountain and taking a 150m tunnel (don't forget your head-torch) which brings us out on the southern side of the mountain, complete with rich alpine meadows. This quirky trail was created by Baron Born as an all-weather route to link his house on the north side of Begunjscica with the hunting grounds on the greener southern

slopes. The path offers spectacular views into Slovenia and Austria and as we emerge on the south side we'll walk up to the Prevala Mountain Hut. This is the place to enjoy lunch whilst surrounded by open meadows as we take in the views. In the afternoon we pass through a variety of landscapes from wild meadows to lush forest before finishing at Grad Kamen - Castle Rock. This 12th Century castle is nestled in a valley at the foot of the mountains and it's from here that we take a short transfer back to Bled.

Meals: **B D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 600M		<b>Descent</b> 950M		<b>Time</b> 5 - 6 hrs walking		<b>Distance</b> 12KM
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### DAY 3

## Take a cable car into the heart of the Julian Alps for a night in the mountains.

After breakfast we leave Lake Bled with our rucksacks packed ready for our two day mountain adventure. It's a short 30min drive to the neighbouring valley of Bohinj and the scenery on our journey is wonderful. As we enter the Bohinj Valley we are now in the Triglav National Park, which is an area of outstanding beauty and Slovenia's only national park. As the most beautiful lake in Slovenia, Lake Bohinj is truly magnificent. Surrounded by towering mountains, and with limited infrastructure, Bohinj is magnificent. From the left side of the lake we take an exhilarating cable car up to the mountain of Vogel at 1535m. Once here we'll have the lake at our feet whilst the Julian Alps, including Slovenia's highest peak of Triglav surrounds us. Once up high we follow a footpath which takes us to the Komni Mountain Hut at 1520m. This alpine refuge has one of the most stunning locations in the national park and offers a bird's eye view of the lake below. Tonight we stay in Komni hut which has a restaurant, a bar and viewing terrace which is a great place to sit in the evening and watch the sunset.

Meals: **B D**

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	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 600M		<b>Descent</b> 600M		<b>Time</b> 5 - 6 hrs walking
	<b>Distance</b> 12KM						

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### DAY 4

## Enjoy views of Mount Triglav on a fantastic hike through the Valley of the Seven Lakes.

Waking up in the clear mountain air we'll have breakfast in the hut before setting off towards the Valley of the Seven Lakes deep in the heart of the Triglav National Park. The park covers an area of 838 square kilometres and borders with Italy and Austria. It includes almost the entire Julian Alps and as the largest protected area in the country, the park has a special nature conservation rules in place. The area is among the oldest of Europe's parks and has been protected since 1924, when the Alpine Conservation



Park was established. It was officially renamed the Triglav National Park in 1961. The Park is mainly mountain karst and two thirds of the area is covered by forests including beech, spruce and larch. We follow a trail that weaves between peaks to the head of the Bohinj Valley as we reach the Valley of the Seven Lakes. The valley contains seven jewelled lakes each with their own unique colour which lie nestled among towering limestone peaks. Here we are surrounded by karst scenery at its most spectacular and we'll visit one or two of these lakes before following one of the many trails back down to the valley. Once back in the valley we make the short drive back to Bled.

Meals: **B D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 350M		<b>Descent</b> 1300M		<b>Time</b> 5 - 6 hrs walking		<b>Distance</b> 10KM
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## DAY 5


### A relaxing day to enjoy Lake Bled or visit the beautiful capital of Ljubljana.

Today is a free day for you either to relax in Bled or visit the capital of Ljubljana. Bled with its emerald green lake, fairy-tale castle and little church on the island is picture postcard pretty. Today you may wish to visit the island by boat or take the trail that goes up to the castle for stunning views over the lake. The castle is a mixture of styles and has a small museum and a café. If you want something more energetic a walk around the lake (6km) takes a couple of hours and from the southwest corner of the lake, you can follow a way-marked track up to the summit of Velika Osojnica (756m) for one of the most stunning panoramas over the lake (allow an extra 3 hours for the round trip to the summit). Another walking option is Vintgar Gorge, which is located just 3km north east of Bled. It's an easy walk to the gorge and then the trail follows wooden walkways over the river and through spectacular rock formations to the 16 metre high Waterfall Sum. From here you follow signs back to Bled through a forested trail, passing by the ancient pilgrimage site of St Catherines and then the small town of Zasip. Finally it is easy to pop on the local bus and visit the country's capital, Ljubljana for the day. The capital is beautiful with a rich variety of architecture, a dramatic castle, boat trips on the river and plenty of pavement cafes to sit and watch the world go by.

