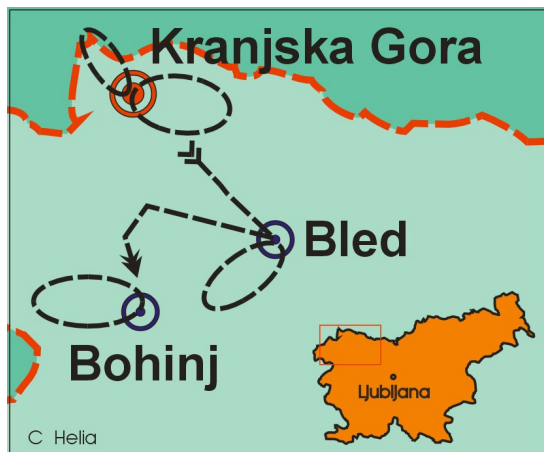


# “A Walker’s World”

## Slovenian Lakes & Valleys Walking Tour

Independent 7 nights/8 days

The tiny country of Slovenia is a special gem: richly endowed with mountains, lakes plateaus and rivers; wonderfully preserved historical monuments; a wine culture that boasts the oldest producing vine in the world; plus 47 kilometres of sparkling Adriatic coastline. The Julian Alps are the base for this wonderful walk in the northwest of Slovenia. Podkoren is about 5 minutes drive from the Italian and Austrian border.



### Highlights of this walk are:

\* Breathtaking Lake Bled, a beautiful glacial lake and spectacular setting of 1,000 year old Bled Castle that rises vertically above the lake. The lure of the castle takes you up the zig zag cobbled lane to the castle courtyard for the most unforgettable

views of mountains and the picturesque island in the middle of the lake with it's tiny church.

Bled has long been a centre of wellness and healing and is the gateway to the Triglav National Park which covers practically the entire Julian Alps, one of Slovenia's most popular trekking areas.

\* The Vintgar Gorge is the starting point for another stunning walk in the area. The 1.6km gorge is carved 150m deep into the mountains by the Radovna River. Walkers follow a wooden walkway through the gorge then onwards through forest and via the lovely hilltop chapel of St Katarina back to Bled.



\* Mountain plateaux have plenty of scenic hiking trails such as the Pokjuka Plateau to reach Lake Bohinj, the centrepiece at the heart of the Triglav National Park.



\* Bohinj is sheer tranquility set in the shadows of the immense mountains of the Julian Alps, the highest of which is Mt Triglav at 2864m. From Bohinj a cable car ascends over 1500m to a vantage point to view the lake below and Mt Triglav.

**Starting point:** Podkoren (90 km NW of Ljubljana)

**GRADE:** this is a collection of easy valley floor and forest-covered hillside walks. Though in an alpine area, no climbing experience or equipment is necessary. The route passes through the most well-known Slovene alpine towns and villages; more than half of the walks are done within the central area of Slovenia's only national park.

**Daily itinerary:**

**Day 1: ARRIVAL IN PODKOREN.**

(Village hotel 3\*)

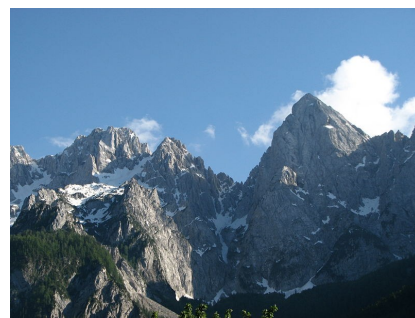
Located close to the famous ski resort of Kranjska Gora, the alpine village of Podkoren is the starting point for this tour. Also a popular ski resort, Podkoren is most famous for hosting the annual World Cup Slalom every January. You will spend your first night here in the shadows of the mighty western Julian Alps.

**Day 2: PODKOREN – THREE COUNTRIES POINT - PODKOREN**

13 km round trip / ascent 640m. Forest and mountain meadows trail.

(Village hotel 3\*)

This warm-up walk takes you to the summit of Mt. Peč (1508m) to the triple border point where Slovenia, Italy and Austria meet. At the top you can soak up the dramatic views across the Julian and Carnian Alps, with Hohe Tauern, the highest alpine range in Austria, forming a picturesque backdrop. The trail then descends through the valley to the source of the mighty Sava River, the longest in Slovenia, and back to Podkoren via Kranjska Gora ski resort.



**Day 3: (car transfer) PODKOREN - KRANJSKA GORA – MARTULJEK – PODKOREN**

19 km round trip / ascent 500m. Alpine walk.

