

# TREKKING THE JULIAN ALPS HUT-TO-HUT



**WILDLAND  
ADVENTURES**

**AUTHENTIC WORLDWIDE  
EXPLORATIONS**

[www.wildland.com](http://www.wildland.com)

## Itinerary Overview

Hike hut-to-hut through the rugged peaks and wildflower-studded alpine meadows of Triglav National Park in a remote corner of Slovenia’s spectacular Julian Alps. Jutting 9,000’ into the sky and plunging to the warm Adriatic coast, footpaths wend their way through jaw-dropping scenery among turquoise blue lakes and bucolic highland pastures connecting wood-shuttered trekking huts that serve up hearty soups, fresh bread, and local cheeses. This is quintessential European trekking with far fewer hikers than their Austrian and Italian neighbors. Arriving in lovely Ljubljana, you explore castles and medieval villages, capture the glistening sunlight over Lake Bled and Lake Bohinj, sample some of Slovenia’s finest wines and gastronomy, and discover memorials to the largest mountain battle in human history on the Isonzo front of WWI memorialized by Hemingway in *A Farewell To Arms*. Enjoy opportunities for independent exploration, reflection, and optional adventures in the breathtaking beauty of the Soca River Valley. This itinerary is flexible, and you can extend your trip to the Adriatic on the Istrian Peninsula, south to Croatia, or west to Venice.

DAY	OVERNIGHT	HOTEL	MEALS	HIGHLIGHTS
1	LJUBLJANA	Vander Hotel	D	Arrival in Ljubljana, afternoon guided walking tour, welcome dinner
2	BLED	Hotel Triglav	BL	Gondola ride to Velika Planina for alpine hike, cheese tasting, drive to Bled
3	BLED	Hotel Triglav	BL	Vintgar Gorge hike, Bled Castle, afternoon free to walk or cycle around Bled Lake, take pletna boat to island monastery, etc.
4	JULIAN ALPS	Triglav Lakes Hut	BLD	Drive to Lake Bohinj, begin hut-to-hut trek in Triglav National Park
5	JULIAN ALPS	Triglav Lakes Hut	BLD	Trek to Mt Ticarica
6	JULIAN ALPS	Komna Plateau Hut	BLD	Trek to the ridge of Komna Plateau, western side of glacial Bohinj Lake; leisurely afternoon or optional hike to alpine meadows of Planina Govnjac
7	JULIAN ALPS	Krn Lakes Hut	BLD	Traverse southwestern Julian Alps, trace the WWI Isonzo Front
8	SOCA VALLEY	Hotel Dobra Vila	BL	Lapena Valley, waterfalls of Sunikov Gorge
9	SOCA VALLEY	Hotel Dobra Vila	BD	Free day in Bovec and Soca Valley, optional outdoor activities, Kobarid Museum
10	DEPARTURE		B	Transfer to Ljubljana for international departures

## Itinerary in Detail

### DAY 1: ARRIVE LJUBLJANA

Reception upon arrival at the capital of Slovenia, Ljubljana. This lovable little city is one of the hippest and greenest in Europe, reminiscent of Prague – without the crowds. It is small enough to easily explore on foot and bicycle along the willow-lined pedestrian path bordering the Ljubljana River. Lively with bars, cafes, and art galleries, this “Green Capital of Europe” is worth a full day visit. Meet your guide at 3 pm for a trip overview and introductory walking tour of Ljubljana followed by a drink/aperitif and welcome dinner on the Vander Rooftop Terrace. **Overnight at Vander Hotel**, a boutique accommodation in the pedestrian quarter.



### DAY 2: VELIKA PLANINA HIKE—BLED

Today’s warm-up hike begins with a 45-minute drive to Kamniska Bistrica, where you enter a glacial valley through a succession of magnificent gorges, followed by a short gondola ride up to the fairytale highlands of the Velika Planina alpine plateau. Hike 3-5 miles with a 900ft altitude gain among traditional wooden huts, shepherds, and cows. The sound of cowbells against the picturesque backdrop of karst peaks and green, flower-studded alpine meadows is stunning. Stop to meet Fani and savor the taste of her local cheeses, fresh yogurts, buckwheat dumplings, herbal teas, and local brandies. Hike out and transfer (1 hr) for sunset photography of the enchanting Bled Lake. This is the

prettiest lake in the Alps, with a tiny 15th-century chapel perched on an island in the center with a dramatic medieval castle rising overhead. **Overnight at Hotel Triglav**, a restored century-old mansion with a soul and spectacular view of the lake. Ask your guide to make a reservation for dinner at Restaurant 1906, one of the best dining experiences and wine cellars in all of Slovenia.

