



8 Days

# Slovenia

## Alps, Bears, Caves

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Slovenia is an adventure-activity 'hub' nestled in eastern Europe – the perfect destination for this short and sharp, action-packed itinerary! You will see Slovenia's fantastic range of geography from the alpine peaks of the Julian Alps to smooth canyons and emerald green rivers. After some adrenaline filled canyoning or rafting, you will follow the European brown bears' footprints, deep in the southern forests.



# Recommended expedition itinerary

Day  
1

## Arrive Lake Bled

Arriving in Ljubljana airport, we meet our STC Leader and transfer to Lake Bled approx. 45mins. After checking in to our hostel and a welcome briefing, we can explore the lakeside and find a restaurant and tuck in to our first traditional Slovenian dinner.

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Day  
2

## Lake Bled, Vintgar Gorge

This morning after breakfast we walk around Lake Bled and hike to a spectacular viewpoint overlooking the valley. After lunch we jump on mountain bikes and cycle along forest roads, through villages and the Jelovica Plateau to reach Vintgar Gorge. The gorge is 1.6km long, carving its way through the vertical rocks of the Hom and Boršt hills showcases its own waterfalls, pools and rapids. Finally we return to Lake Bled for dinner.

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Day  
3

## Bohinj Morning Hike, SUP

After breakfast we take the short journey to Bohinj; a 20km long and 5km wide basin in the Julian Alps. The Tourist Information Center in Stara Fužina is well worth a visit for its interesting exhibits on the local history, geography, flora and fauna. This is an excellent base for a day hike into Triglav National Park and there are plenty of routes to choose from to hidden waterfalls, alpine huts or along part of the Peace Trail following the footsteps of WW1 soldiers.

After a day exploring and lunch in a mountain hut, we return to the Bohinj Lake for a Stand Up Paddleboarding session and dinner at our hostel on the shore of the lake.

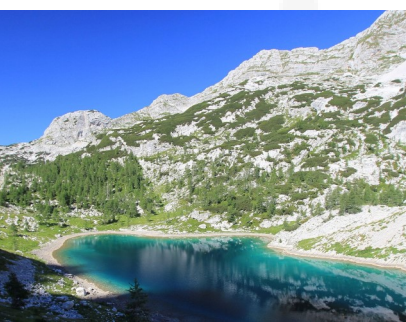
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Day  
4-5

## Julian Alps Trek

Over the next two days, we trek from Bohinj to Bovec through the Julian Alps. The trail winds through alpine forestry and grassy meadows, past remote mountain huts and along rocky trails to mountain tops. Here we are rewarded with incredible views over the mountain range and Mt Triglav itself. After a night in - or camping at a mountain hut, we begin trekking again to the Valley of the Triglav Lakes and on to Bovec where we overnight in a camp by the Soca River. Each day is approx. 11km and 5-6hrs of walking. Triglav National Park is rich in natural history and preserves remnants of WW1.

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Day  
6

## Emerald River Adventure

Today the adventure cranks up a gear! We head to Bovec and take to the water for either; 2-3 hours of white-water rafting on the Sava River OR 3 hours of repelling, abseiling and sliding down the incredible Jereka canyon! We'll dry off and head in to the charming town of Bovec for dinner.

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Day  
7

## Brown bear trail & Postojna cave

We rise early this morning and travel south towards the Kočevje highlands to hike the trail of the Brown Bear. There are currently 400-500 European brown bears roaming Slovenia, making it one of the highest population densities in the world. This nature walk will lead us through their natural habitat and our guide will point out where the bears stop, feed and move daily as well as educate us on current conservation efforts. Having climbed to a hilltop viewpoint, a traditional lunch overlooking the forestry.

Next is the incredible Postojna Cave, an enormous cave system and the only cave in the world with a double-track railway line running through it! Finally we reach Slovenia's capital city, Ljubljana.

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Day  
8

## Depart Ljubljana

This morning we will enjoy a guided city tour of Ljubljana and its old town, riverside cafes, markets, art district and dragon bridge. We'll stop off at the Town Hall to learn more about how Ljubljana was voted the European Green Capital in 2016. After lunch we take our return flight.

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# Further information

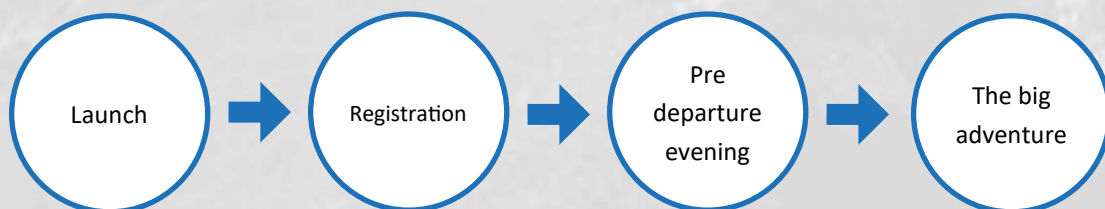
## Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

## Your educational journey timeline



## Physical expedition rating:



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

## Culture shock rating:



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.





# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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