



SLOVENIA

JULIAN ALPS & BEYOND

8-DAYS

For those looking for the new and undiscovered, Slovenia is an adventure gem full of hidden surprises. This tiny country, part of former Yugoslavia, is sandwiched between Italy, Austria, Croatia and Hungary. It possesses all the beauty of its surrounding countries, including the towering Alps, dense pine forests, crisp turquoise lakes and beautiful Baroque architecture. On this double dose of adventure, we combine both Slovenia and Italy. We'll trek into the luxurious Julian Alps, kayak down the Sava River, and bike through quaint villages right into Italy. Here we'll stop for an Italian feast before returning to Slovenia to whitewater raft down the turquoise waters of the Soča River. This itinerary is fun-filled, infused with the local culture and in a gorgeous natural setting. Add in great wines, gourmet meals and you have all the ingredients for a sophisticated multi-sport extravaganza.

Day 1

LJUBLJANA ARRIVAL

Upon arriving in Ljubljana, you will be met by a BikeHike Adventures representative and transferred to the old part of the city. You will stay overnight in a comfortable boutique hotel in Ljubljana.

Accommodation: Hotel

Meals: none



Day 2

LJUBLJANA & BOHINJ RIVER KAYAKING

We leave Ljubljana this morning and depart towards Bohinj, where our local kayaking crew will warmly welcome us. We'll gear up with river kayaks, spray skirts, helmets and paddles, have an instructional and safety briefing and then meander down easy class II rapids on the Sava River. The total paddling journey is 4 km/2.5 miles, through picturesque Slovenian countryside with views of the Julian Alps. After we have finished kayaking, we'll have a short drive to our local guesthouse for lunch or early dinner, depending upon our kayaking time. There will be plenty of local wines, homemade bread, fresh trout and more to satisfy your culinary needs. Overnight accommodation in a comfortable hotel in Bohinj.

Kayaking Distance: 9 km / 5 mi

Kayaking Duration: 2 - 3 hours

Accommodation: Hotel

Meals: Breakfast, Lunch

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Day 3

BOHINJ & TRIGLAV NATIONAL PARK HIKING

After a hearty breakfast we'll set off to Triglav National Park. We will drive to one of the trailheads and begin a full day of trekking high above the village of Bohinj. The path ascends high through an evergreen forest, eventually reaching the heart of the craggy Julian Alps. The terrain is mostly rocky today so expect lots of uneven ground. Once we reach the highest point of the day, the viewpoint of the Seven Triglav lakes is below us. It is a spectacular landscape of turquoise lakes, limestone peaks and giant boulders scattered across the surrounding area. Set in the middle is our mountain hut, where we spend the night in dormitory-style lodging.

Hiking Duration: 6 hours
Hiking Distance: 8km / 5mi
Ascent: +1,100 m (3,609 ft)
Descent: -150 m (490 ft)
Accommodation: Cabin
Meals: Breakfast, Lunch, Dinner

Day 4

TRIGLAV NATIONAL PARK & BOHINJ HIKING

We start the day with breakfast at the mountain hut, then lace up our hiking boots for a second day traversing through the pristine Triglav National Park to Bohinj valley. We meander along undulating paths with wide-open views of the green pastures and surrounding Julian Alps. The final part of the trek is through an evergreen forest, and the spongy trail is strewn with pine needles and honeycombs. Overnight stay Bohinj.

Hiking Duration: 5.5 hours
Hiking Distance: 7km / 4mi
Ascent: +100 m (330 ft)
Descent: -1,300 m (4,265 ft)
Accommodation: Hotel
Meals: Breakfast, Lunch



Day 5

LAKE BOHINJ & KOBARID

BIKING

After a hearty breakfast we set out on knobby tire mountain bikes to explore the picturesque villages surrounding Bohinj. We ride on winding paved and dirt roads that carve through villages with wooden homes, decorated with baskets of scarlet geraniums in their windows, reminiscent of Swiss architecture. We break for an organic lunch at a shepherd's farm, with all of the ingredients grown locally and prepared by our hosts. Lunch is a delicious spread of homemade cheeses, cold cuts, breads and salads. After lunch we jump back on our bikes and continue riding along a forest trail that leads to Lake Bohinj. After biking we will depart to Kobarid know for Ernest Hemingway novel "Farewell to Arms". Tonight, be prepared for a feast of locally grown ingredients at the outstanding Dobra Vila restaurant.