(Village hotel 3\*)

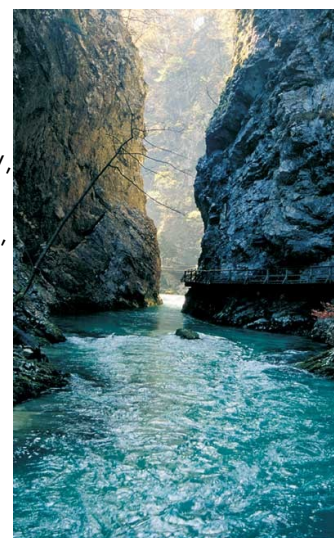
Today your trail will lead you through the Jasna Valley, emerging at the other end to the glorious sight of the Prisank and Razor Mountains. Through the afternoon you will continue to trek through a forest-covered alpine valley leading to the glorious Martuljek Waterfall. Cascading in three stages down the 110-metre sheer rock face of Spik Mountain (2400m), this majestic waterfall continues to flow through a 500-metre ravine and drops once again another 50 metres to form the Lower Martuljek Waterfall. The flow then continues on through a 400-metre limestone canyon. You will return to Podkoren via the Sava Valley.

**Day 4: RADOVNA VALLEY – VINTGAR GORGE - LAKE BLEĐ**

13 kms / ascent 200m. Valley & meadow walk.

(Family-run hotel 3\*)

You will begin your walk after a car transfer through the Radovna Valley, an untouched wilderness between the Pokljuka and Mežakla plateaus. You will be dropped off at the start of the stunning 1.6km Vintgar Gorge, carved 150m deep into the mountains by the Radovna River. The trail leads along a wooden walkway through the gorge and onwards to the world-famous Bled Lake, via the lovely Katarina Church viewpoint. You will spend the night near the romantic little village of Selo.



**Day 5: BLEĐ – BOHINJSKA BELA – LAKE BLEĐ – BLEĐ**

11 km round trip / ascent 270m. Hillsides and panoramic walk.

(Family-run hotel 3\*)

Today you will take a leisurely stroll into Bled, a world famous town on the shore of a beautiful glacial lake, with its unique island church sitting proudly in the lake, and

the castle perched high upon a cliff standing guard over the town. A short panoramic walk can be taken to the villages of Kupljenik and Bela. For the best photos of the lake, castle and Karawanke range, photographers will want to ascend Osojnica. End the day with the local speciality – the cream cake “Kremšnita” – in one of the great little tea shops beside the lake.



#### **Day 6: (car transfer) POKLJUKA – USKOVNICA SADLE – VOJE – LAKE BOHINJ**

12 kms / ascent 200m. Mountain meadows & tree line walk. (4\* hotel)

Today you will be driven by car up to the Pokljuka Plateau from which you will begin your hike across mountain pastures and past old farmhouses where you will come to a viewing point providing outstanding views into the [Bohinj Valley](#). As you descend you can stop at the little historic village of Studor where you can visit the museum and see how people lived 150 years ago. Your final destination is Lake Bohinj, the jewel in the heart of the Triglav National Park, and the small settlement of Ribčev Laz (Fisherman's Pass).

#### **Day 7: LAKE BOHINJ**

13 kms. Lakeside / valley walk. (4\* hotel)

Spend the day strolling around this wonderful, tranquil lake sitting in the shadows of the immense mountains of the Julian Alps. Warm weather permitting, you can swim in its crystal clear water. Try the delicious Bohinj trout. At the western end of the lake is a short trail up to Savica Waterfall, which feeds the lake. Then you can take the cable car up to the 1532-metre high Vogel Mountain for a spectacular view of Mount Triglav, the highest peak in the Julian Alps. Spend the evening in one of the cosy village pubs and try the local homemade honey brandy.

**Day 8: DEPARTURE** after breakfast.

#### **Departures 2011:**

Individual tour: any day between 3 April and 9 October, 2011

**COST 2011** : 614 EUR per person share twin

Children between 2 and 6: 50 % discount

Children between 6 and 12: 30 % discount

Additional adults sharing a double room: 10 % discount

Children's prices are only valid if they share a room with parents. If children need a separate room, discounts are available at request. Date of birth required with booking. Discount on basic price only.

