



SLOVENIA

JULIAN ALPS & BEYOND

8-DAYS

BY BIKE, FOOT, KAYAK & RAFT

For those looking for the new and undiscovered, Slovenia is an adventure gem full of hidden surprises. This tiny country, part of former Yugoslavia, is sandwiched between Italy, Austria, Croatia and Hungary. It possesses all the beauty of its surrounding countries, including the towering Alps, dense pine forests, crisp turquoise lakes and beautiful Baroque architecture. On this double dose of adventure, we combine both Slovenia and Italy. We'll trek into the luxurious Julian Alps, kayak down the Sava River, and bike through quaint villages right into Italy. Here we'll stop for an Italian feast before returning to Slovenia to whitewater raft down the turquoise waters of the Soča River. This itinerary is fun-filled, infused with the local culture and in a gorgeous natural setting. Add in great wines, gourmet meals and you have all the ingredients for a sophisticated multi-sport extravaganza.

Day 1

LJUBLJANA

ARRIVAL

Upon arriving in Ljubljana make your way to your hotel in the old part of the city. Your stay is in a comfortable boutique hotel in the centre of the city. Upon arrival at your accommodation you'll receive confirmation of your start time the following day.

Accommodation: Hotel

Meals: none



Day 2

LJUBLJANA - TRIGLAV NATIONAL PARK

HIKING

This morning we leave the bulk of our luggage in storage at our hotel and carry a small overnight daypack with us for our 2 day trek to Triglav National Park. The day starts with a drive to one of the trailheads and from there we set off on a full day of hiking high above the village of Bohinj. The path ascends through an evergreen forest, eventually reaching the heart of the craggy Julian Alps. The terrain is mostly rocky today so expect lots of uneven ground. Once we reach the highest point of the day, the viewpoint of the Seven Triglav lakes will be below. It is a spectacular landscape of turquoise lakes, limestone peaks and giant boulders scattered across the surrounding area. Set in the middle is The Seven Lakes Mountain Hut where we spend the night in dormitory-style lodging.

Hiking Duration: 6 hours

Hiking Distance: 8km / 5mi

Ascent: +1,110 m (3,609 ft)

Descent: -150 m (490 ft)

Accommodation: Dormitory Lodging at Mountain Hut

Meals: Breakfast, Lunch, Dinner



Day 3

TRIGLAV NATIONAL PARK - BOHINJ

HIKING

We start the day with breakfast at the mountain hut, then lace up our hiking boots for a second day traversing through the pristine Triglav National Park to Bohinj valley. We meander along undulating paths with wide-open views of the green pastures and surrounding Julian Alps. The final part of the trek is through an evergreen forest, and the spongy trail is strewn with pine needles and honeycombs. We end the day transferring to our cozy hotel in Bohinj. The remainder of the day is free to relax and enjoy dinner on your own.

Hiking Duration: 5.5 hours

Hiking Distance: 7km / 4mi

Ascent: +100 m (330 ft)

Descent: -1,300 m (4,265 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 4

BOHINJ

RIVER KAYAKING

After breakfast, we'll head out and meet our local kayaking crew to gear up with river kayaks, spray skirts, helmets and paddles and have an instructional and safety briefing on how to paddle the river safely. We'll then get in our kayaks and paddle down easy class II rapids on the Sava River. This paddling journey is through the picturesque Slovenian countryside with views of the Julian Alps. After the kayaking, the remainder of the afternoon is at leisure to enjoy Bohinj. Overnight at the same cozy hotel.

Kayaking Duration: 2-3 hours

Kayaking Distance: 9km / 5mi

Accommodation: Hotel

Meals: Breakfast



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Day 5

LAKE BOHINJ & BOVEC

BIKING & HIKING

After a hearty breakfast we set out on touring hybrid bikes to explore the picturesque villages surrounding Bohinj. We ride on winding paved and dirt roads that carve through villages with wooden homes, decorated with baskets of scarlet geraniums in their windows, reminiscent of Swiss architecture. Midday we drive towards Vrsic pass and break for a delicious lunch in a mountain hut. After lunch, we hike for one hour on a scenic trail before driving to the Slovenian adventure town of Bovec, located in the unspoiled alpine valley where you'll find the amazing emerald Soca River. We'll check into our hotel and the remainder of the evening at leisure to experience the town of Bovec.

Biking Distance: 12km / 7.5mi

Biking Duration: 2 hours

Ascent: +150 m (492 ft)

Descent: -150 m (492 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 6

SOČA RIVER & BRDA WINE COUNTRY

WHITewater RAFTING

Today we switch gears and have a morning of liquid adventure whitewater rafting on surging emerald swells of the Soča River. This river is renowned to be one of the most beautiful in Europe. After rafting we head to the Kolovrat range where structures of the third Italian line of defense are densely tossed on both sides of the state border. A special approach to the restoration of these positions was the use of original building materials (wire nets for fortifying slopes, corrugated sheets, slates, etc.) from the time of the First World War. Accommodation in a comfortable boutique hotel in Brda Wine Country.

Rafting Distance: 8 km / 5 mi

Rafting Duration: 1.5-2 hours

Accommodation: Hotel

Meals: Breakfast, Lunch



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Day 7

BRDA, ITALY & LJUBLJANA

BIKING

We wake early with the long daylight, feast on a healthy Slovenian breakfast and then we're back on our bikes cycling through the Brda region, known as the Slovenian Tuscany and wine region. Brda is a land of castles, vineyards and small white churches, often situated on the top of the hills overlooking the villages. We'll pedal from village to village experiencing the natural and cultural heritage of this area. The farm roads here crisscross the national borders between Slovenia and Italy, and we'll cycle across the border and into Italy for a short visit so that you can experience two countries in one trip. Midday we'll break for a delicious picnic lunch in a beautiful location. Late in the afternoon we'll make our way back to Ljubljana for our final night in Slovenia. Overnight stay in a comfortable boutique hotel in Ljubljana.

Biking Distance: 23 km / 14 mi

Biking Duration: 4-5 hours

Ascent: +700 m (2,297 ft)

Descent: -700 m (2,297 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 8

LJUBLJANA

DEPARTURE

This is the end of your Slovenia adventure. Depending on your flight time, you may have time to explore this lovely city a bit more before arranging your own transfer to the airport for your international flight back home or onward within Europe.

Meals: Breakfast

NOTE about Ascent/Descent numbers:

The ascent/descent numbers are usually generated using Ride with GPS. The numbers are TOTAL ascent/descent for the day and these numbers do not suggest altitude. There are usually multiple small ascents and descents added up throughout the day to reach this total ascent/descent for the day. (While our numbers are generally consistent with Ride with GPS, depending on the mapping technology used, numbers may vary).

TRIP INCLUSIONS

Trip Includes

All accommodation, meals as indicated, all internal transportation, equipment and English-speaking guides.

Not Included

International airfare, airport departure taxes, airport transfers*, gratuities, meals not included and items of a personal nature

**We can add transfers upon request as an additional service booking.*

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