



TRIP NOTES

SLOVENIAN LAKES AND RIVER

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Basic information

Slovenia is an easily accessible country in the heart of Europe. At the junction of the Alps, the Mediterranean and the Pannonian Plain, it will surprise you with its diversity and lush natural beauty. Slovenia is known as a land of pure water, and its numerous green glacial lakes and crystal clear rivers make it a perfect location for our short swimming adventure.

We are based in the small secluded town of Bohinj, overlooking the vast waters of its famous lake, which dominate the area. Our trip takes us through Triglav National Park, swimming in the stunning glacial lakes and exploring the lush forest and magnificent waterfalls. Lake Bled, with its unique island church, cliff-top medieval castle and mountain backdrop, is just one of the highlights of the tour.

This tour is suitable for all levels of swimmer, with three separate escorts for the safety and enjoyment of all guests. No motorised boat traffic is allowed on the lakes.

Map



Summary

Country: Slovenia
Duration: 4 Days (3 Nights)
Tour Type: Lake, River and Waterfall Swimming
Accommodation: Hotel Jezero (4*) on the Lake
Average Daily Distance: 4 km
Level: All level swimmers (see FAQs for details)
Escort: One dingy boat, two canoes/kayaks
Water temp: 18-24 (°C) | **Air temp:** 22-28 (°C)

Highlights

- swim to the island church on the **Lake Bled**
- swim the length of **Lake Bohinj** and enjoy the picturesque mountain backdrop
- swim down the glacial emerald **River Soca**
- take a dip in the **Kozjak waterfall** at **Triglav National Park**
- enjoy journey on a car train through the **Julian Alps**
- take in the stunning views of Lake Bohinj and Mount Triglav from the Mount Vogel ski-area
- Lake Bled hosted World Rowing Championships in 2011. The Lake course is known as one of the most beautiful rowing courses in the world. While rowers row the famous course, we swim across!

Included in the price

Complete guided tour led by a local guide, minibus transport, full safety escort on every swim, coaching & technique session, accommodation for the duration of the tour (breakfast included). Each guest receives a silicon swim hat and a towel. We provide drinking bottles while you swim.

Limited wetsuits, fins and other swimming gear will be available for use. If you prefer your own, please bring it with you.

Additional cost

Travel to/from location, lunches and dinners.

Tour Schedule

Day 1

Meet at **7.30 pm** at the hotel lobby for a full trip briefing. Dinner at your choice.

Day 2

We take a short ride to **Lake Bled** for a day of swimming in its crystal clear water. No motor boats are allowed on the lake so our only companions will be the small rowing boats taking visitors across to Bled's famous island, home to its small 17th century church. After a short acclimatisation swim in the Zaka bay on the north-western shore of the lake, we swim across to the island where we walk up the ninety-nine steps to enjoy a panoramic view of the lake.

Following a short break, we jump back into the water and swim across to the far side where we eat lunch on the beach. Before our afternoon swim we climb a nearby hill to a viewpoint offering amazing views of the lake and the Julian Alps.

Our final swim of the day crosses the full length of the lake (a famous rowing course), finishing at the lakeside Lido where it is time to relax, take a shower and participate in an optional stroke analysis session with your swimming guides.

The remainder of the afternoon is at leisure for you to enjoy the lake views, visit the historic castle, or enjoy Bled's famous 'kremšnita' cake in one of its many cafes.

Day 3

Today we cross the border into neighbouring Italy, where we swim the full length of the stunning mirror-like **Lago del Prebil**. We take a quick break on the shore before the short drive back into Slovenia for lunch at the popular rafting town of Bovec. We then venture into the remote centre of the Triglav national park and hike through the forest to reach the picturesque **Kozjak waterfalls**, where we take a refreshing dip in the pool at the base of the falls. Later, we head to the pristine turquoise waters of the mighty **River Soca** for a longer swim - an enjoyable contrast to both the thunder of the waterfall and our serene lake swims.

Our adventures on this day culminate in an unforgettable journey on the car train, taking you through the Julian Alps back to Bohinj.



