

SLOVENIA self-guided

Slovenia on tour



A small country in Central Europe, Slovenia is a paradise for sports enthusiasts with a thirst for nature and the mountains. It boasts an exceptional variety of landscapes: alpine peaks rub shoulders with meadows and lush green valleys, crystal-clear lakes rival the beauty of emerald rivers, and the towns and villages, all on a human scale, are filled with an authentic, friendly atmosphere... Your journey will focus on the heart of the Triglav National Park, a veritable natural eldorado that we invite you to discover on this itinerant trek. You begin your journey in the wild and sublime valleys of Bled and Bohinj, where their respective lakes are the highlights. The route then continues, crossing the ridge of Mont Vogel at 1922 m and descending into a completely new valley, the Soca. For the next 3 days, you'll be walking in these new surroundings along the Alp Adria Trail, the long-distance hiking trail linking the Julian Alps to the Adriatic Sea. It's a sumptuous route, linking mountains and one of the most beautiful rivers in the world, the Soca. Each evening, you'll stop off in one of the valley's pleasant villages, where outdoor sports enthusiasts, Slovenian mountain dwellers and visitors enjoy a friendly get-together. At the end of the route, take the opportunity to discover the Tolmin gorges, and then a train or bus transfer later, you'll be on your way to Ljubljana, with its atmosphere of dolce vita.

🕒 7 days

👤 Self-guided / without a guide

🧳 With or without baggage transport

🏠 Accommodation : Hotel **

🏔️ Level : ****

🏠 From : 680€

You will like

- Emblematic sites: Lake Bled, Triglav National Park, Bohinj Valley...
- Cross the crests of the Sija and Vogel mountains
- Discover one of the most beautiful rivers in the world: the Soca
- A day to discover the capital Ljubljana
- An ideal holiday for those who want to do without a car

The route

Day 1

BLED

Arrive in Bled at the end of the day. The small town is 55 km from Ljubljana (daily bus connections). Immerse yourself in this picture-postcard landscape. Bed & Breakfast in a hotel in Bled.

Day 2

LAKE BLED - BOHINJ VALLEY

A short hike to discover the famous Lake Bled gets us off to a good start on our first day's walking. The trail circles the lake, then rises to offer a number of remarkable views of the turquoise lake, home to the country's only island. After the hike, you can choose between a swim in the lake, a visit to the Vintgar gorge, a tour of the castle overlooking the lake from its cliff, or a boat trip to the island and its chapel. Transfer at the end of the day by regular bus to the wild Bohinj valley. B&Bt in a hotel in Bohinj.

Distance : 8.5 km / approx. 3 h walk / Denivelé : + 310 m - : 310 m

Day 3

FROM BOHINJ TO TOLMINSKJE RAVNE VIA MOUNT VOGEL - BOVEC

After taking the cable car up to the top, you can enjoy a bird's-eye view of the majestic Lake Bohinj, before beginning the ascent to the crests of Mounts Sija and Vogel. At the summit, you can enjoy an exceptional panoramic view of the entire Julian Alps and Triglav, Slovenia's highest peak. The route then crosses over to the other side of the massif, crossing the mineral cirque on the south side of Mount Vogel. The descent continues through a beech forest to the high-altitude hamlet of Tolminskje Ravne, where you meet the taxi that will take you to Bovec for your evening stopover, 1 hour's drive away.

Night + breakfast in a hotel in Bovec

11.7 km / 5 to 6 h walk / Elevation : + 545 m - 1145 m

Day 4

FROM BOVEC TO KOBARID VIA THE SOCA VALLEY

Departing from Bovec, the capital of outdoor activities, you begin your discovery of the sublime Soca Valley, following Slovenia's most famous itinerary, the Alp Adria Trail. The trail takes you first past remarkable waterfalls before joining the wild course of the emerald river, considered to be one of the most beautiful in the world. You finish your stage at Kobarid after crossing the Napoleon bridge over one of the most picturesque spots in the valley, where the gorges are particularly narrow. Overnight stay + breakfast in a hotel

24 km / 6 to 7 h walk / Elevation : + 445 m - 665 m

Day 5

FROM KOBARID - DREZNICA TO TOLMIN VIA THE SOCA VALLEY

After a short taxi transfer, you will reach the heights of Kobarid, in the mountain village of Dreznica. The first part of the route takes you through a pastoral landscape of pastures at the foot of Mount Krn, in the heart of this authentic region, renowned for its gastronomy, particularly its cheese. Then there's a gradual descent to the Soca river and the village of Tolmin. Night + breakfast in a hotel in Tolmin

