



Julian Alps Bohinj Valley (Self-Guided)

Please email us at info@alpineexploratory.com or call us on +44 (0)1729 823 197 to chat about this holiday. You'll find all the latest information at www.alpineexploratory.com/holidays/julian-alps-bohinj-valley.html.



A barn near Lake Bohinj in the Julian Alps

About these Holiday Notes

These Holiday Notes help you decide whether this holiday is right for you. Before your trip we send you final detailed information.

Details

Start Bohinj
Finish Bohinj
Region Julian Alps
Country Slovenia
Length 3 days' walking
Typical day 10km (6 miles), 300m ascent
Highest altitude 946m
Grade Introductory

Introduction

The Julian Alps are a mountain range mostly within Slovenia, at the Eastern end of the Alpine chain.

Limestone mountains rise above dark green forests to create some quite enchanting scenes. The hills rise to a high point of 2,864m at Triglav, a bold summit that is a beacon for Slovenes.

This holiday explores the relatively easy walking to be had from the local valleys. Paths and tracks are largely clear and sound. We visit waterfalls, pass through forests and make explorations of the fields and villages of the region.

The base for the trip is Bohinj, the name for the group of villages at the Eastern end of Lake Bohinj. This deep lake sits among steep hillsides on the Southern edge of the mountains.

The principal villages for us are Ribčev Laz and Stara Fužina. The traditional way of life is much in evidence here, with old barns next to the roadside, tiled with shingle. The traditional Slovenian hay racks are often to be seen in fields.

Our approach

Your route

Each walk has an aim, such as a small hill, a circuit of a lake, a waterfall or a valley. In this way, and using various different start points, you'll get to know the local landscape.

Routecards and maps

Each day you have a range of walking routes available to choose from, all explained in detail on your routecards. We give you the real maps for you to follow, not printouts or photocopies.

Getting there and back

Your holiday starts and ends in Bohinj. Travel to and from Bohinj is not included in the holiday price - we leave it to you to make the arrangements that suit you best. Ljubljana is the most convenient airport with several transfer options available. Other airports can work well and we can advise before booking. Full information on flight and transfer options will be sent to you on booking.

Itinerary

Day 1: Arrival in Bohinj

Evening arrival in Bohinj. It's enjoyable to wander along the shore of Lake Bohinj or to go out for dinner at the local restaurants. **Hotel in Bohinj**

Day 2: Lake Bohinj Circuit

Walking all the way around Lake Bohinj makes a good introduction to the area, with generally flat terrain. The lake is a jewel of the local area yet is remarkably unspoilt. Add a detour to the Savica waterfall with its dual chutes of water. **Hotel in Bohinj**

Day 3: Voje Valley

The Voje valley holds the famous Mostniški waterfall and gorge, one of the sights of the area. From Stara Fužina this is a gentle climb along the Mostnica river and past the Vojah hut. **Hotel in Bohinj**

Day 4: Rudnica

Rudnica (946m) is a wooded hill rising to the East of Lake Bohinj. It can be climbed by a pleasant forest route giving broad views of the whole Bohinj area and up to the higher mountains. Alternatively, or in addition if you are feeling energetic, complete the circuit of Rudnica on an ingenious ramble through beautiful farmland, woodland and local villages, finishing alongside the river Sava Bohinjka. **Hotel in Bohinj**

Day 5: Departure from Bohinj

Morning departure from Bohinj

Our usual schedule of accommodation might not be available, especially if there is not much time between booking and your trip starting. We will book accommodation as closely as possible to this itinerary and present you a schedule for you to check before we proceed.

Accommodation

This holiday stays in a friendly 4-star hotel in Ribčev Laz for the four nights.

Our 4-star hotel is a good way to see some of the local tradition while enjoying a high level of comfort in a handy location.

If you would like single accommodation, this is possible for your nights in the hotel. Full details of your accommodation will be sent in your info pack.

The walking

Terrain

The terrain on your walks comprises steep zig-zagging paths, narrow woodland and mountain paths, wide tracks through forests, and the odd country lane.

The route generally avoids particularly steep, rocky or loose mountain paths, but on occasion these will be met. The short alternative on the last trek day skips one tricky section. Of course, you are always able to explore off our routecards and in doing so might also meet such harder terrain.

This trip has no *via ferrata* or climbing sections and is a walking trip throughout.

Your own routes

While your routecards make up the walking for the trip, you are of course free to walk wherever you choose, taking side trips or going by a different route of your own choice. Please note that if you follow your own route you will have left the holiday for the duration.

Food

Meals included are breakfasts on each morning in your hotel.

For lunches, dinners and all food while on your walks, there is opportunity to stock up in the villages and at some huts, and your routecards and notes give information about these places.

For evening meals, there are good options in the villages.

Insurance

Clients must have insurance to cover themselves for helicopter search & rescue, medical expenses and repatriation.

We recommend, but it is not compulsory, that you also have cover for personal liability, cancellation and your baggage and money.

You might find that your annual multi-trip travel insurance covers these items already.

We will send you details of suitable insurance policies on booking.

Passports and visas

UK passport holders do not need a visa to enter Slovenia for stays of up to 90 days. Please check that your passport is in date.

Weather

The weather in the Julian Alps between May and October is generally highly suitable for walking in the Julian Alps valleys.

While snowfall is possible on higher ground all year round, it is unlikely in July and August and unlikely to affect the valleys.

July and August are commonly the hottest months but with greater amounts of rain and greater risk of afternoon thunder storms; and September will again be a quieter time as the season winds down, with some beautifully clear days.

Thunderstorms are a particular danger in high summer, occurring most often in the afternoons.

Equipment

You will need good walking boots, waterproofs and sun protection.

We will send you an equipment list on booking. Please also see the Equipment page of our website for more information.

Local expenses

Local expenses include food and drink other than breakfasts in the hotel, plus any local transport, attractions and extras.

Guided days

Hire a professional mountain leader to join you on this self-guided holiday, for one or more days. A leader helps plan and carry out each day's walking and adds interest to your holiday by pointing out local features. Please contact us for prices and more information.

Groups

Walk by yourself or in your own group, or see if we can match you up with other like-minded walkers on the same holiday. Any group will be a maximum of 8 people.

Hazards

Health

Slovenia does not require tourists to take any vaccinations. However, it is recommended to keep tetanus vaccines up to date.

Safety

This is adventure travel! This holiday takes you to some areas where, although not particularly wild or remote, navigation can be difficult. The weather can also be a hazard in itself. During any walking, whether following a routecard or making your own route, you are responsible for your own actions and safety and you should join the trip with suitable skills, experience and equipment.

Further information

Please email us with any questions at info@alpineexploratory.com.

Disclaimer

This information is given in good faith and is believed to be correct at the time of issue. Alpine Exploratory cannot be liable for any loss or injury incurred.