Biking Distance: 22 km / 14 mi

Biking Duration: 3 – 4 hours

Ascent: +300 m (985 ft)

Descent: -300 m (985 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 6

KOBARID, SOCA RIVER & BRDA

WHITEWATER RAFTING

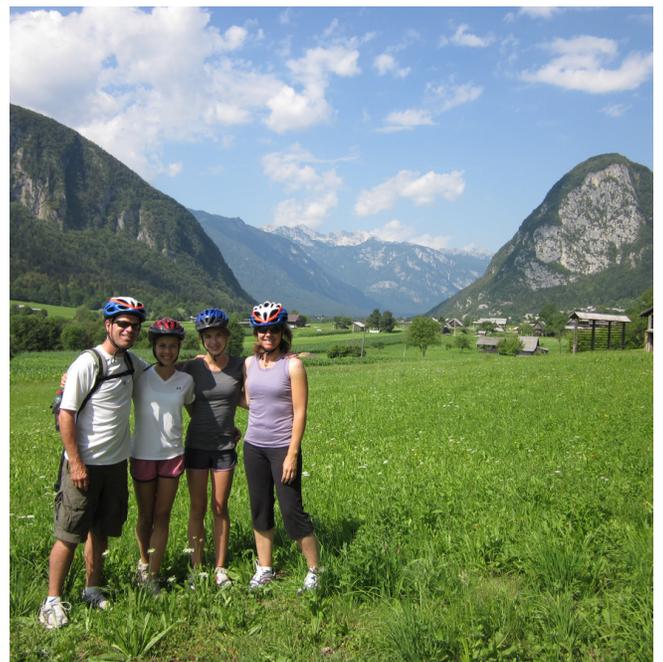
Today we switch gears and have a morning of liquid adventure whitewater rafting on surging emerald swells of the Soča River. This river is renowned to be one of the most beautiful in Europe. After rafting we head to the Kolovrat range where structures of the third Italian line of defense are densely tossed on both sides of the state border. A special approach to the restoration of these positions was the use of original building materials (wire nets for fortifying slopes, corrugated sheets, slates, etc.) from the time of the First World War. Accommodation in a comfortable boutique hotel in Goriška Brda.

Rafting Distance: 8 km / 5 mi

Rafting Duration: 1.5 – 2 hours

Accommodation: Hotel

Meals: Breakfast, Dinner



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Day 7

BRDA, ITALY & LJUBLJANA

BIKING

We wake early with the long daylight, feast on a healthy Slovenian breakfast and then we're back on our bikes cycling through the Brda region, known as the Slovenian Tuscany and wine region. We'll pedal from village to village experiencing the natural and cultural heritage of this area. The farm roads here crisscross the national borders between Slovenia and Italy, and we'll journey from one country to the other tasting wines from both sides as we go. Brda is a land of castles, vineyards and small white churches, often situated on the top of the hills overlooking the villages. In the afternoon, we'll make our way back to Ljubljana. Overnight stay in a comfortable boutique hotel in Ljubljana.

Biking Distance: 23 km / 14 mi

Biking Duration: 4 – 5 hours

Ascent: +700 m (2,297 ft)

Descent: -700 m (2,297 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

Day 8

LJUBLJANA

DEPARTURE

You'll be transferred to the international airport for your flight back home.

Meals: Breakfast

NOTE about Ascent/Descent numbers:

The ascent/descent numbers are usually generated using Ride with GPS. The numbers are TOTAL ascent/descent for the day and these numbers do not suggest altitude. There are usually multiple small ascents and descents added up throughout the day to reach this total ascent/descent for the day. (While our numbers are generally consistent with Ride with GPS, depending on the mapping technology used, numbers may vary).

TRIP INCLUSIONS

Trip Includes

All accommodation, meals as indicated, land transportation, equipment, airport transfers and English-speaking veteran guides.

Not Included

International and internal flights, airport departure taxes, gratuities, meals not indicated and items of a personal nature.

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