Explore the mountains and lakes of Slovenia’s Julian Alps as you follow the Via Alpina from the tranquil village of Jezersko to Lake Bohinj at the heart of the Triglav National Park.

Following well marked trails you will walk across forested plateaus, through deep river gorges and across flower filled Alpine meadows with the snow capped peaks of the Julian Alps as your constant companions. Medieval castles, churches and traditional mountain villages bring the walk to life and immerse you in the friendly Slovenian culture.

Your holiday begins with two nights in the small romantic village of Jezersko in the Kokra Valley. You then walk up the northern side of the Kamnik Alps—Goli Vrh—which rewards with wonderful Alpine views, before descending to the town of Preddvor and then on through the peaceful Draga Valley to Tržič. Your walk continues along mountain ridges, meadows and valley floors via Bled to finish at Lake Bohinj, the jewel at the heart of the Triglav National Park.

Slovenia’s Julian Alps, located on the border with Austria, have always been a cross roads and this is reflected in the rich culture, architecture, music, history and food of this beguiling region. Highlights include the baroque Church of St. Petrus, Kamen Castle, Kremna Reszina pastries, karst prosciutto ham, borovnica blueberry schnapps and a lively folk music scene.

Your walk through the Julian Alps on the Via Alpina includes 6 days self guided walking, 7 nights hand picked accommodation in traditional country hotels (3 & 4 star), breakfast each morning, baggage transfer, 4 transfers during the walk, a detailed information pack including turn by turn route notes and detailed maps, a welcome meeting and emergency support.

HIGHLIGHTS

- Walking through flower filled alpine meadows beneath the snow capped peaks of the Julian Alps
- Soaking up the views along the best sections of the Via Alpina
- Indulging in the traditional Slovenian dish of wind cured karst prosciutto ham
- Exploring the Romanesque towers and Renaissance secrets of Bled Castle
- Arriving at the blue waters of Lake Bohinj in the heart of Triglav National Park

WHY MACS ADVENTURE?

Macs Adventure is a small, energetic company dedicated to delivering adventure excellence. We are passionate about delivering outstanding walking holidays where every last detail is taken care of. From your first contact with Macs Adventure you will deal with a specialist who will tailor make your trip to meet your exact requirements.

A self guided walking holiday is the perfect way to discover why everyone is raving about walking in Slovenia. Free to travel at your own pace and wander off the beaten track you will discover the beauty of the landscape, the warmth of the people and the long history of the Julian Alps.

SUMMARY

WHAT’S INCLUDED?

Accommodation: 4 nights 3* hotel, 3 nights 4* hotel.
Meals: 7 breakfasts. Lunch and dinner not included but always available at accommodation or nearby. Half board available.
Baggage Transfer: Door-to-door baggage transfer.
Info pack: Detailed route notes, maps and local information.
Welcome meeting: On arrival in Jezersko.
Transfers: On days 3, 4, 5 and 7 as per itinerary.
Emergency support: 24-7 support from our local partners and our office in the UK.

TO BOOK PLEASE VISIT WWW.MACSADVENTURE.COM OR CALL +44 (0) 141 530 8886
MOUNTAINS & LAKES OF THE JULIAN ALPS

THE VIA ALPINA: JEZERSKO TO LAKE BOHINJ

DETAILS ITINERARY

Code: WSlSVA
Days: 8 (6 Days Walking)
Nights: 7
Grade: Moderate to Strenuous

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<th>Day</th>
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<tr>
<td>1</td>
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<td>7</td>
</tr>
<tr>
<td>2</td>
<td>Circular walk to Ceska koca</td>
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<td>4</td>
<td>Circular walk to Jacobs Church</td>
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<td>5</td>
<td>Walk to Begunje</td>
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<td>6</td>
<td>Walk to Bled</td>
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<td>8</td>
<td>Onward Travel</td>
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<td>Total Distance</td>
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**DAY 1**

**Arrive Jezersko**

The village of Jezersko is situated in the Kokra Valley in an idyllic location between the towering Kamnik-Savinja Alps and the Karavanke mountains on the Austrian border. Jezersko is easily accessible by public transport from Slovenia’s capital, Ljubljana, just 30km away.

On arrival at your hotel you will have a welcome meeting in the evening (6pm) with our local representative. They will give you all the information you need including detailed route notes, maps and local information and answer any last minute questions you may have.

**Overnight:** Jezersko, 3 star hotel.

**DAY 2**

**Circular walk from Jezersko**

Today you can look forward to a delightful walk to the Ceska Koca mountain hut. Situated at 1543m above sea level, the mountain hut is one of the oldest in Slovenia and it gives an outstanding view of the two parallel valleys. Your return route to Jezersko takes you past the glacial Shepherds Lake to bring you back to Jezersko.

**Walk:** 12.4km, 690m ascent/descent, 5 hrs

**Overnight:** Jezersko, 3 star hotel.

**DAY 3**

**Walk to Goli Vrh**

Following a car transfer you walk up the northern side of the Kamnik Alps—Goli Vrh. A meadow and forest walk brings you to an amazing viewpoint above the Jezersko valley. With one foot in Slovenia and the other in Austria, you’ll enjoy splendid views of the Grintovec range.