### DAY 3: VINTGAR GORGE—BLED LAKE—RADOVLJICA

Walk along the Vintgar Gorge river trail over boardwalks and bridges as it snakes its way through the spectacular canyon. Ascend the ramparts of the Bled Castle standing guard atop a rocky promontory with panoramic views over the mountain and lake landscape. Enjoy free time to absorb this beautiful haven, including a ‘Pletna’ boat ride on Lake Bled to the island monastery, walk or cycle around the lake, and enjoy a sunset cocktail overlooking the lake in Tito’s former summer retreat where he entertained world dignitaries and celebrities. It’s a short ride to the medieval town of Radovljica, one of the best-preserved villages in Slovenia with its colorful painted houses dating back to 15<sup>th</sup> and 16<sup>th</sup> C. Time and interest permitting, visit the beekeeping museum of Mr. Anton Jansa, a pioneer of modern apiculture in the Habsburg Court in Vienna. Dinner is in a local family bistro specializing in hearty and heavenly Slovenian dishes accompanied by live music and the incredible harmonica of owner Joze Andrejas. **Overnight at Hotel Triglav.**





#### **DAY 4: TRIGLAV NATIONAL PARK– LAKE BOHINJ - BEGIN TREK**

Depart to Lake Bled's wildest brother, Lake Bohinj, in the heart of Triglav National Park. Begin your 3-day trek through deep forests and emerald green pastures where shepherds continue an ancient way of life in these mountains. The trail ascends Mt. Vogar to a small glacial lake surrounded by alpine meadows that shelter goats and sheep which produce the area's exquisite ricotta cheeses. Take lunch at one of the shepherd huts with opportunities to taste fresh cheese with hearty soups, fresh vegetables, homemade teas and honey brandy. Hike to the Valley of Seven Triglav Lakes and our hut.

#### **Overnight at Seven Triglav Lakes hut**

*Drive: Bled to trailhead 45 minutes. Hike: 9 hours (11 miles), 2500' elevation gain.*



#### **DAY 5: HIKE TO MT. TICARICA**

Awaken to the serenity and birdsong of the high mountain meadows. Begin with a short walk along the shore of a small lake surrounded by larch forests before making your way to the tree line and the rugged limestone rocks beyond. From the peak of Mt. Ticarica (6,834') is a majestic view of the Valley of Seven Triglav Lakes, and in the distance Mt. Krn (7,362'). Circumnavigate the mountain rim looping back to our mountain hut for dinner and overnight.

#### **Overnight at Seven Triglav Lakes hut.**

*Hike: 8-9 hours (9 miles), 2,650' elevation gain.*

#### **DAY 6: SEDMERA LAKES / KOMNA PLATEAU**

Today's hike is almost entirely on the limestone ridge of Komna Plateau with the rock face to the right and spectacular sweeping views of glacial Lake Bohinj to the left. It's here, according to legend, that the magical white chamois buck with precious golden horns, Zlatorog, lives among the outcrops of limestone. His likeness is found in statues, operas, and on the label of Slovenia's popular beer, Lasko Zlatorog. Enjoy a hearty lunch before continuing to the next hut which serves as a base camp for independent hiking in the beautiful alpine meadows of Planina Govnjac. **Overnight at Komna Plateau mountain hut**

*Hike: 4-5 hours (5 miles), 820' elevation gain.*

#### **DAY 7: KOMNA PLATEAU / KRN LAKES**

Traversing the southwestern Julian Alps, you begin to feel the softer Mediterranean air and the local heritage, cuisine, and culture takes on more Italian and Adriatic influence. This is a stellar day for history buffs, as you trace the trails of World War I's Isonzo Front, made famous by Hemingway's "Farewell to Arms." Here in these rugged mountains the Italian and Austro-Hungarian troops waged brutal battles through incredible hardship and weather. You trek on an old traders' routes, passing derelict shacks that were quickly constructed as makeshift hospitals during the war, all bringing history very close to our own time. This wild area is lush with wildflowers and shepherds grazing their goats and sheep in the high pastures, enabling them to produce delicate cheeses reflecting the terroir of the Alps. At this point, you may opt for more hiking to Mt Lanzevica (6,573') or descend to Lake Krn and rest your weary feet next to the crystalline alpine water. **Overnight at Lake Krn mountain hut.**

