Across the Julian Alps to Triglav

Trip Code: JAT

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- Trek to the summit of Slovenia`s highest mountain - Triglav (2,864m)
- Perfect introduction to easy Via Ferrata and alpine scrambling
- Stay in the picturesque town of Bled and enjoy a dip in the lake
- Hike off the beaten track above Lake Bohinj in Triglav National Park

AT A GLANCE

- 6 days trekking
- Max altitude - 2864 metres
- Join at Ljubljana

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This fantastic hut-to-hut trekking holiday takes you on a spectacular journey across the Julian Alps of Slovenia to the summit of Mount Triglav and is impossible to beat. Straddling Italy and Slovenia the beautiful Julian Alps offers some of the most impressive mountain scenery in Europe including Triglav National Park which is home to alpine pastures, pine forests, clear streams, crystal lakes, mountain huts and a rich variety of jaw-dropping trails. From the lakeside gem of Bled we head to the breath-taking Bohinj Valley and ascend to Crna Prst which offers a stunning panorama of Bohinj's glacier lake. Keeping high we'll spend the next few days on a wonderful ridge above lush alpine valleys before we cross the magnificent Skrbina Pass. A gentler day in the Valley of the Seven Lakes sees us arrive on the shoulders of the highest mountain in Slovenia, the spectacular triple-headed Triglav (2,864m). From here the route to the top is outstanding as we follow an exhilarating trail which offers a spot of scrambling and sections of via ferrata. The view from the summit is described as one of the most sublime among the Alps and we'll be rewarded with an extensive panorama across the Julian Alps, Italy and Austria. Using traditional alpine huts this unforgettable traverse is topped off with a final night in Lake Bled.

Is this holiday for you?

On this trekking holiday, and as you'd expect on a classic alpine journey, you will encounter significant amounts of ascent and descent alongside some long days spent high in the mountains. The trails are good with some sections of rocky ridge walking and elements of exposure. On the final (optional) 2-hour ridge walk to the summit of Triglav there are fixed cables and you'll be provided with a harness and helmet for this via ferrata section. These two pieces of equipment will need to be carried in your rucksack on the day of the climb. For 5 nights we stay in traditional mountain huts deep in the park. As we are away from road access you'll need to carry your personal equipment for the trek. Considering all bedding is provided and with a spot of careful packing you can avoid any form of heavy backpacking. Part of the overall holiday experience is not being vehicle supported, meaning you are walking in areas that are totally off the beaten track, which does have an influence on the grading. However this holiday is the perfect choice for fit hill walkers looking for a holiday that includes the most spectacular traverse in Europe.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified Slovenian mountain guide
- Single timed group airport transfers on day 1 and 8
- All accommodation as described
- Meals as detailed in the Meal Plan
- All land transfer required by the itinerary
- A via ferrata safety harness and a climbing helmet (provided locally)

What's not Included

- Travel insurance
- Some meals as detailed in the Meal Plan
- Tips
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Bled. A single timed transfer is provided from / to Ljubljana Airport.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

Breakfasts and 5 dinners (whilst trekking) are included in the holiday price and lunches can be bought at huts along the way. Extra snacks can be purchased from one of the supermarkets in Bled before starting trekking. Approximately 20 Euros per day should cover lunches whilst trekking. We do not encourage the purchasing of single use plastic bottles and recommend that you take a filter bottle (such as a Water-To-Go bottle) or purification tablets. However, if it has been a dry summer, water availability at the huts may be limited and so it may be necessary to buy bottled water at the huts. This can cost up to €10/ bottle at some huts and you should budget accordingly.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Slovenian cuisine is very much influenced by its neighbours of Austria, Italy and Hungary so you'll find a fantastic variety of food in the country.

In the huts, the food is basic and with options varying from hut to hut. Breakfasts usually consist of bread and jams with a selection of meats and cheeses and sometimes eggs plus tea and coffee. Excellent value and filling lunches of mountain soups/stews/pasta can be bought along the trail at one of the huts but usually there will be a choice of sandwiches and snacks. Dinners are normally 2 courses - either a soup with meat or a stew, risotto or a pasta dish and a vegetarian option is available, normally followed by fruit or a simple dessert. Snacks such as chocolate, trekking bars can be purchased at the huts or in the local supermarket in Bled before the trek starts. Most of the huts also have a small shop or bar facility where bottled local beers and soft drinks can be bought.

Before and after trekking, Bled has a fantastic range of restaurants with menus to suit all budgets. Popular meat dishes include pork, chicken, turkey, smoked meats, sausages, snitzels and goulashes. The country has a good selection for vegetarians too. Slovenes love colourful salads with their lunch or dinner and fresh vegetables are always available. Alongside an excellent selection of pastas, risottos and fantastic pizzas, most restaurants advertise Vegetable Plate, which is a large dish of freshly cooked vegetables alongside soya steaks or mouth-watering fried cheese. If you are lover of cheese, then Slovenian fried cheese is not to be missed!

Local deserts are wonderfully rich and a must try is the famous Cream Slice of Lake Bled, which you'll see everywhere. Another favourite calorific cake is the mouth-watering Gibanica, a wonderful combination of poppy seeds, soft cheese, apple and filo pastry. Finally Slovenian wine is amongst some of the finest in the world. Local open wine is excellent and served by the glass, half litre or litre. Red wine which shouldn't be missed is the velvety Teran and fruity Refosk from the coast. Whites are served ice cold with Sivi Pinot and Belo Pinot being the most popular.

Accommodation

During this holiday you will spend 2 nights in a 3-star tourist class hotel in Bled. Accommodation here is twin sharing with ensuite facilities.

There are 5 nights in huts set up by the Mountaineering Association of Slovenia in the protected area of the Triglav National Park. Accommodation here is in dormitory style rooms that vary in capacity, some holding 8 persons per room and some as many as 25. Sleeping bags are not required at the huts. Bed sheets and blankets are supplied but you may prefer to bring your own cotton or silk liner. Please note that water for washing is limited at the huts, and bathroom facilities can be basic. However, overnighting in the heart of the mountains and staying in a traditional mountain hut, more than makes up for the lack of showers!

If you are travelling by yourself, you will be paired up with another single client of the same sex for the 2 hotel nights. Single rooms are available for a supplementary cost. Single rooms are not available in the mountain huts. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

During this holiday the group will be led by a locally based, professional, english-speaking mountain guide.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

The currency in Slovenia is the Euro. We estimate that €260 will cover your personal spending and miscellaneous expenses including the above mentioned lunches and reasonable tips for the local guide. Cash can be withdrawn from ATM's in Ljubljana Airport and in Bled using a credit card or a debit card.

Guidance on Tipping

Most people will want to tip their local guide if they have had a good experience. This is a purely personal decision and it is important to remember that tips are a way of saying 'thank you' and are not part of the wages of local staff. We recommend that any tips be given from the group as a whole rather than from individuals and that the group decides together on a level of tipping that everyone is comfortable with.

Baggage Allowance

During the holiday you'll be carrying your personal trekking equipment so it's good to keep this to a minimum. With careful planning, and considering you don't have to carry a sleeping bag or camping mattress, it should be possible to keep the weight to around 8kgs. Your main luggage with your travel clothes etc can be left at the group hotel in Bled and as you won't be trekking with a kit bag you may find a wheeled suitcase is more suitable for travelling to and from Slovenia.

Please note that the via ferrata safety harness and helmet required for the ascent of Triglav will be issued to you on the day of the ascent and you will not be required to carry this for the main trek.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Running, cycling and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

From July to September the weather is generally very good. We can expect daytime valley temperatures in the range 24 - 30°C in July and August, dropping to around 15°C overnight. September temperatures will be a few degrees cooler and whilst high up in the mountains temperatures will also be cooler but should be comfortable for trekking in shorts and short sleeved shirts (should you wish). As with any alpine area there is the risk of some unstable weather. However Slovenia usually enjoys a very pleasant and stable climate and we should expect mainly clear and sunny days even in September.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet Slovenia
- Rough Guide. Slovenia
- The Julian Alps - Simon Brown (Cicerone)
- Europe in a Motorhome: A Mid-Life Gap Year Around Southern Europe - H.D Jackson
- The 8.55 to Baghdad - Andrew Eames

Maps

Planinska Zveza Slovenije. Julijske Alpe. 1:50,000

This Slovenian map has 2 sheets (west part and east part) covering the Julian Alps. The eastern sheet covers the route of this holiday.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Walking boots which are comfortable for scrambling
- Socks
- Trekking trousers
- Lightweight waterproof over trousers
- Underwear
- Shorts
- Thermal base layer shirts (2 short sleeve, 1 long sleeve)
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Sun hat or cap
- Warm hat
- Sunglasses
- Lightweight thermal gloves
- Daypack 50 litres max.
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)

- Water purification tablets or water filter bottle (such as a Water-To-Go bottle)
- Small towel
- Washbag and toiletries
- Wet wipes (note that some huts do not have water available for washing)
- Antibacterial hand gel
- Small padlock (to lock any excess luggage left at the hotel in Bled)
- Basic First Aid Kit including plasters (band aids), blister treatment, headache tablets etc.

Via Ferrata Equipment (provided locally)

- Via ferrata lanyard
- Climbing harness
- Climbing helmet

(These items will be issued to everyone from the mountain hut ahead of the ascent of Triglav. (You will need to carry these in your daypack on this day)

The following items are optional:

- Travel clothes
- Trekking poles
- Camera
- Insect repellent
- Earplugs (especially if you are not the one snoring)

- Pen-knife (remember to put all sharp objects in hold baggage)
- Cotton or silk sheet liner (bedding is provided but we would recommend taking a liner with you)
- Reusable cloth bag for shopping (to avoid plastic bags)
- Swimming kit if you want to swim in Lake Bled during free time.
- Sleeping bags/extra shoes: These are NOT required as bedding and hut shoes/slippers are provided at mountain huts.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Bled. Single timed transfers are included from/to Ljbuljana Airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Ljubljana with British Airways. Outbound flights will usually depart from the UK in the morning. Return flights will depart Ljubljana in the late morning of the last day of the itinerary.

Why Choose KE

Why KE

The Ultimate Hut to Hut Traverse - Exclusive to KE and one of the Telegraph's Top 50 holidays for solitude. We've been running this holiday in Slovenia since 2005 which is why we know KE's route is the best in the business, and why we include six fantastic days in Europe's most spectacular Alps! Secure your place on this classic mountain traverse. Want to know more? Read our excellent reviews or call the office to talk through the trip.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change