



# TASTING SLOVENIAN MOUNTAINS

(10.8.-18.8.2012)

Where to go during the summer break, to have fun, be active, spend time in nature and not drain your budget too much? "Počitniško združenje Slovenije" thought about it and that's why we're organizing a 9 day exploration of Slovenian mountains. After the association of India opened up the Himalayas for everybody, we're doing the same with the Alps and are giving an opportunity to 10 people from India and 10 from Slovenia, to hit the rocks and take a bite out of the beauty offered by the country on the sunny side of the Alps. All who love mountaineering, fresh mountain air, socializing, meeting new people, discovering new places, gaining altitude and above all facing challenges; are invited to join us for the intensive tasting of the Slovenian Alps.





## **PROGRAMME**

### **Day 1: Friday August 10<sup>th</sup> 2012 (supper)**

Arriving to Bohinj, Youth hostel "Pod Voglom". Reception.

### **Day 2: Saturday August 11<sup>th</sup> 2012 (breakfast, lunch, supper)**

We'll start a day with morning aerobics. Fully awake we'll go explore Bohinj and its surroundings on bicycles and work on our arm muscles paddling in the lake Bohinj.

### **Day 3: Sunday August 12<sup>th</sup> 2012 (breakfast, lunch, supper)**

Morning: Hike to waterfall "Savica" **3 hour walk\***

Afternoon: Self-defence classes with a difference

### **Day 4: Monday August 13<sup>th</sup> 2012 (breakfast, lunch, supper)**

Bohinj-Vogar-Pršivec-Planina Viševnik-"Koča na planini pri jezeru" (night rest) **6 hour walk\***

### **Day 5: Tuesday August 14<sup>th</sup> 2012**

"Koča na planini pri jezeru"- Planina v Lazu-Planina Krstenica- Planina Jezerce-Jezerski preval-

"Vodnikov dom" (night rest) **6 hour walk\***

### **Day 6: Wednesday August 15<sup>th</sup> 2012**

"Vodnikov dom"-Velo polje-Kanjavec-Hribarice-Prehodavci-"Koča pri Triglavskih jezerih" (night rest) **7 hour walk\***

### **Day 7: Thursday August 16<sup>th</sup> 2012**

"Koča pri Triglavskih jezerih"- Planina Lapučnica-Planina na Kalu –Lanževica-Bogatinsko sedlo-

"Koča pod Bogatinom" (nočitev) **6 hour walk\***

### **Day 8: Friday August 17<sup>th</sup> 2012 (supper)**

"Koča pod Bogatinom" –Planina Govnjač- Planina za Migovcem- Konjsko sedlo-Planina zadnji Vogel- Žagarjev graben- Ukanc –Bohinj **7 hour walk\***

### **Day 9: Saturday August 18<sup>th</sup> 2012 (breakfast)**

Last breakfast together, taking farewells and packing memories to take back home.

***\*the time of a walk may vary, depending on various factors.***



## **EQUIPMENT**

In order to make the most of our hiking through the Alps and have as many memorable moments as possible, we need to have appropriate equipment, which affects our safety during ascends and descends. To make our hikes up and down mountains as safe and comfortable as possible, here's the list of necessary and recommended equipment for the hike.

### Equipment you must have

- Large backpack,
- Smaller backpack for daily treks,
- **Mountain shoes that support ankles and have already been used,**
- Comfortable hiking socks,
- Waterproof windbreaker, or anorak and rain pants,
- Winter cap,
- Gloves,
- Sleep-sheet ,
- Sun blocker cream,
- Towel,
- Water bottle,
- Swimsuit (Lake Bohinj will lure you into a swim),
- Good will!

### Recommended equipment

- Sun glasses
- Hiking poles
- Flashlight
- Sleeping bag (not obligatory, all mountain lodges and hostels have everything needed for sleeping)
- Summer cap
- Personal hygiene and necessities (patches, bandages, lip balm, analgesic, toilet paper, moist handkerchiefs, shower gel, toothbrush...)
- Sport shoes
- Sandals
- Polifoam mat
- Pocket knife



### While packing

- Recommended – sporting T-shirts that dry quickly
- Long and short trekking pants
- underwear
- windbreakers or sport jackets (you will need warm clothes)

We recommend the *onion dress code* of multiple layers. You should consider what you will need and don't forget the shoulders and backs also have a limit to what you can carry. There are no Sherpa in the Slovenian mountains.

Things you will not take with you on longer hikes can be left safely in the hostel.

## **WHERE AND WHEN DO WE MEET**

Our meeting point is the Hostel "pod Voglom" ( <http://www.hostel-podvoglom.com/> ) on Friday August 10<sup>th</sup> in the afternoon. You should arrive before 6pm. Getting there is your responsibility.

Buses from Ljubljana to Bohinj drive every hour and the price of a one way ticket is 8,30 €  
<http://www.vozni-red.si/bus.php?x=Ljubljana&y=Bohinj+Jezero>

Buses and shuttles from Ljubljana airport to Ljubljana city centre or Bohinj.  
<http://www.lju-airport.si/eng>

There are several ways of getting to Slovenia. There is a flight connecting Ljubljana to Delhi, but we also recommend connecting flights from Delhi to Venice, Vienna or Munich. There are possibilities to book transfers from those airports to Ljubljana.  
<http://goopti.com/index.php?lang=en>

## **FOOD**

All the food, during your stay at the hostel is included in the price of the programme (2xthree meals and 2xtwo meals). You can select vegetarian or non-vegetarian meals.

For the food at mountain lodges and backpack food you'll take with you is not included in the price. The food at mountain lodges will cost around 70€ (all together), but it also depends of



how much food you will take with you in the backpack. In Bohinj you will have opportunities to stalk up the backpack.

## WEATHER

In mountains the weather is very variable and unpredictable, so we are already hoping for nice and sunny days. Still, in case the weather spoils our plans, we do have backup plans of activities what else we can be doing.

Average temperatures at Bohinj in August are between 15C and 25C. In the Alps themselves, the average summer temperature is 15C, but with bad weather and during the nights the temperature drops significantly.

## HEALTH

Hiking, mountaineering and discovering Slovenian mountains is for all nature lovers and people of good will, who are **in good physical shape**. So welcome everybody, who is sure 5-7 hours of walking a day won't be a problem and **have mountaineering experience**.

## NOTICE

There are **10 openings** to join the hiking adventure. The whole group will be made of 20 people. It is an international project between India and Slovenia, so each group will have their own group leader. When we go higher up the mountains we will be joined by two additional and experience mountain guides.





## **PARTICIPATION AND PAYMENT**

The price for participation is **295€**

Participation fee includes staying at hostles (rooms for 4 people) and sleeping at mountain cabins (multiple beds), 2× breakfast and supper; 2 x breakfast, lunch, supper; bicycle and canoe renting; entrance for waterfall Savica; and guidance. We suggest participants from India to make tourist insurance before they leave India.

## **CONTACT**

For further information contact:

**Popotniško združenje Slovenije**

**Barbara Kuhar**

**Tel.:** 00386 31 483 580

**E-mail:** [alpe@youth-hostel.si](mailto:alpe@youth-hostel.si)