

Lake Bled & Slovenian Alps

Tour Style: European walking holidays

Destination: Slovenia

Trip code: LJLCL

2 & 4



HOLIDAY OVERVIEW

Natural wonders come thick and fast as we explore Slovenia's beautiful landscapes in and around Triglav National Park and the spectacular Julian Alps. Enjoy gentle strolls around the blue-green waters of Lake Bled, trek through Vintgar Gorge to marvel at the 16m-high Šum Waterfall, and take a cable car to the upper reaches of Mount Vogel for views over the 2,864-metre peak of Mount Triglav – Slovenia's tallest mountain. There'll also be walks through the alpine meadows of the Krma Valley and an opportunity to visit Slovenia's cosmopolitan capital, Ljubljana, on your free day.

WHAT'S INCLUDED

- Full programme of guided walks led by local HF Holidays Leaders
- HF Holidays Tour Manager
- Comfortable accommodation
- Half-board (breakfast and evening meal)
- All sightseeing and entrance fees (as per itinerary)
- Air-conditioned transport
- Return flights from the UK including hold baggage and airport transfers

HOLIDAY HIGHLIGHTS

- Walking in Triglav National Park
- A cable car ride up Mount Vogel
- Hiking along the Mostnica Gorge
- Discovering a trio of lakes; Bled, Bohinj, and Jasna
- Taking in the views from Debela Peč
- Crossing the Vršič Pass

TRIP SUITABILITY

This is a level 2 and level 4 graded Activity, Easier walks: 5 to 9 miles (8 to 14½km) generally on good paths, with some rocky sections. Up to 1,400 feet (420m) of ascent in a day. Harder walks: 7 to 11 miles (11 to 17½km) with some steep ascents and descents. There are also some rocky and exposed sections. Up to 3,100 feet (930m) of ascent in a day.

In view of the changing weather experienced in this area, alternative walks may be arranged at the discretion of our local leaders.



ITINERARY

Day 1: Arrival Day

Welcome to Hotel Astoria. Unpack and settle in.

Day 2: Lake Bled

Today's walks take place around Lake Bled and explore the wooded upland areas to the west of the lake.

Option 1 - Mlino, Bohinjska Bela & Lake Bled

Distance: 7 miles (11km)

Total ascent: 700 feet (210m)

In summary: The walk starts by the lake and heads towards the village Mlino where we turn away from the lake and descend towards the River Bohinjka and the village of Bohinjska Bela. Here we take a wooded path which rises over a col and back to the northern side of the lake where we walk to the hotel below the castle with views to the island.

Highlight: A great introduction to the picturesque Lake Bled.

Option 2 - Mlino, Kupljenik, Bohinjska Bela & Lake Bled

Distance: 9½ miles (15km)

Total ascent: 1,300 feet (400m)

In summary: Walking via Mlino, we cross the river and following the path to the village of Kupljenik with stunning views back over the lake. We then descend to Bohinjska Bela, crossing the river again, and follow the easier route back to Bled.

Highlight: Stunning views of the lake.

Day 3: Lake Bohinj & Mostnica Gorge

The bus will take us to the beautiful Bohinj valley and lake. Both groups will be dropped off at the village of Stara Fuzina.

Option 1 - Mostnica Gorge

Distance: 8 miles (13km)

Total ascent: 1,200 feet (350m)

In summary: We ascend through the attractive old village into a narrow valley that opens out into Alpine pastureland. There may be time for a swim in Lake Bohinj or a paddle in the Mostnica river.

Highlight: At the head of the valley is the spectacular Mostnica waterfall, one of the 'must see' attractions of the area.

Option 2 - Mostnica Gorge And Uskovnic Ridge

Distance: 9½ miles (15km)

Total ascent: 2,500 feet (750m)

In summary: We begin by following the same route as the easier group to the waterfall. We head east, ascending to the village of Uskovnica before descending on tracks and forest paths back to Stara Fuzina.

Highlight: After the waterfall at the head of the valley we enjoy views back to Triglav from the ridge.