After returning back to your hotel, you’ll be transferred to the little town of Preddvor. Historical attractions abound including the 15th century Castle Turn, Grad Preddvor Mansion and the 12th century Church of St. Peter.

**Walk:** 8.8km, 780m ascent/885m descent, 5-6hrs

**Overnight:** Preddvor, 3 star country inn.

**DAY 4**

**Circular Walk to Jacobs Church**

Today brings a slightly more demanding yet wonderful hike, full of splendid vistas. It begins with an ascent up to St. Jacobs Church, which in the days of Turkish raids served as refugee fortress and shelter. Your walk continues through deep forests of fir and spruce and across steep hillsides covered with alpine flowers to the hut at Hudicev borst; the perfect spot for a picnic! After a full day’s walk you can take a freshening dip in Crnjava lake just before returning back to your hotel.

**Walk:** 15.6km, 975m ascent/1000m descent, 6-7hrs

**Overnight:** Preddvor, 3 star country inn.

**DAY 5**

**Walk to Begunje**

Your day starts with a transfer to Ljubelj on the Austrian border, the starting point for a very interesting walk. The trail leads through an underground tunnel, originally dug by merchants in order to reduce the travelling time between the Slovenian state of Carniola and the Austrian state of Carinthia. As you emerge the trail follows an ancient shepherd’s route into the verdant Draga Valley.

Walking through a landscape of rich meadows and deep silent forest mountains you soon reach the historic village of Begunje. This is the home of the famous Slavco Avesnik Oberkrainer band, the primary exponents of ethnic Slovenian music. You will surely wish to visit the 12th century Kamen Castle (nearby; 2km) and the Gothic, Renaissance and Baroque delights of 15th century Katzenstein Mansion.

**Walk:** 13.7km, ascent 470m, descent 970m, 5hrs

**Overnight:** Begunje, 4 star hotel.

**DAY 6**

**Walk to Bled**

In contrast to the previous days of hillwalking, this morning you hike across the upper Carniolan plain. A slight ascent will take you to St Catherins Church. You’ll already be able to see Bled Castle, perched overlooking the beautiful lake, but to reach the town, don’t miss the short diversion through the stunning 1.6km Vintgar Gorge, carved 150m deep into the mountain strata by the turbulent Radovna river.

Bled is a uniquely picturesque town sitting on the shores of the glacial Lake Bled and overlooked by the imposing medieval Bled Castle perched atop a rocky ridge. Traditional wooden barges called Pletna ply their trade to a small island that is the location of the Assumption of Mary Pilgrimage Church. Itself sitting on the site of a temple of Ziva, the Slavic goddess of love and fertility.

There is no better way to finish your day’s walk.
than with a welcome vanilla and cream kremna rezina pastry while overlooking the lake.

Walk: 20.6km, 485m ascent, 565m descent, 5 hrs

Overnight: Bled, 4 star hotel.

DAY 7
Walk to Lake Bohinj
Today you start with a transfer up to the Pokljuka plateau in the Triglav National Park to walk across mountain pastures rich in Julian poppies, edelweiss and bellflowers. The high peaks are the realm of sure footed chamois, ibex and lynx and griffon vultures circle on the thermals high above. Walking in the clear alpine air you pass traditional farmhouses to bring you to a view point that provides views far down into the Bohinj Valley. Descending into the valley the route brings you to the historic village of Studor. Travel back in time at the village ethnographic museum and walk amongst the traditional hayracks that have been declared an architectural monument.

Your final destination is Lake Bohinj, the largest lake in Slovenia and the jewel in the heart of the Triglav National Park. Legend says that God gave the humble citizens of the lake the most beautiful part of Slovenia and the location surrounded by the Julian Alps is indeed sublime. In the small lakeshore settlement of Ribcev Laz, sit back and relax with a glass of borovnica blueberry schnapps, coupled with a dish of karst prosciutto ham.

Walk: 13km, 100m ascent, 865m descent, 4 hrs

Overnight: Lake Bohinj, 4 star hotel.

DAY 8
Onward Travel
Your adventure finishes after breakfast, though you may wish to add further nights to enjoy the many attractions that Lake Bohinj has to offer.

Additional Nights and Extensions
You can add additional nights at any point before, during of after the walk or in Ljubljana.

TRIP INFORMATION

Grade & Terrain
This walk is graded moderate overall and includes daily walks of between 10 and 22 km and ascents of up to 975m following rugged footpaths, tracks and mountain paths. Due to the nature of the terrain in Slovenia, and the fact that paths are not as well looked after as in other alpine countries you may find that some paths can be blocked with overgrown tree roots etc and care is required when negotiating the paths, paying close attention to your feet as the paths are very rugged.

Some of the ascents and descents are steep and are exposed so require a good head for heights and surefootedness. There are some short sections of up to 1km where ladders and cables are in place to help you along the way where the path is very narrow or the slopes are scree. Some illustrations of this are shown below to give you an idea of what to expect.