23 km / 6 to 7 h walk / Elevation : + 730 m - 1085 m

Day 6

THE TOLMIN GORGES AND LJUBLJANA

This morning, you can visit the famous Tolmin Gorge. The Tolminka and Zadlascica rivers have carved spectacular,

narrow gorges through the rock, creating a superb, magical, turquoise contrast. Then transfer by bus or train to the Slovenian capital, Ljubljana, after a journey of around 2 hours 40 minutes. Night + breakfast in Ljubljana
6 to 9 km / 2 to 4 h walk / Elevation : + from 120 to 340 m - from 120 to 340 m

Day 7

LJUBLJANA

Last day to enjoy the Slovenian capital, with its dolce vita atmosphere. Ljubljana is the kind of city where you immediately feel at home, so serene is the city, and its pedestrian-friendly streets make it so pleasant to explore. You'll love strolling along the Ljubljanica river, through its typical markets and lively streets.

End of the day in Ljubljana.

The programme has been drawn up on the basis of the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter its course.

The trip

LEVEL ***

Very demanding: the stages between day 3 and day 5 are very demanding, with mountain routes, elevation changes, alpine trails and some technical sections. On the other days, the walks are more moderate.

This trip is organised in collaboration with our local partners, who share our commitment to offering you an authentic holiday.

ROAD BOOK

- A complete route book with descriptions of the walks each day
- Extracts from the 1:25,000 hiking map
- The complete 1:150,000 scale map of Slovenia

ACCOMODATION

You will be staying in quality *** hotels. You will have a room with private bathroom.

MEALS

Overnight accommodation and breakfast. Each evening, you can dine in your hotel restaurant or in a nearby restaurant. Please inform us about your food allergies and special diets **at the time of booking**.

We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

CLIMATE

Inland, the climate is continental: summers are generally hot, with a little rainfall to keep the countryside green. In the north, in the heart of the mountains, the climate is alpine. Early mornings are generally sunny, while in the afternoons the peaks tend to become progressively cloudier. Temperatures are mild in spring and autumn (sometimes cool at night) and hot in summer.

Practical information

ACCESS TO THE POINT OF DEPARTURE

If you're coming by car:

Approximately 12 hours' drive from Paris, 10 hours from Lyon. We recommend you visit www.viamichelin.fr or www.mappy.com.

Please note that a vignette is required to drive on Slovenian motorways. In 2021, the vignette cost 30 euros. The trip itself does not use a motorway, but if you are travelling from Italy to Ljubljana and then Bled, you can take one. You can buy it on the spot, at the border crossing. If you are leaving your car in Ljubljana, we recommend a car park on the outskirts of the capital, where you can leave your vehicle for several days at a very reasonable price (around €1.20/day) and which includes a bus ticket to the city centre. This is the case of the Barje P+R car park.

For more information, visit http://www.lpt.si/en/parkings/personal_cars/Barje

If you're coming by plane:

Flight from Paris to Ljubljana, approximately 2 hours, with Air France.

If you are coming by plane, you will need to arrange a bus transfer from the airport to Bled, where your stay begins, 38 km away. To do this, take an Alpetour bus to Bled, either direct or with a change at Kranj. Buy your ticket directly on the bus (around €4-5/person). Allow around 1 hour 45 minutes for the journey. Alternatively, as an option, we can offer you a taxi transfer, which you should ask for when you register.

If you're coming by train:

You can travel between Paris and Ljubljana via Stuttgart and Munich, with the SNCF and then the Deutsche Bahn (German rail company). Information is available at www.sncf-connect.com, www.bahn.de or www.trainline.fr.

If you are coming by bus:

There are bus connections between Paris (or the provinces) and Ljubljana. The companies Eurolines and Flixbus offer these routes. Allow around 20 hours from Paris, and 16 hours on average from Lyon.

Eurolines: tel: 08 36 35 35 35 or 01 44 63 00 66 - www.eurolines.fr

Flixbus: www.flixbus.fr

To reach the start of your stay, there are regular buses between Ljubljana (bus station, opposite the railway station) and Bled. Several companies operate daily services: Arriva, Nomago and Alpetour. Allow 1 hour for the journey.

End of your stay in Ljubljana.

ACCOMMODATION BEFORE OR AFTER

Possibility of an extra night + breakfast in Ljubljana

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.