Day 4: Vrsic Pass To Kranjska Gora

The longest coach ride of the holiday takes us to Kranjska Gora, a mountain village and skiing centre deep in the Julian Alps. The coach will then leave the valley to ascend through a number of hairpin bends to reach the top of the Vrsic Pass, from where both groups will enjoy the view.

Option 1 - Pišnica Valley And Kranjska Gora

Distance: 6 miles (10km)

Total ascent: 500 feet (150m)

Total descent: 1,700 feet (520m)

In summary: The group leave the bus in the Vrsic valley and pass through woodland pasture beside a stream with spectacular waterfalls, passing near a glacial lake and onwards to Kranjska Gora village.

Highlight: Jasna Lake is a beautiful clear lake with white sand around the rim. Its surface reflects the surrounding mountains and it is guarded by a bronze statue of Zlatorog, a golden horned Ibex.

Option 2 - Vršič Pass And Visoki Maverinc Belvedere

Distance: 10½ miles (17km)

Total ascent: 1,500 feet (450m)

Total descent: 4,000 feet (1,220m)

In summary: This walk starts by descending a path from the pass followed by an ascent through woodland to the Visoki Maverinc Belvedere. The path zigzags to reduce the gradient. We stop for lunch at the summit before descending to Kranjska Gora.

Highlight: Stunning views of the valley and surrounding hills.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day might include:

Ljubljana: The capital city of Slovenia is a most attractive city, with plenty of museums and shops. It can be reached easily by bus or minibus. See our leaders for further details and fares.

Bled Castle: A short but steep walk will take you to the castle. It costs approximately €9 to go round the museum. There is a shop, historic printing press and a café.

Wellness Centre: The hotel has a wellness centre, located on the first floor. It offers concessionary rates to guests, details of which can be found in your room. Treatments include various types of massage, manicures, facials, sauna and a plunge pool.

Activities: Near the bus station are offices offering a variety of activities, including gorge walking/ canyoning, horse riding, paragliding and kayaking. Guests may also like to try the summer toboggan run on the slopes of Straza.

Cycle hire: The hotel has bikes for hire. Explore the quiet side roads and farming villages around Bled. Please book this at reception. Current rates are from €4 for an hour.

Land train around Lake Bled: A land train follows the lakeside path. It leaves the town every 45 minutes from late April until mid-October; however it doesn't run in poor weather.

Day 6: Lake Bohinj, Vogel And Sija

Today the two parties again travel by bus to Lake Bohinj, the easier group taking a lovely lakeside walk while the harder party takes in peaks to the south of the lake.

Option 1 - Lake Bohinj And Orlova Glava

Distance: 7 miles (11km)

Total ascent: 1,000 feet (300m)

In summary: We make our way to the Vogel cable car and ascend to enjoy the views over the lake. If conditions permit, we take a short walk to the summit of Orlova Glava to see the views to the Triglav Massif, and enjoy the upland environment. Our walk continues to visit the First World War cemetery at Ukanc and descends to the lakeshore. We then follow a path close to the lake to the village of Ribcev Laz with its much photographed church.

Highlight: Lake Bohinj is considered by many to be the most attractive lake in Slovenia.

Option 2 - Vogel And Šija

Distance: 7 miles (11km)

Total ascent: 2,900 feet (900m)

In summary: The bus will drop this group at the foot of the cable car, and we then ascend to the upper station. We ascend through a picturesque valley to the summit of Vogel. Mt Vogel is a great viewpoint in good weather and provides an excellent vantage point for Triglav, the highest mountain in Slovenia. On the return route to the cable car, we can also take in the summit of Šija.

Highlight: An excellent high level alpine walk.

Day 7: Vintgar Gorge And Debela Pec

Today the two parties split. The easier walk returns to the Bled area for a visit to the Vintgar Gorge, yet another famous attraction in the region. The harder group will ascend Debela Pec; this peak has spectacular views into the deep Krma Valley, with the Triglav massif beyond.