Day 4 is a tougher day and should be considered more of a moderate-strenuous grading due to the fact that it is the most exposed day, route-finding is a bit trickier and the terrain which consists of lots of gravel rocks can become very slippery after bad weather. If the weather is bad it is possible to simply do a shorter loop walk up to the church that day.

In summary you should have a good level of walking fitness to get the most from this holiday as many of the walks are not possible to shorten once you have started. The itinerary would not be suitable for anyone under the age of 16.

Navigation
The walks generally follow the Via Alpina, which is well marked and we also supply you with turn by turn route notes and detailed maps so you will have no problem following the route each day.

Accommodation
We specifically select your accommodation to ensure that you enjoy every minute of your stay in Slovenia. You will stay for 4 nights in 3* hotels/ inns and 3 nights in a 4* hotel. All offer comfortable rooms with ensuite bathrooms, a warm welcome to walkers, traditional hospitality and delicious local food.

Single Rooms
If you require single rooms within your party we would be happy to accommodate you although there is a single room supplement payable.

Meals
A delicious breakfast is included each morning. Most accommodations are happy to provide a packed lunch - this should be requested on arrival. Or you can pick up lunch in the village or stop along the trail. If you choose the half board option dinner is included or alternatively you can eat at the hotel or a local restaurant each night.

Baggage Transfer
Your bags will be transferred between your accommodation as per your itinerary. Allowance is one bag of up to 20kg per person.

Equipment
Your information pack has a detailed equipment list which includes standard walking gear such as good walking boots or shoes, warm and waterproof clothes and a day pack.
Getting to Jezersko

By Air

Jezersko is located just 30km from Slovenia’s capital, Ljubljana. Many low cost airlines fly into Ljubljana Airport including Easyjet, Wizz Air, and Flybe.

From the airport: We would recommend booking our optional airport transfer service from Ljubljana Airport to Jezersko as this is the quickest option (~45min).

Alternatively take the airport bus to Ljubljana (45mins) or to Kranj (15mins) and a connecting service to Jezersko (2 hours total).

From Lake Bohinj

Again the quickest and easiest option is to book our optional airport transfer.

Train:

Bohinj has a railway station in Bohinjska Bistrica, 5 km from your hotel. It is on the Jesenice - Nova Gorica sideline, only a few trains a day.

From the village of Ribcev Laz there are buses to Ljubljana (2hrs) whereupon connecting buses serve Ljubljana Airport (45mins).

Travel Insurance

It is a condition of booking with us that you have suitable travel insurance that covers you for cancellation, curtailment, illness or injury. It is always advisable to book insurance as soon as you confirm your holiday.

Price and Availability

Price

Please refer to our website for up to date prices.

Availability and Time of Year

This walking holiday is available to start on any date from mid May until the beginning of October.

The best months for walking are in the summer months between July and September when the wild flowers are in still in bloom, the weather is usually fair and the higher alpine trails are mostly clear of snow. It should be noted however that the weather in the mountains is changeable and therefore you should be well prepared for all weather conditions including the occasional thunderstorm. There can also occasionally still be some snow in the early season. We do provide a detailed equipment list for the tour so that you are prepared.

Included

- 7 Nights accommodation in hand picked small hotels and country inns. (4 nights 3*, 3 nights 4*).
- 7 Breakfasts.
- Luggage transport as per itinerary.
- Welcome meeting and briefing.
- Detailed route descriptions with maps and a pre departure information pack.
- 24-hour assistance by phone.
- Transfers on days 3, 4, 5 and 7 as per itinerary.

Excluded

- Flights and transfers to first / from last accommodation.
- Travel Insurance.
- Lunches, dinners & snacks
- Personal expenses such as drinks, phone calls, extra transfers, tips, etc.
- Any items not specifically mentioned in the program.

Optional Extras

- Half board
- Single room supplement if applicable.
- Airport transfers (from/to Ljubljana airport). Minimum 2 persons.
- Additional nights during the holiday.

How to Book

When you are ready to book you can do so securely online at www.macsadventure.com or by telephone on +44 (0) 141 530 8886

Book with Confidence

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations1992" all passengers booking with Macs Adventure Ltd are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required (this insurance will not cover repatriation to the country of origin for the passengers outside of the EU), arising from cancellation or curtailment of your travel arrangements due to the insolvency of Macs Adventure Ltd.

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

Financial Security

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Book with Confidence. We are a member of ABTA which means you have the benefit of ABTA’s assistance and Code of Conduct. We provide full financial protection for your money.

ABTA Member Statement

Macs Adventure Holidays is a Member of ABTA. ABTA and ABTA.  Members help holidaymakers to get the most from their travel and assist when things don’t go according to plan. We are obliged to maintain a high standard of service to you by ABTA’s Code of Conduct.

For more information on ABTA, the Code of Conduct and the arbitration scheme available to you if you have a complaint, contact ABTA, 30 Park Street, London SE1 9EQ, tel 020 3117 0581 www.abta.com