\*Food for thought: Kremsnita is the most famous Slovenian dessert originating from Bled and the original recipe was by Istvan Kovavevi in 1953. If you try it only once, then you must try it in Bled. Kremsnita is a wonderful cream cake filled with custard and cream. Prekmurska gibanica is one of the most delicious desserts you are likely taste! This layer cake from Slovenia's easternmost province Prekmurje is a calorific concoction of shortbread, strudel pastry, poppy seeds, sweet curd cheese, walnuts, apples and cream.

Meals: **B**

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	<b>Accommodation</b> Hotel
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## DAY 6

**Walk to cascading waterfalls in the spectacular Martuljak Mountains.**

Today we enjoy a beautiful walk in the Martuljak Mountain Range. After a short transfer we arrive in the hamlet of Gozd Martuljek where we'll have a breath-taking panorama of the Spik mountain range. One of the most beautiful mountains in the Julian Alps, Spik (2472m) has a dramatic pyramid summit which dominates the surrounding range. Leaving the valley we follow a forest trail into the Martuljek Gorge where we work our way upstream crossing and re-crossing the river on wooden bridges between verdant rock walls. Emerging from the gorge we reach the lower falls which are wide and low (30 metres) - a mini Niagara. Then we continue through rich forest to our rest stop at Lipovceva Hut in a wide clearing. This is a lovely location with an open natural kitchen of hanging caldrons over wood fires cooking up delicious home-made soups, freshly baked bread and locally-made cheeses. After lunch we set off and ascend up through the forest to the stunning higher falls - a single narrow cascade of water which drops 100 metres down a limestone cliff in four tiers to a rock pool. After a lovely day in this unique part of the mountains, we head back down to our vehicle and return to Bled.

\*Food for thought: Chevapi is a traditionally a Balkan dish of small spicy sausages served with onions, kajmak (soft Bosnian cheese) and pita bread. Most restaurants serve Balkan meat dishes which are extremely popular. Pljeskavica is a grilled Balkan dish of spiced meat patty and is also popular when served with onions, kajmak and ajvar (a tasty relish from smoked peppers).

Meals: **B**

	<b>Accommodation</b> Hotel		<b>Ascent</b> 1130M		<b>Descent</b> 1120M		<b>Time</b> 5 - 6 hrs walking		<b>Distance</b> 11KM
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## DAY 7

**Hike through flower meadows and shepherd pastures on Pokljuka High Plateau.**

For our final walk in Slovenia we will spend the day on Pokljuka high plateau close to Lake Bled. This beautiful area is a heavily forested karst plateau at an average height of 1300m and on leaving our vehicle the air will be crisp and fresh. Pokljuka is a stunning area of natural beauty and is made up of pine and spruce forest plus alpine pastures where alpine cows and sheep graze. The region has a few scattered hamlets and a number of isolated farms where the way of life has remained unchanged for centuries. There is a saying in Slovenia that time stands still on the Pokljuka High Plateau. The region has an abundance of wild flowers and bird life and a variety of trails which ensures plenty of possibilities for today's hike. The leader will choose the best trail for today depending on the weather and group abilities.

\*Food for thought: With Italy and Austria as two of Slovenia's neighbouring countries, you'll see a variety of dishes from Italy and Austria on menus. From colourful pizzas to freshly made pastas with a variety of sauces and risottos, Italian food is popular with locals. Most restaurants have a form of schnitzel on the menu, with Wiener Schnitzels being extremely popular.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
625M



**Descent**  
625M



**Time**  
5 - 6 hrs walking



**Distance**  
8KM

## DAY 8

### Departure Day. A group transfer to Ljubljana Airport is included.

Your holiday ends after breakfast. The morning is free to relax in Bled and further enjoy this beautiful lakeside town. In the early afternoon there is a single group transfer to the airport at Ljubljana.

Meals: **B**

# Holiday Information

## What's Included

- A professional and qualified Slovenian mountain guide
- Single timed group airport transfers on day 1 and 8
- All accommodation as described
- Meals as detailed in the Meal Plan
- All land transfer required by the itinerary

## What's not Included

- Travel insurance
- Some meals as detailed in the Meal Plan
- Tips
- Miscellaneous expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

The group will meet at the hotel in Ljubljana.

A single timed transfer from/to Ljubljana Airport to the group hotel is provided.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Slovenian cuisine is excellent with influences from Austria, Italy and Hungary. This small country is home to smoked meats, sausages and snitzels plus freshly prepared pastas, stuffed ravioli and creamy risottos. Bite size potato dumplings and rich goulashes are served all over Slovenia. Dinners usually start with soup followed by a meat or fish course. Pork, chicken and turkey are the most popular. Vegetarians will enjoy the colourful salads whilst fresh vegetables are always available as are an excellent selection of pasta and rice dishes, cheeses, eggs and soya steaks plus most menus advertise “vegetable plate” a large dish of freshly cooked vegetables which is tasty and filling. Slovenian deserts are rich and a must try is Lake Bled’s famous Cream Slice or the mouth-watering Gibanica (poppy seeds, soft cheese, filo pastry and dried fruit). Slovenia’s “open wine” is fantastic and served by the glass, or in carafes. Red wines which shouldn’t be missed are the rich Teran and fruity Refosk of the coast. Refreshing whites are served ice. cold with Sivi Pinot and Belo Pinot being popular. Fresh bread is an important part of any meal, especially at breakfast. Breakfasts are continental in style with bread, meats, cheeses, jams, honey, eggs, tea and coffee. Whilst items for picnic lunches (fruit, bread, meats, cheese, chocolate /museli bars) can be purchased very cheaply in one of the excellent supermarkets around Lake Bled.