Option 1 - Vintgar Gorge And Back To Bled

Distance: 7 miles (11km)

Total ascent: 650 feet (200m)

In summary: We take a service bus to Podhom to the start of the Vintgar Gorge. After paying the entrance fee, we walk along the gorge, following wooden walkways and paths cut into the steep valley sides. At the final ticket office we descend some steps to view the waterfall at the end of the gorge. Retracing our steps to the ticket office, we ascend through deciduous woodland to the church of St Katerina. Here there are seats with a stunning view across towards Bled and the surrounding hills. We then descend on a good gravel path to the plains below. A short stretch of road and a much longer gravel track following the edge of the river valley take us back into Bled. Here we can visit the National Park Centre before returning to the hotel.

Highlight: Sample chestnut cakes, a local speciality.

Option 2 - Debela Peč

Distance: 8½ miles (14km)

Total ascent: 2,600 feet (790m)

In summary: We use hired transport to reach the high forests to the west of Bled. The walk ascends gently through woodland pitted with the remnants of ancient iron workings, then more steeply to reach a remote mountain hut or 'Dom'. We continue the ascent to the ridge above the Krma valley. Here a winding path

passes deep swallow holes, then takes us to the final ridge and viewpoint of Debla Pec. We will retrace our steps along the ridge and take a different route down to the Dom. From here we follow our outward route, continuing through Alpine pastures and woodland to the end and a well-earned drink in a bar.

Highlight: A challenging walk to a spectacular viewpoint.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Hotel Astoria - Julian Alps

The Hotel Astoria is a compact and stylish 3-star hotel and offers a great location for our holidays, with Bled town centre, the lake shore and castle all within walking distance. The comfortable en-suite bedrooms are decorated in a contemporary style and some rooms offer balconies. Facilities at the hotel include a wellness centre with sauna and spa pool, as well as a gym and bar with out door terrace.

Rooms

All 72 en-suite bedrooms are comfortable and furnished with all the modern amenities including:

- Air conditioning
- Room safe
- Telephone
- Free Wi-Fi
- TV

About Your Stay

Leading off the reception area there is a large and airy lounge and bar area with comfortable seating and tourist literature. To the other side the restaurant has fresh and modern decor, opening onto an attractive terrace area where guests can sit and enjoy the view with a coffee when the Café Astoria is open from 10am until 11pm.

Complimentary wireless internet access is available in all public areas. There is a 24-hr reception service.

The hotel has a Wellness Centre open every day from 1pm until 9pm. There is a large variety of treatments offered at an additional charge and access to the gym is free to our guests.

Food & Drink

Holidays at Lake Bled are half-board with a buffet breakfast and 3-course evening buffet. On one evening you can enjoy a traditional Slovenian dinner accompanied by live music.

Breakfast

Buffet breakfast is served from 7am and consists of a good selection of breads and pastries, fruit juices, cold hams and salami, cheeses, paté, cereals and yoghurts, as well as jams and honey, tea, coffee and cocoa. A hot selection is cooked fresh and you can enjoy eggs (including omelettes), pancakes, sausages and fried bacon. The hotel, where possible, serves local products.

Lunch (Payable Locally)

Packed lunches are available to order from the hotel but you can also walk just a few minutes to some local shops and purchase the ingredients for your lunch.

Evening Meal

The evening meal is a 4-course buffet and our guests can enjoy a special dinner on the last evening accompanied by local Slovenian music.

Your Evenings

Each evening your walking leaders will tell you about the choice of walks for the next day and answer any questions you may have.

During the evening you may like to join in an optional organised evening activity, such as a quiz.

TRAVEL DETAILS

Address

Hotel Astoria Bled
Prešernova
Cesta 44
4260 Bled

Tel: [00386 45794400](tel:0038645794400)

USEFUL HOLIDAY INFORMATION

Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining Instructions (Without Flights)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable

to meet the transfer coach.

Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

*Subject to availability

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

Useful Information

Language: Slovenian

Currency: Euro

Money: There are several ATM machines in Lake Bled where you can obtain money.

Electricity: 230 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

Tap water: Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

Telephone code: If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Slovenian number 00386

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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