

Trip Dossier for Slovenia – Active Slovenia

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Your base in Slovenia is the deep valley that holds idyllic Lake Bohinj, overlooked by the high limestone peak of Mount Triglav (2,864m), which gives its name to the national park. The surrounding mountains and rushing rivers create an ideal environment for adventure activities. During your stay you'll ride horses, cycle, rock climb, canoe and do plenty of walking. Optional activities on offer include white-water rafting, mountain biking, paragliding and quad biking. You'll also visit Kranjska Gora (Slovenia's premier ski resort), cross Slovenia's highest mountain pass and take a cable car and walk to Mount Vogel. Close by is Bohinj Aqua Park, with swimming pools, water flues, whirlpools and a climbing wall.

Day 1 Fly to Ljubljana; drive to Bohinj

Fly to Ljubljana from London. On arrival you will be met and transferred via Bled to Bohinj. The Bohinj Valley, nestled at the foot of the Julian Alps, is an area of natural beauty, peace and tranquillity overlooked by the limestone peak of Mount Triglav. Rushing rivers and rugged valleys make this a perfect base for multi-sports activities – rafting, mountain-biking, canyoning, climbing, hiking and horse riding, to name a few. The Kristal Hotel, a traditional Slovenian style building, is located amidst shaded trees, some 300 metres from Lake Bohinj, which is the largest glacial lake in the heart of the Triglav National Park. There is time before dinner to walk to the lake and dip a toe in, the water is approximately a cool 15°C – 17°C! **Hotel 7 nights (breakfast and dinner)**

Day 2 Horse riding and cycling

This morning you are taken to a nearby stables where there is horse riding for all levels of rider. You can really get away from it all on horseback and explore the local trails as they wind through the trees along the lakeshore. After lunch you can swap your horse for a cycle and explore the local area by bike. This evening you go on a torchlight exploration of the Bohinj area.

Day 3 Emerald River Trip around Mount Triglav

After breakfast you'll make a circuit of Mount Triglav. First drive via Bled to Kranjska Gora, Slovenia's number one ski resort but in summer a maze of hiking trails through meadowlands and mountains. Stop at Jasna Lake fringed by white sandy beaches and then visit the Russian Chapel. Continue on foot and hike on up to the Vrsic Pass (about half an hour) which is the highest pass in Slovenia and built during WWI to enable supplies to reach the Austrian army. On the way to the Trenta Valley you have a further hike, this time to the source of the Emerald (Soca) River, so named because of its iridescent colour, a reflection of the dense forests and limestone cliffs. Continue down the Soca Valley and have lunch in Bovec, a watersports mecca. This afternoon there will be an opportunity to go rafting on the Emerald River (optional – at own expense). You will be provided by neoprene wetsuits and need to wear your swimwear underneath. Your raft thunders through the white water, along the narrow ravines of the Emerald River before coming out into the lake at Most na Soci. Returning from Bovec, you visit the stunning waterfalls at Boka and Kozjak and then at Most na Soci you can watch people jumping from a 12 metre bridge (please note that this is not covered by our insurance!). Here our vehicle is put on a car-train in order to return to Lake Bohinj via the tunnels of the Gorenjska region through to Bohinjska Bistrica.

Day 4 Free Day

Today you are free to relax or choose whatever activity you wish, booked and paid for locally. Hire mountain bikes to explore the area, go horse riding or quad biking, hike up into the mountains above you, or soar over the lake and mountains in a paraglider. Alternatively, you could spend a few hours at Bohinj Aqua Park, a large swimming pool with water flues and a wild river and a climbing wall.

Day 5 Rock Climbing & Canoeing

You can try rock climbing today. Under the careful supervision of experienced guides, you will be taught the basic techniques of rock climbing. All safety equipment is provided. This afternoon you can relax in a canoe on Lake Bohinj. You will need to wear your swimwear under your clothing, as you will get wet!

Day 6 Hiking Trip to Vogel

Your destination today is Mount Vogel, part of the scenic chain of mountains in the southern fringes of the Julian Alps. A cable car will swing you up from the starting point at the level of Lake Bohinj (1500 metres) to the plateau of Mount Vogel (1922 metres). In winter, this mountain is full of skiers but in summer you can follow the trails through the deserted ski areas, past alpine plants and beech trees and enjoy wonderful views of the valleys and lake below.



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Day 7 Trip to Bled for a Treasure Hunt and Vintgar Gorge

This morning you'll travel to Bled, passing the fairytale Lake Bled with its island in the middle, overlooked by a castle atop a craggy bluff, as if drawn straight from a children's picture book. During the treasure hunt, you will be given a map with questions. Who will be the winner? Later you'll continue to the Vintgar gorge. This gorge is 1.6 km. long and carves its way through the vertical rocks of the Hom and Bort ranges, with the Radovna River rushing below past waterfalls, pools and rapids. The trail leads you its entire length over wooden bridges and galleries and ends with a bridge overlooking the mighty 16-metre high Sum waterfall, the highest in Slovenia.

Day 8 Fly to London

An early morning transfer from your hotel to Ljubljana Airport for your flight back to London.

This itinerary includes our group flights from London. If you are making other flight arrangements, please refer to your Confirmation Invoice and Joining Instructions for details of the start or end of the trip. Please remember international flights and trip dates do occasionally change, so please always purchase flexible tickets.