#### **Price includes:**

- Accommodation in above listed hotels in a two-bed room with WC and shower, on a bed & breakfast basis.
- Transfer of persons on days 4 & 6.
- Luggage transport between hotels (one piece per person).
- Information pack including detailed route description (one per room).
- Backup service (hotline) during the trip.
- Detailed maps with marked route

### Supplements:

- Single room 130 EUR.
- Half board 105 EUR (7 dinners in accommodation hotels)
- Additional luggage: next to one piece of luggage, a handbag is free of charge. For every additional item there will be a surcharge of 10 EUR – to be paid locally.

### How to get there:

There is a local bus service from Ljubljana to Podkoren approximately every 2 hours that takes 2 hours.

A local bus service operates hourly between Lake Bohinj and Ljubljana.

If travelling from the coast ex Trieste there is a train service to Ljubljana which is not frequent. However you can take a taxi from Trieste to Koper (on the Slovenian Adriatic coast) where there are regular train services to Ljubljana.

### Personal transfers (price per person, 2 persons minimum):

- Transfer from Ljubljana Airport to Podkoren: 50 EUR per person.
- Return to the airport from Bohinj: 45 EUR.
- Transfer from Bohinj back to Podkoren: 45 EUR per person.

**Not included:** Entrance fees.

### Additional nights & touring extensions:

- \*\*\* Hotel in Bled: 49 EUR per person in standard double room, B&B. Single room: 65 EUR + Tourist Tax Eur1.10 per person per night. Half board: +15 EUR.
- \*\*\*\* Hotel in Bled: 75 EUR per person in lake view double room. Single room: 145 EUR + Tourist Tax Eur1.10 per person per night. Half board: +25 EUR.
- **Ljubljana** is the capital city and a centre for culture having been under Hapsburg rule for centuries. It's historical buildings are still in tact despite the political conflicts over the centuries. We recommend a night or two to explore its attractions, most notably the castle that overlooks the city, the cathedral of St Nicholas, the Baroque Old Town and more recently Art Nouveau mansions. It's mostly a pedestrian zone so easy to get to know. It's a university town so there are lots of young people, lively bars and cafes along the banks of the river that runs through it.
- \*\*\* Hotel in Ljubljana: 58 EUR per person in standard double room, B&B. Single room: 105 EUR + Tourist Tax Eur1.10 per person per night.
- \*\*\*\* Hotel in Ljubljana : 84 EUR per person in double room. Single room: 155 EUR + Tourist Tax Eur1.10 per person per night.

**Maribor** - The region of Maribor lies at the eastern end of the Julian Alps, 120km from Ljubljana. It is in the town of Maribor that the oldest producing grape vine in the world at over 400 years, exists winding its gnarled trellis of branches around the equally antiquated, medieval Old Vine House. This is an icon of the town's wine culture which is age old and a proud tradition.



An extensive underground cellar exists beneath the entire city square and further. The Vinag Wine Cellar covers 2,000 sq m and has 2.5 km of tunnels crammed with wooden barrels, concrete cisterns, bottles and the valuable wine archives. It has the capacity to store seven million litres of wine and is one of the largest classical wine cellars in Europe. Aged bottles of wine pre 1945 have been preserved by re-corking every 12 years as well as many vintages after this time. After viewing this dusty collection you can enjoy a glass of Slovenia's award winning white wines at the tasting room.

The wine roads of Maribor are a 'must do' and walking the trails of the vine-clad hills can be punctuated at great wine shops and farms where you can sit and enjoy a glass of vino while admiring the pretty countryside.

In winter Maribor is a popular ski resort, being the largest in Slovenia. It becomes a network of walking and biking trails in the summertime through primeval forest, green pastures to lakes and waterfalls. A cable car operates from the town to transport walkers up to the alpine village of Pohorje, a lovely getaway and so quick and easy to reach.



Maribor package: 2 nights in a **3\* hotel** B&B basis - EUR 144 per person share twin, EUR 110 single room + Tourist Tax Eur1.10 per person per night

**5\* hotel/resort** located 10 mins from the centre of Maribor and adjacent to the gondola up to the village of Pohorje and the trails of the Pohorje Plateau -

3 days/2 nights - EUR 175 per person share twin + Tourist Tax Eur1.10 per person per night.

Includes: buffet breakfast daily; 2 X 3 course candlelit dinner; entry to Wellness/Spa Centre which has swimming pool with water massage and waterfall, Finnish sauna, Turkish bath; parking

**Extras:** Rental car hire; sightseeing tours of Ljubljana and Maribor; wine tasting Vinag wine cellar Maribor - available on request.

**Book through :**

**“A Walker’s World”**

Ph. (09)4867473/1 Email: [walkworld@xtra.co.nz](mailto:walkworld@xtra.co.nz)