## Accommodation

During the holiday the group will spend 6 nights in pension/hotel accommodation in Bled, a short walk from the lake and close to the main centre of the town. We try to select the group accommodation as close to the lake as possible so you can make use of the stunning location and excellent promenade which is great for a pre-breakfast/dinner stroll. Lake Bled is a great base as it has a number of supermarkets where picnic lunches can be made up, pavement cafes, local bars and a great selection of local restaurants. Accommodation here is on a twin sharing basis with en-suite facilities. There is 1 night in a mountain hut operated by the Mountaineering Association of Slovenia, located in the Triglav National Park. The large refuge has an excellent bird's eye position overlooking Lake Bohinj. Here the facilities are simple but there are toilets, running water, a mountain hut restaurant and small shop/bar. Although the facilities are simple, the location is absolutely superb and the views plus alpine experience more than make up for the lack of hotel facilities for 1 night. Accommodation here is dormitory style with sheets and bedding supplied. For the nights in Bled, single rooms are available for a supplementary cost, whilst additional hotel nights are also available. Single rooms are not available in the mountain hut.

## Group Leader & Support Staff

The holiday will be led by a locally based, professional, English speaking guide.

## Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.



## **Spending Money**

The currency in Slovenia is the Euro. Approximately 250 - 300 Euros will cover your personal spending including non-included meals, local drinks and tips for the leader. Cash can be withdrawn from ATM's using a credit card or a debit card and there are cashpoint facilities at Ljubljana Airport and in Bled.

## **Guidance on Tipping**

Tipping is the accepted way of saying 'thank you' to your local staff. Tipping is entirely voluntary and should be dependent on good service. We recommend that you give any tips from the group as a whole rather than individually. As a rough guide, a contribution of €15 - €25 should provide a suitable pot for tips.

## **Baggage Allowance**

There is no weight limit as such for this holiday other than imposed by your international carrier. However, we ask you to restrict your luggage to one main bag (your KE trekbag) and a small day pack. Remember that your journey will be more pleasant the lighter you pack.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a walking holiday getting some additional exercise. Although this is not a sustained trekking trip, you will be walking for 5 or more hours on each day and the fitter you are, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your holiday. Running, cycling and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

## Books

- Lonely Planet Slovenia
- Rough Guide. Slovenia
- The Julian Alps - Simon Brown (Cicerone)
- Europe in a Motorhome: A Mid-Life Gap Year Around Southern Europe - H.D Jackson
- The 8.55 to Baghdad - Andrew Eames

## Maps

### Gorenjska Leisure Map

Covering the area of Bled, Bohinj and Karnjska Gora at 1:50,000 and with a contour interval of 20m, this map from the Slovenian Geographical Institute covers all the walks on the holiday at a suitable scale.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your luggage to a minimum.

### You must bring the following items:

- Walking boots
- Trainers (for around town)
- Socks
- Trekking trousers
- Lightweight waterproof overtrousers

- Underwear
- Thermal baselayer shirts (2 short sleeve, 1 long sleeve)
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Sun hat or cap
- Warm hat
- Sunglasses
- Lightweight thermal gloves
- Small daypack
- Headtorch (for the night in the mountain hut)
- Sun protection (including total bloc for lips, nose etc.)
- Water bottle 1 litre (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Basic First Aid Kit including plasters, blister treatment, headache tablets etc.

**The following items are optional:**

- Travel clothes
- Trekking poles

- Shorts
- Camera
- Spare laces
- Insect repellent
- Swimming kit and towel
- Reusable cloth bag for shopping (to avoid plastic bags)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Ljubljana. Single timed transfers are included from/to Ljubljana Airport.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Ljubljana with British Airways. Outbound flights usually depart from the UK in the morning. Return flights depart Ljubljana in the late morning of the last day of the itinerary.

# Why Choose KE

## Why KE

With KE you'll join a maximum group size of 16 as you hike along the most stunning trails in the Julian Alps. Also staying in Lake Bled means more walking and less travelling so what will you do with that extra time? We recommend a pre-dinner stroll along the lakeside promenade before a glass of Slovenia's excellent wine.

**Please Note** This document was downloaded on 20/05/2024 and the trip is subject to change