Each itinerary is planned many months in advance and although it is our intention to operate the itinerary as printed in the brochure and detailed here, it may be necessary to make some changes as a result of alterations to flight schedules, climatic conditions, limitations of infrastructure or other operational factors which are beyond our control. As a consequence, the order or location of overnight stops may vary from those outlined but we will always endeavour to keep you informed of any such changes. Included meals are indicated in the daily itinerary.

Optional Activities	Approx. cost per person
Rafting on the Emerald River	£35
Mountain Bike hire	£30
Horse Riding	from £35
Climbing	£40
Para gliding	£60
Quad biking	£45

Is this right for your family? This centre-based trip is suitable for energetic families with the desire to try a varied menu of outdoor activities. Accommodation is at a comfortable hotel and there is a daily programme of excursions and activities – both included and optional – to keep you busy.

Lone Parents Single parents or other adults travelling alone with children should be aware that some countries, including the UK, require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the relevant country embassy for further information on exactly what may be required. These details can be found on the Foreign & Commonwealth Website under the appropriate country www.fco.gov.uk/travel

Climate Inland Slovenia has a continental climate; spring is pleasant with cool mornings and nights and warm days. Summer is hot and dry. Temperatures are always cooler in the mountains.

Average climate in Ljubljana

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Max °C	2	5	10	15	20	24	27	26	22	15	8	4
Min °C	-4	-4	0	4	9	12	14	14	11	6	2	-1
Rainfall (mm)	88	89	76	98	121	133	113	127	143	151	131	114

Accommodation and Meals You'll spend seven nights in the Kristal Hotel where the en-suite rooms are clean and comfortable. Accommodation is based on twin share, with mountain views. Breakfast and evening meals are traditional home-cooked cuisine. Vegetarians are also catered for, but please advise in advance. Although all evening meals are included, we've listed local costs below, just in case you decide to eat out. There is a sauna at the hotel and an Aqua Park (swimming pool) 10 minutes by car. Tap water is drunk by the locals, but we would recommend you only drink bottled mineral water.



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Local Costs

A small bottle of mineral water (500ml)	£0.50
A large bottle of mineral water (1 litre)	£0.80
A can of coke (soft drinks)	£0.70
A carton or bottle of fruit juice	£1.00
A bottle of beer	£2.00
A light lunch time snack – sandwich for example	£4.20
A two course meal – excluding drinks	£10.00
A three course meal – excluding drinks	£18.00

**Based on a mid range tourist restaurant.*

Currency The unit of currency in Slovenia is the Euro € and the exchange rate is €1.15 = UK£1 at the time of writing (Aug 2009). We recommend that you change money at the airport. Credit cards are accepted in restaurants and some souvenir shops.

Tipping is a recognised part of life and although at your discretion, you will be expected to reward service. Please remember that all tips should be a way for individuals to thank staff for good service. As a guideline, each person should allow £2 per day to cover tips for local staff. You may wish to organise a kitty at the start of the holiday and nominate one person in the group to distribute the tips.

Language The official language is Slovenian.

Time Slovenia is GMT +1 hour (GMT +2 in summer).

Security Whilst the vast majority of travellers never experience anything untoward it is worth taking precautions particularly in urban areas. You should take sensible precautions in crowded areas such as street markets and airports, where pick-pocketing is common, and keep clear of any street disturbances. Don't wear expensive jewellery, never leave your bags unattended, keep large amounts of money, cameras and mobile phones out of sight when walking in town centres, and avoid walking in city centres after dark. Keep copies of important documents, including passports, in a separate place to the documents themselves, together with details of credit cards. Leave copies at home with a friend too. Safeguard valuables, important documents and cash and deposit them in hotel safes, where practicable.

Packing List Please refer to our separate "packing list".

Clothing & Equipment List for Active Slovenia

The following list of clothing and equipment is intended to be fairly comprehensive and experienced travellers may well take a good deal less luggage than we recommend.

CLOTHING	NUMBER PER PERSON	Check	EQUIPMENT	Check
Walking Shoes	1 pair (optional)		Soft-sided bag 50 litres	
Trainers or sandals	1 pair		Daypack 20 - 25 litres	
Socks	3+		Sunglasses	
Waterproof jacket	1 – lightweight		A water bottle	
T-Shirts/ Polo shirts	3		Personal First Aid Kit	
Long trousers	2		Torch and batteries	
Shorts	1		Camera, memory card + accessories	
Fleece or sweatshirt	1		Washing Kit – wet wipes and antibacterial hand wash.	
Hat / Baseball Cap	1 - recommended for sun protection		Binoculars	
Casual wear	For evenings		Sunscreen	
Swimwear	1		Insect repellent	
			Travel towel	

ITEM	Check	ITEM	Check
Passport		Small Sewing Kit & Safety Pins	
Air Tickets		Universal travelling adapter	
Money/Travellers Cheques		Sweets & snacks for the journey	
Credit Card / Cash		Notebook/Diary/Pen	
Insurance Documents		Guide Book	
Trip Information and Itinerary		Moisturising Cream & Lip salve – not in hand luggage	
Money Security Belt/Pouch		Ear plugs	

For details regarding **hand luggage restrictions** please visit www.baa.com