*Hike: 4-5 hours (6 miles), 660' elevation loss.*



### **DAY 8: KRN LAKES / SOCA VALLEY**

Descend to the Lepena Valley along a lush forest trail at the confluence of two rivers among waterfalls and lakes of the Sunikov Gorge, the gateway of the beautiful Soca River Valley. Today's lunch is the place to taste local specialties of the Soca River Valley such as the freshwater trout and dumplings filled with fresh cheese or minced meats. After lunch, descend along the beautiful turquoise Soca River to your home for the next two nights in Bovec Village at the charming **Hotel Dobra Vila**.  
*Hike: 4-5 hours (4 miles), 3,460' elevation loss.*  
*Drive: 20 minutes*

### **DAY 9: FREE DAY IN SOCA VALLEY**

Start your day with a delicious breakfast in Dobra Vila's sunlit dining room. Surrounded by the Julian Alps, the free-flowing emerald-green Soca River flows through a picturesque valley full of optional adventures including: white water rafting or kayaking on the Soca River (Class 3-4), world class trout fishing, easy cycling country roads on e-bikes or more adventurous mountain bike descents, pastoral hikes on historic WWI trails, combined with a visit to the award-winning Kobarid Museum representing the Isonzo Front of WWI documented by Ernest Hemingway in his novel *A Farewell to Arms*. Or you may choose to simply enjoy the tranquil setting and hospitality of the hotel to edit photographs from the week's adventures. The valley is a gastronomic center of world-class restaurants including Hisa Franko, the home and restaurant of Chef Ana Ros, rated best female chef in the world. Gather together for a farewell dinner with Slovenian Chef Tomaz and his Japanese wife and partner, Chef Yuki in the hotel dining room or request a reservation at Hisa Franko (pending availability at additional cost). **Overnight at Hotel Dobra Vila.**

***Please note: Optional activities are not included in the trip price. Please inquire for a list.***

### **DAY 10: TRANSFER TO LJUBLJANA**

Bid farewell to the spectacular Julian Alps and return to Ljubljana or continue travel to Venice, Zagreb, or south to the Istrian Peninsula and the Croatian coast.

***Please note: International departure flights should not be booked prior to 2 PM from Ljubljana (2 hr transfer), Venice (2.5 hrs) or Zagreb (3 hrs)***

### **END OF SERVICES**

*Actual routes and activities may vary. Local trip coordinators reserve the right to change accommodations to similar quality alternatives.*

**Pricing:**

For current pricing please [click here](#)

**INCLUDED SERVICES**

- Accommodations in 4\* boutique hotels and mountain huts. Private rooms in the huts are limited and available on first-come, first-serve basis
- Transportation in private air-conditioned vehicles
- Tours, excursions with entrance fees: Velika cable car, Vintgar Gorge, Bled castle, cheese tastings
- Meals as specified [B=Breakfast, L=Lunch, D=Dinner]. Lunches on the trek may be packed or taken with local mountain families; 3 gourmet dinners (Ljubljana, Lake Bled and Bovec), 4 hearty dinners in the mountain huts; water and mineral water
- Wildland Adventures travel consultation and pre-departure services.

**SERVICES NOT INCLUDED**

- International or domestic flights
- Tips and gratuities
- Alcoholic beverages
- Personal expenses
- Optional or additional services on your own such as at Bled (Pletna boat or cycling), Soca Valley, (kayaking, rafting, bike rental, etc.)
- Travel insurance, medical costs, hospitalization and evacuation
- Extra costs due to unanticipated changes in your itinerary for reasons beyond our control



## Accommodations



### **VANDER URBANI RESORT HOTEL, LJUBLJANA**

Composed of four historic town homes nestled under Castle Hill, on the banks of the serene Ljubljana River, the Design Hotel Vander Urbani Resort is the marriage of a stately residence with sybaritic modern comforts located along the pedestrian promenade of the historic center. The accommodations are rendered in a clean style with luxurious bath and soothing color palates. Enjoy rooftop cocktails and dining. Breakfasts feature homemade jams and honey from the countryside, Slovenian cheeses, and specialties from throughout the country.