The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, **contact EUROP ASSISTANCE.**

Dates & prices

DEPARTURES & PRICES

Tour 7 days / 6 nights, departures at your choice from 15 June to 20 September 2024

Without luggage transport from 15/06 to 30/06 and from 01/09 to 20/09

€750 per person - for 2 people

€680 per person - for 3 to 8 people

Without baggage transport from 01/07 to 31/08

€810 per person - for 2 people

€750 per person - for 3 to 8 people

With luggage transport from 15/06 to 30/06 and from 01/09 to 20/09

€840 per person - for 2 people

€720 per person - for 3 to 8 people

With luggage transport from 01/07 to 31/08

€910 per person - for 2 people

€790 per person - for 3 to 8 people

Options available :

> Single room supplement (compulsory for odd-numbered guests)

> Extra night in Ljubljana (overnight stay + breakfast)

THE PRICE

Includes:

- 6 nights with breakfast
- Taxi transfers required for the stay
- Luggage transfers according to package chosen
- Local taxes

Does not include:

- The return journey from your home to the meeting point and dispersal.
- The bus to get to the start in Bled
- Dinners and picnics
- The bus between Bled and Bohinj on day 2 (approx. €5/person)
- Cable car ride on day 3 (€28/person)
- Bus or train ticket from Tolmin to Ljubljana on day 6 (approx. €10/person)
- Drinks and personal expenses
- Admission to the Tolmin Gorge (€8/person)
- Insurance cover
- Registration fee

The price applies from departure to end point.

Equipment and baggage

RECOMMENDED EQUIPMENT

For hiking :

- for maximum comfort, opt for a "multi-layer" clothing system: warm underwear (tights + jersey) such as "carline" or "capilene" (hollow fibres that wick away perspiration) + sweatshirt or fleece jacket + mountain jacket and overpants with a waterproof, breathable membrane (such as "gore tex" or equivalent) for bad weather. In general, and outside hot climates and countries, avoid cotton, which retains moisture close to the body (and dries with difficulty), in favour of suitable synthetic materials.
- canvas trousers
- shorts
- T-shirts
- 6 to 7 pairs of hiking socks
- 1 rain cape covering the hiker and the rucksack. If you have very technical tracksuits (see above), you can cover just the rucksack with a rain cover. An umbrella is less practical, especially if it's windy or stormy...
- 1 sun hat, ideally a Saharan-style cap with a peak and neck protection
- 1 scarf to protect you from the sun and/or wind
- 1 hat and 1 pair of gloves, depending on the season and altitude: always keep them at the bottom of your bag.

For the day :

- a change of clothes and comfortable shoes
- earplugs or ear plugs
- minimum toiletries + towel + swimming costume Overall, your clothing should be adapted to the season and the region you have chosen.

Miscellaneous equipment

For hiking :

- 1 pair of hiking boots (with a waterproof, breathable membrane, such as "gore tex" or equivalent) that you feel comfortable in! New shoes should be "broken in" before you set off on your hike, and worn a few weeks beforehand to avoid the inconvenience of blisters and overheating...
- 1 (or even 2) pairs of sunglasses with at least factor 3 lenses
- 1 large, sturdy plastic bag to wrap your clothes and belongings in your rucksack (in case of heavy rain)
- 1 water bottle, preferably insulated, minimum 1 litre. Drinking is essential when hiking, so 2 water bottles of 1 to 1.5 litres will not be a luxury in the summer and/or in dry, hot regions.
- 1 Swiss Army knife + cutlery + cup
- 1 Tupperware-type bowl with lid for picnics
- toilet paper and tissues
- 1 pair of telescopic poles (optional), but they are useful for balancing and lightening your body weight on the way down, and help you on the way up by providing rhythm and extra thrust.
- 1 compass (recommended)
- 1 pocket for your papers and valuables: passport or identity card, insurance policy, health insurance card, vaccination certificate, plane or train tickets, credit card, money, etc.
- 1 small personal first-aid kit (please note that this is not an exhaustive list and should be adapted to suit your own medical needs) : pre-cut sterile dressings, local antiseptic for external use (wounds), Elastoplast and/or double skin (blisters), Paracetamol-type analgesic, Antidiarrhoeal and intestinal antiseptic, Antisapsmodic, Antihistamine (allergies), saline solution or eye drops, light sleeping pill, high protection sun cream for skin and lips, Biaffin-type moisturiser (sunburn and burns), mosquito repellent cream or spray, Arnica Montana granules 9 CH (aches and pains).

For the day :

- 1 pair of lightweight sandals Luggage
- 1 ventilated, adjustable, 30-35 L rucksack with waist belt for the day's provisions, water bottle, protective clothing, camera, etc.
- 1 soft travel bag or suitcase for a change of clothes for the week.

Details

HOW TO REGISTER

- Online: www.altitude-montblanc.com

- By telephone: +33 (0)4 50 79 09 16

-Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation. The balance must be paid one month before departure without a reminder from us. For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE