

Lake Bled & Slovenian Alps

Trip style: Guided Walking Holidays

Destination: 📍 Slovenia

Trip code: LBJ07-LCL09

Trip Walking Grade: ul 2 & 4

Carbon Footprint: 🌳 587kg CO2



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 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 Mostnica Gorge and an opportunity to visit Slovenia's cosmopolitan capital, Ljubljana, on your free day.

WHAT YOU'LL LOVE

- 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

WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Bled
- 7 breakfasts & 7 dinners
- All in-destination transport

WALKING GRADES AND OPTIONS

This is a level 2 and level 4 graded Activity, Easier walks: 6–9 miles (10–14½km) generally on good paths, with some rocky sections. Up to 1,200 feet (350m) 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 2,900 feet (900m) of ascent in a day. Our visit to Kranjska Gora also has descents over the day of 520m (easier) / 1220 m (harder)

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

Please note: On day 7 when visiting Vintgar Gorge, helmets are obligatory for all walkers in the Vintgar Gorge and a helmet is provided at the entrance.

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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.

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. After today's walks we will enjoy dinner at a local restaurant in the old village center where traditional and modern dishes blend to give you a true Slovenian culinary experience.

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.

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 €18 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: In town you'll find several companies offering a variety of additional activities in the area, such as gorge walking, canyoning, horse riding and kayaking.

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.

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.

Day 8 Departure Day

We hope to see you again soon.

Daily Walk Options



Easier Walks

Good paths but walks are a bit longer. Some walks, particularly in mountain areas, may have sections over rough or steeper terrain.



Medium Walks

Long distances in remote countryside and on rough terrain. You can expect some sustained ascents and descents; there may be occasional sections of scree and steep ground.

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.

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.

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 8am-12pm / 5pm-10pm.

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 2pm until 9pm. There is a large variety of treatments offered at an additional charge and access to the gym is free to our guests.

Travel Details

Address

Hotel Astoria Bled
Prešernova
Cesta 44
4260 Bled

Tel: [00386 45794400](tel:0038645794400)

Useful Holiday 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 (excluding Bhutan, Georgia and India)

Trip Information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.

We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.

British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:

<https://www.gov.uk/foreign-travel-advice>

Tripnote validity

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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