### **HOTEL TRIGLAV BLEĐ**

Choose almost any spot in this hotel – dining room, patio, garden, guest rooms, even the pool – it comes with a view of this spectacular mountain lake. The architecture, décor, pictures, and antique furnishings speak of a different time in the Balkans. Guest rooms overlook the lake, most with a balcony. Telephone, TV, hairdryers, safe, A/C, mini-bar and wifi are included. Restaurant 1906 celebrates the year the hotel was built and is rated among Slovenia's top culinary experiences and private wine cellars.



### **VODNIK HUT / SEVEN TRIGLAV LAKES HUT**

There are over 170 mountain huts (*dom* or *koca*), operated by 94 mountain clubs throughout Slovenia. These top-of-the-line mountain huts cater for all needs of the walker and mountaineer; a roof overhead, a comfortable bed, hearty & wholesome food (soups and stews, eggs, sausages, delicious homemade breads, etc) and refreshing beverages; tea, bottled water, beer and spirits. Both Vodnik Hut and Seven Triglav Lakes Hut are open from June to September and perched on prime sites at high elevations, surrounded by breathtaking scenery. Space is very limited and must be booked far in advance, especially private rooms.



### **HOTEL DOBRA VILA, BOVEC, SOČA VALLEY**

Dobra Vila speaks of its connection to the land and the centuries-long history of Bovec village. Guest rooms are adorned with freshly upholstered antique furnishings illuminated by ample windows and bright colors complemented with modern amenities featuring mini-bar, TV, wi-fi, A/C, hairdryers, bathrobe, & slippers. Dobra Vila is the consummate European country retreat serving meals in the dining room or the serene garden terrace. Slovenian Chef Tomaz developed his chops in Italy and worked at Hiša Franko, until he met his Japanese wife and partner, Chef Yuki, to open the Dobra kitchen.

# Booking your Wildland Adventure

## HOW TO RESERVE A TRIP

You can book online using our [Reserve a Trip form](#) or by calling 1-800-345-4453. Your space on a trip is confirmed once we receive your reservation form and initial trip deposit. All travelers must sign and submit a [Release of Liability](#).

Deposit requirements are as follows: \$1000 per person.

\*Some trips require additional non-refundable deposits, especially when yachts have been chartered, or if permits to visit archaeological or wildlife sites have been purchased in advance.

## CUSTOM TRAVEL

This trip isn't exactly what you're looking for? We are happy to design a private custom itinerary to accommodate your travel dates, interests and style of accommodations. Call us at 1-800-345-4453, send an email to [info@wildland.com](mailto:info@wildland.com), or use the Ask The Program Director button on the trip itinerary page on our website.

## PAYMENTS, CANCELLATIONS AND REFUNDS

Full payment of the trip balance is due 90 days prior to departure. If you must cancel before departure, money will be returned less the cancellation fees charged by WA Inc. plus any additional non-refundable cancellation fees and payments already advanced to airlines, hotels and local operators:

<u>Days Prior to Departure</u>	<u>Fee per person</u>
91 or more:	\$300
61-90 days:	Initial deposit amount
31-60 days:	50% of land cost
30 or less:	100% of land cost

## PRE-DEPARTURE SERVICES

Upon receipt of your deposit and completed reservation form, we will send you a comprehensive Pre-departure Dossier. This contains important information to help you prepare including immunizations, visas, trip insurance, packing checklist, reading list, maps, cross-cultural information, optional trip extensions and more. You will receive a final trip packet including Final Reminders and local contact information in your destination 2-3 weeks prior to departure.

## REFERENCES AND QUESTIONS

Have any questions or concerns? Call us a 1-800-345-4453 or email [info@wildland.com](mailto:info@wildland.com). We're here to help and are happy to provide you with references from previous Wildland travelers.

**TERMS AND CONDITIONS:** Wildland Adventures, Inc. has arranged your trip utilizing the travel services of local in-country ground operators who are independent contractors. These local outfitters, lodges, hotels and other suppliers of your travel services will make every effort to conduct this trip as described in the itinerary. It is however possible that due to transportation schedule changes, weather, delays and unforeseeable acts of God, humans or nature, this itinerary may vary from what is described. Participants must assume all risks whether identified in advance or unforeseen. All optional activities are at your own risk. Extra costs due to unexpected changes in your itinerary for reasons beyond our control are not included. We highly recommend purchasing traveler's insurance for trip delay, trip cancellation, baggage, accident or sickness. Representatives are available for assistance at any time during your trip. If preferred hotels are not available, every attempt will be made to reserve alternative accommodations of similar quality. (If upgrade is necessary, higher rates may apply.) All information and services provided are subject to our [Terms and Conditions](#).