Walking Slovenia's Lakes and Mountains

Trip Code: JLM

Version:

WALK & TREK	GUIDED GROUP	MODERATE
		4



HIGHLIGHTS

- Hike Slovenia’s best trails to waterfalls, lakes, meadows and shepherd pastures
- Stay in an alpine hut before hiking through the Seven Lakes Valley of Triglav
- Walk on the spectacular mountainous border between Slovenia and Austria
- Visit Ljubljana or sail across to the pretty church in the centre of Lake Bled

AT A GLANCE

- 5 days walking
- Max altitude - 1800 metres
- Join at Ljubljana

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

On this centre based walking holiday you'll hike spectacular trails whilst surrounded by dramatic peaks and Slovenia's stunning lakes. Experience pristine nature in Triglav National Park alongside walks to waterfalls and traditional villages. Brimming with flower meadows, sleepy hamlets, mediaeval castles and lush green pastures, Slovenia is called Europe in Miniature. Pretty Lake Bled in the heart of the Julian Alps is the perfect base for a walking holiday with its mountain backdrop, stunning spa lake and island church. From here we'll hike in the Karavanke Mountains on the Austrian and Slovenian border, visit secret waterfalls in the Martuljak Mountains and walk on the beautiful high plateau of Pokljuka. The dramatic Triglav National Park is home to Slovenia's highest mountain, Triglav and we'll head into the heart of the mountains by cable car to spend a night in a traditional alpine hut overlooking the glacier lake of Bohinj. We'll hike through the captivating Valley of the Seven Lakes and explore flower meadows where shepherds and herdsmen carry on a way of life unchanged for centuries. During the holiday there's the opportunity to visit the beautiful capital of Ljubljana with its pavement cafes, meandering river and stunning architecture.

Is this holiday for you?

This is a lovely centre-based walking holiday in the heart of the Julian Alps. Each day you'll only need to carry a day pack as you follow well-marked trails with varying amounts of ascent and descent. As the holiday is centre-based you can chose to opt in and out of each day's walk which averages 5 to 6 hours with plenty of rest stops to enjoy the views and take in the scenery. A holiday highlight is one night in a mountain refuge at 1520m where we use a cable car to get up high into the mountains. When heading up to the mountain hut you'll need to carry what you need for one night, but considering all bedding is provided and with careful packing, you can avoid heavy backpacking. A free day means there is time to enjoy Lake Bled or visit the pretty capital of Ljubljana.

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

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 Ljubljana.

A single timed transfer from/to Ljubljana Airport to the group hotel is provided.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost.

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

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 excellent with influences from Austria, Italy and Hungary. This small country is home to smoked meats, sausages and snitzels plus freshly prepared pastas, stuffed ravioli and creamy risottos. Bite size potato dumplings and rich goulashes are served all over Slovenia. Dinners usually start with soup followed by a meat or fish course. Pork, chicken and turkey are the most popular. Vegetarians will enjoy the colourful salads whilst fresh vegetables are always available as are an excellent selection of pasta and rice dishes, cheeses, eggs and soya steaks plus most menus advertise “vegetable plate” a large dish of freshly cooked vegetables which is tasty and filling. Slovenian deserts are rich and a must try is Lake Bled’s famous Cream Slice or the mouth-watering Gibanica (poppy seeds, soft cheese, filo pastry and dried fruit). Slovenia’s “open wine” is fantastic and served by the glass, or in carafes. Red wines which shouldn’t be missed are the rich Teran and fruity Refosk of the coast. Refreshing whites are served ice. cold with Sivi Pinot and Belo Pinot being popular. Fresh bread is an important part of any meal, especially at breakfast. Breakfasts are continental in style with bread, meats, cheeses, jams, honey, eggs, tea and coffee. Whilst items for picnic lunches (fruit, bread, meats, cheese, chocolate /museli bars) can be purchased very cheaply in one of the excellent supermarkets around Lake Bled.

Accommodation

During the holiday the group will spend 6 nights in pension/hotel accommodation in Bled, a short walk from the lake and close to the main centre of the town. We try to select the group accommodation as close to the lake as possible so you can make use of the stunning location and excellent promenade which is great for a pre-breakfast/dinner stroll. Lake Bled is a great base as it has a number of supermarkets where picnic lunches can be made up, pavement cafes, local bars and a great selection of local restaurants. Accommodation here is on a twin sharing basis with en-suite facilities.

We will spend 1 night in a mountain hut operated by the Mountaineering Association of Slovenia, located in the Triglav National Park. The large refuge has an excellent bird's eye position overlooking Lake Bohinj. Here the facilities are simple but there are toilets, running water, a mountain hut restaurant and small shop/bar. Although the facilities are simple, the location is absolutely superb and the views plus alpine experience more than make up for the lack of hotel facilities for 1 night. Accommodation here is dormitory style with sheets and bedding supplied.

For the nights in Bled, single rooms are available for a supplementary cost, whilst additional hotel nights are also available. Single rooms are not available in the mountain hut.

Group Leader & Support Staff

The holiday will be led by a locally based, professional, English speaking guide.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

The currency in Slovenia is the Euro. Approximately 250 - 300 Euros will cover your personal spending including non-included meals, local drinks and tips for the leader. Cash can be withdrawn from ATM's using a credit card or a debit card and there are cashpoint facilities at Ljubljana Airport and in Bled.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your local staff. Tipping is entirely voluntary and should be dependent on good service. We recommend that you give any tips from the group as a whole rather than individually. As a rough guide, a contribution of €15 - €25 should provide a suitable pot for tips.

Baggage Allowance

There is no weight limit as such for this holiday other than imposed by your international carrier. However, we ask you to restrict your luggage to one main bag and a small day pack. Remember that your journey will be more pleasant the lighter you pack.

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

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 walking holiday getting some additional exercise. Although this is not a sustained trekking trip, you will be walking for 5 or more hours on each day and the fitter you are, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your holiday. 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.

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

Gorenjska Leisure Map

Covering the area of Bled, Bohinj and Karnjska Gora at 1:50,000 and with a contour interbval of 20m, this map from the Slovenian Geographical Institute covers all the walks on the holiday at a suitable scale.

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**

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 luggage to a minimum.

You must bring the following items:

- Walking boots
- Trainers (for around town)
- Socks
- Trekking trousers

- Lightweight waterproof overtrousers
- Underwear
- Thermal baselayer 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
- Small daypack
- Headtorch (for the night in the mountain hut)
- Sun protection (including total bloc for lips, nose etc.)
- Water bottle 1 litre (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Basic First Aid Kit including plasters, blister treatment, headache tablets etc.

The following items are optional:

- Travel clothes

- Trekking poles
- Shorts
- Camera
- Spare laces
- Insect repellant
- Swimming kit and towel
- Reusable cloth bag for shopping (to avoid plastic bags)

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 Ljubljana. 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 usually depart from the UK in the morning. Return flights depart Ljubljana in the late morning of the last day of the itinerary.

Why Choose KE

Why KE

With KE you'll join a maximum group size of 16 as you hike along the most stunning trails in the Julian Alps. Also staying in Lake Bled means more walking and less travelling so what will you do with that extra time? We recommend a pre-dinner stroll along the lakeside promenade before a glass of Slovenia's excellent wine.

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