



HEDONISTIC HIKING

Slovenia and Friuli - 9 Days Lakes and Mountains, Waterfalls and Wine

SLOVENIA AND FRIULI

A 9-day hiking holiday in Slovenia and north east Italy. A tiny country, Slovenia is sometimes referred to as The Sunny Side of the Alps. We stay beside beautiful Lake Bohinj from where we hike in the Julian Alps before continuing to Kobarid on the pretty Soca River. The town is known to the Italians as Caporetto and was of great historical importance in World War I. Ernest Hemingway immortalized the town in his novel "A Farewell to Arms". Today Kobarid is often regarded as the culinary capital of the country and has several excellent restaurants. We cross the mountains into Italy to explore Friuli where we walk in the vineyards of Collio and visit the Unesco World Heritage town of Cividale.

What is included?

- **8 nights' accommodation** in three hotels (3 and 4 star)
- **Two experienced and knowledgeable guides** who will look after your every need and bring this stunning area to life
- **All meals including excellent local wines**
- **Gourmet picnic lunches** each day and snacks en route
- Dinner in a variety of **superb restaurants**.
- **Support vehicle**, enabling you to walk as little or as much of the trail as you please
- **Transport** in air-conditioned minibus
- Comprehensive **pre-trip information**.



Itinerary

The walking holiday starts in the capital of Slovenia, Ljubljana and finishes in Venice. There are daily flights to Ljubljana from the UK and many other European cities. The Slovenian national carrier is [Adria Airways](#). Ljubljana also has good train connections with Venice in Italy, Austria and Germany. We offer an airport and train station meeting point. Venice has flights to many European cities. Both cities are worth spending a couple of days exploring.



Day 1



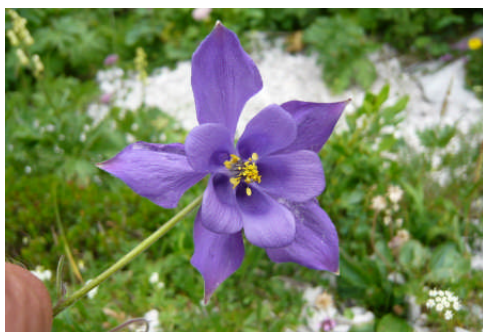
Meet Ljubljana at 11am. Drive to the medieval village of Skopja Loka for a visit before continuing to Lake Bohinj via beautiful Lake Bled with its fairytale castle. We stay for the next 3 nights in Hotel Jezero, a 4-star hotel with indoor pool overlooking picturesque Lake Bohinj. Later in the day there is the opportunity for a short but wonderfully scenic walk along a gorge dotted with waterfalls to a viewpoint where we can enjoy an aperitif overlooking the lake. Dinner this evening in a local *Gostilna* (Inn). (6.5km/4.1 miles)

Day 2

We head out from the hotel into the lush alpine pastures typical of this region. Our walk takes us up to a low mountain, Rudnica, at 946m before descending through beech woods into the fields for our picnic. In the afternoon we visit the Alpine Dairy Museum and taste some of the local cheese at a local inn before returning to the hotel. Opportunity for a refreshing dip in the lake before dinner. (12km/7.6 miles)



Day 3



We take a cable car above Lake Bohinj to 1534m where we start walking. Our trail climbs up past mountain dairies and through flower-filled pastures. A short scramble takes us to a spectacular ridge at 1800m. Enjoy magnificent views as we picnic on high. Descend via a different route and return to the valley by cable car. (8km/5 miles – no van access today. Both guides will accompany the group and carry the picnic). Dinner in a local restaurant.



Day 4

We depart Lake Bohinj after breakfast and drive through into central Primorska to start our walk. Our path passes remote farms and small villages before following a narrow gorge to emerge at the fascinating Partisan Hospital. The hospital, hidden in a canyon, treated wounded Partisan soldiers from Yugoslavia and other countries from late 1943 until the end of World War II. (9km/5.7 miles)



Lunch is at a characteristic *Gostilna*. In the afternoon a short drive following the turquoise Soca River brings us to Kobarid (Caporetto) where we stay for two nights. Dinner in the award-winning Topli Val restaurant.

Day 5



We head up into the hills behind Kobarid, passing the remains of an ancient fort and exploring the trenches which bear witness to World War I battles of the Isonzo front. Cross the turquoise waters of the Soča (Isonzo) River on a suspension bridge and visit a stunning waterfall before continuing through woods and farmland to a small village overlooking the valley. Time to visit the fascinating museum in the town before dinner in a wonderful local restaurant. (9.5km/6 miles)

Day 6

We depart Kobarid and start our walk at a small village at 860m. We hike, climbing steadily on good paths, through beautiful woods and pastures. We cross the border between Slovenia and Italy on foot at Mount Matajur (1648m). Take in the views to the mountains of Slovenia and Austria and down to the coast near Trieste in Italy. A short descent through Alpine pastures where we enjoy a picnic before ending our walk at a mountain refuge. In the afternoon we visit the Unesco World Heritage city of Cividale di Friuli before a short drive takes us to Gorizia where we stay for 3 nights. (9.3km/5.8 miles)



Day 7

We drive to one of the cradles of Italian and European civilization at World Heritage listed town of Aquileia near the coast. Visit the Basilica di Santa Maria Assunta which conserves one of the most impressive mosaics in the world. Later in the day we return to Gorizia where there is time to see the castle and the sixteenth-century Palazzo Coronini Cronberg with its beautiful park before dinner in a local restaurant.

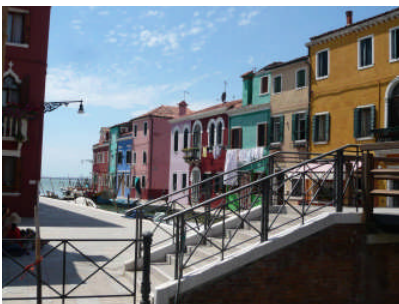


Day 8



We walk between Slovenia and Italy on foot in the pretty Collio (Italy) and Brda (Slovenia) hills which surround the city of Gorizia. Hike through vineyards – renowned above all for their wonderful white wines - past small villages and castles to end at the lively town of Cormòns with its popular *Enoteca*. Opportunity to taste the local wines before returning to Gorizia for our final dinner. (14km/8.8miles)

Day 9



We return to Venice (airport) for 1130am. Transfers to Trieste (Friuli Venezia Giulia) airport or train station can also be arranged.



Walking

Shortest day: 6.5km/4.1miles

Longest day: 14km/8.9miles

There are 6 days of walking on the trip. The walking is very varied. We walk on farm and woodland tracks, mountain trails, strade bianche (gravel roads) and quiet tarmac roads. The mountain walk on day three has a short scramble and some sections of the walk may be considered vertiginous. We are happy to talk you about this if you would like further details. On all days except day 3 (when we take a cable car up the mountain) there is van support with the opportunity to walk a half-day. The region has mountains, rolling hills and valleys. There are a few significant ups and downs. Sturdy walking boots, with good ankle support, are recommended. Walking poles are recommended, especially on steeper sections.

Weather:

The weather will be very varied as we walk between altitudes of 300m and 1800m. In Slovenia we are in an Alpine area. Highest rainfall is between May and November with a monthly average of 150-200mm. On the up side the countryside is beautiful and green. Rainfall in Friuli is substantially lower.

June: Max 25° Min 12°

Oct: Max 18° Min 6°

Today's weather [Gorizia](#) . Bohinj tourist office has the following [weather information](#).

Dates:

3rd-11th June 2012

2nd-10th October 2012

Cost: €2625 per person Single Supplement €180