Day 4

Depending on the weather, we either start our day by walking around the **Lake Bohinj** or taking the Vogel cable car up to the Mount Vogel ski area to enjoy the panoramic views of the Bohinj valley, across the lake to Mount Triglav and the Julian Alps. (Mount Triglav is a well-known Slovenian symbol, appears on the Slovenian flag and its 50 cent coin and is Slovenia's highest peak at 2864m). Then we get ready for our final challenge: swimming the full length of Lake Bohinj (4km). Motorised boat traffic is not permitted on the lake so our only companions are the trouts and other fish, which can clearly be seen in the pure water of the lake. **Trip finishes at 1pm.**



Weather Caveat

Your safety is of utmost importance to us. In the event of adverse weather conditions at any of our swimming locations, we may need to adapt our itinerary or amend some of the swims described above. Our team always includes local guides who know the safest and most picturesque places to swim, so rest assured you won't miss out!

Environmental and Safety factor in Lakes

Slovenian lakes are clean, fresh water lakes. As with any open water activity, swimmers should always be aware of the risk of Weil's Disease (Leptospirosis). The risk of infection in Slovenia is extremely low, but guests should inform their swimming guides immediately if they feel unwell. The incubation period for the disease can be several weeks, so contact your GP immediately if you feel unwell after you have returned home.

General Information

Start Point: Hotel Jezero, Lake Bohinj
www.bohinj.si/alpinum/jezero
Start Time: 7pm on 1st day
Finish Time: 1pm on 4th day

Passports and Visas

Slovenian is an EU country. Citizens of the EU can enter the country with identity card or passport. Citizens of USA, Canada should not require a visa, however, please always check on visa requirements before travelling.

Vaccinations

There are no essential vaccination requirements for Slovenia, but you should ensure that your tetanus and polio vaccinations are up to date.

Meals

All breakfasts are included but lunches and evening meals are at your own expense. This allows you to sample a variety of typical Slovenian cuisine at different restaurants and we can suggest what is good in the local area as we know where you will be treated well! There is also the option at lunch for you to arrange a picnic and relax on the lake or river banks. An average lunch/dinner costs around 12-15 Eur.

Currency

Slovenia is Euro(€) zone. ATMs are available.

Accommodation

Hotel Jezero www.hotel-jezero.si is a good standard 4 star hotel. It is located on the edge of Lake Bohinj and features an indoor swimming pool and sauna, and full restaurant and bar facilities. Accommodation is based on twin-share with en-suite facilities. Limited single rooms are available at an additional cost of 70 Eur.

Extended stay

If you require additional nights' accommodation before or after the tour, all Strel Swimming Adventures guests receive a discounted rate. Please book directly with the hotel, quoting **Strel Swimming**. Hotel contact info: info@hotel-jezero.si, Tel: +386 (0)4 572 91 00

Accommodation in transit

If you require accommodation in Ljubljana, all our guests receive discounted rates at the following places. Please quote Strel Swimming Adventures.
- M Hotel (3*) in Ljubljana (1.5km from centre)
- Hotel Park (3*) in Ljubljana City Centre
- City Hotel (4*) in Ljubljana City Centre.
For details and prices please visit our website.

Group Size | Up to a maximum of 13 people

Swimming Information

Month	Water Temp. (°C)	Air Temp. (°C)
June	20	22
July	22	25
August	23	27

Note: Soca river is always around 3-5°C cooler.

Swim

	Distance
<u>Lake Bled</u>	
Zaka beach - Bled Island:	1.4 km
Bled Island - Hill Osojnica:	0.8 km
Crossing lake Bled to Lido:	2.3 km
<u>Lago del Predil</u>	
Length of lake:	2.0 km
<u>Soca River</u>	
Prapetno-Most Na Soci:	2.2 km
<u>Bohinj Lake</u>	
Crossing lake Bohinj:	4.0 km

If at any time you would like to skip one of the swims, then you can always follow the group along the waters edge. This is your tour, you can choose!

Wetsuit Availability

The water temperature varies from trip to trip and we will do our best to inform you prior your trip about the current temperatures. If you do require a wetsuit please bring it along. We have limited amount of wetsuits available and we cannot guarantee all sizes to be right.

Walking Conditions

Most walks are on clearly marked tracks and paths, but we advise you to bring a good pair of walking or running shoes (trainers) as there are some uneven rock surfaces.

Essential Equipment

In addition to normal items, we recommend the following:
2 swimming costumes, sweater/fleece, 2 pairs of swimming goggles (one clear and one tinted recommended), towel and hat, small daypack, walking shoes and sandals or aqua shoes, sun cream and jacket.
For those who prefer to wear your own wetsuit, please bring your own. We have our limited wetsuits on location available.



Travel

To get to Slovenia you can fly straight into Ljubljana (LJU) or to several surrounding airports. Ljubljana airport website: www.lju-airport.si/eng/default.asp
Trieste (Italy) airport website: www.aeroporto.fvg.it/en/home/index.htm
Klagenfurt (Austria) airport website: www.klagenfurt-airport.com

Flights into Ljubljana

Easyjet from London Stansted, www.easyjet.com
Wizz Air from London, Luton, www.wizzair.com
Air France from Paris, www.airfrance.com
Lufthansa from German Munich or Frankfurt, www.lufthansa.com OR use www.skyscanner.com

Other Flight Options (Italy, Austria, Croatia)

Ryanair from London Stansted to Trieste (Italy) (TRS), www.ryanair.com
Ryanair from London Stansted to Klagenfurt (Austria) (KLU)
Alitalia from several European cities to Trieste (Italy) (TRS), www.alitalia.com
Croatian Airlines from several European cities to Zagreb (ZAG), www.croatiaairlines.com

Train

You can travel to Slovenia by train from many European cities, such as Venice (Italy), Zagreb (Croatia), Vienna (Austria), Budapest (Hungary), www.slo-zeleznice.si/en/passengers/abroad

LOW COST ground transfers from around Slovenia airports: Venice or Trieste (Italy), Klagenfurt, Graz, Salzburg (Austria). You need to book online and you get a guaranteed departure within the promised time. We recommend this service if you can't fly straight into Slovenia-Ljubljana airport or would like to visit/stop let's say in Venice.

You can book a low cost transfer from Trieste or Venice to Ljubljana via goopti.com

From Ljubljana Airport to Bohinj (our base)

Direct Transfer; a transfer from the airport straight to the hotel in Bohinj (70 EUR for up to 3 pax, 80 EUR for 4-8 pax). Transfer from the Ljubljana CITY to the Hotel in Bohinj (or vice versa) costs 90 EUR for up to 3 pax and 100 EUR for up 4-8 pax. To make a booking please contact us directly. We will send a group email before the trip starts so that you can arrange to share the transfer with other guests.

Bus Option; there are regular buses that run from Ljubljana Airport towards Bohinj, via Kranj. See the schedule at: <http://www.lju-airport.si/en/passengers-and-visitors/getting-here/bus-and-shuttle/>

Buses to Kranj depart from the airport on the hour (2 Euro). At Kranj bus station there is a 20 minute wait for the bus for Bohinj (7 Euro). Buses are marked Ljubljana-Bohinj and there are two companies operating: Alpetour and Veolija. You pay the fare directly to the driver.

From Ljubljana Airport to the city of Ljubljana

Transfer; the easiest way to travel to Ljubljana city is to get on one of the group minibuses which are located just outside the terminal. The company is PREVOZI MARKUN and the bus has a clear table Airport-Ljubljana transfer. The cost per person is 9 Euro.

Bus; there are also regular buses that run from the Airport to Ljubljana. See the schedule at: <http://www.lju-airport.si/en/passengers-and-visitors/getting-here/bus/>

From Klagenfurt Airport to Ljubljana

If you fly in with Ryanair to Klagenfurt, Austria (KLU) the best way to travel to Ljubljana is the following;

a) catch a bus just outside of the terminal to the main train station-Hauptbahnhof for 2 Eur

b) at the train station get a ticket to Ljubljana, Slovenia for 18 Eur. See the timetable here or at <http://www.oebb.at/en/index.jsp>. The 2h and 20min train ride is beautiful as you cross the Julian Alps and stunning scenery. You arrive straight to Ljubljana city centre.

We recommend you to have local currency EURO with you when paying local transportation. Don't forget, we will send you detailed travel information and itinerary before your tour starts.

See you in Slovenia!

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