



HEDONISTIC HIKING

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

Slovenia, often referred to as "The Sunny Side of the Alps", is a tiny, beautiful, green country on Italy's north eastern border. After meeting in its capital city we travel to tranquil Lake Bohinj and hike in the stunning Julian Alps. We visit Kobarid on the dazzling turquoise Soca river, a town of great significance during World War 1 and immortalised by Ernest Hemingway in his novel "A Farewell to Arms. Here we stay in a delightful family-run hotel with an award-winning restaurant. We make the border crossing between Slovenia and Italy on foot to arrive in the Italian region of Friuli, where we explore the excellent vineyards of the Collio hills and the UNESCO World Heritage sites of Cividale and Aquileia.

What is included?

- **8 nights' accommodation** in two hotels and a restored 13th century castle
- **Two experienced and knowledgeable guides** to 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**

Tour Highlights

Crystal clear lakes and turquoise rivers

Climb Mount Matajur to cross Italian-Slovene border on foot

Taste the celebrated wines of the Collio region

Accommodation

Hotel Jezero: Comfortable lakeside hotel with wonderful views of Lake Bohinj

Hotel Hvala: Family-run hotel with outstanding restaurant in Kobarid (Caporetto)

Castello di Spessa: An historic castle hotel set in the vineyards of the Collio wine region



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](#). [GoOpti](#) offer an excellent car transfer service between Ljubljana and other European cities. Venice has flights to many European destinations, and excellent rail links to the rest of Italy. Both cities are worth spending a couple of days exploring.

Day 1



Meet Ljubljana Central Train Station at 11am. Drive to the medieval village of Skopja Loka for a visit and lunch 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 and across fields to a small farming village for our picnic where, amongst other delights, we taste some of the cheeses from the local dairy. Time to stroll by the lake or take a dip in the pool before dinner in the hotel. **(10.5km/6.6 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. We visit the Alpine Dairy Museum on our way to dinner in a local restaurant.



Day 4

We depart Lake Bohinj after breakfast and drive through into central Primorska. After a short coffee break in Cerkno, we start our walk climbing through woodland to the 12th century church of St. Ivan. Here we meet our local guide for a visit to a pre-historic cave, believed to have been inhabited over 35,000 years ago. It is also the site where the oldest musical instrument in the world was unearthed. In the afternoon a short drive following the course of the turquoise Soca River brings us to Kobarid (Caporetto) where we stay for two nights. Dinner and wine tasting tonight at the Topli Val restaurant. **(4.6km/2.8miles)**



Due to catastrophic flooding in 2023, the Partisan Hospital near Cerkno is currently closed to visitors.

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 in the afternoon. Tonight there is a Degustation Menu with matching wines in the hotel's fabulous 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 lunch 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 the Collio wine region where we stay for 3 nights. Dinner in a local restaurant close to the hotel. **(9.3km/5.8 miles)**



Day 7

This is our non-walking day and we drive towards the sea to one of the cradles of Italian and European civilization in the UNESCO World Heritage town of Aquileia. We visit the Basilica di Santa Maria Assunta which conserves one of the most impressive mosaics in the world. After lunch at the coast we return to the Castello di Spessa with time to relax before dinner in the hotel restaurant.



Day 8



Today we walk between Slovenia and Italy on foot in the pretty Collio (Italy) and Brda (Slovenia) hills which surround the city of Gorizia. The spirit of the people who have kept the tradition of wine-making alive is intertwined with the turbulent history and cross-border culture of this small wine region. Hike through vineyards – renowned above all for their wonderful white wines - past small villages and castles and enjoy the hospitality of local wine makers. We return to the hotel by van and our final evening is spent at the outstanding La Subida restaurant in Cormons. **(10.5km/6.6 miles)**

Day 9

We return to Venice Marco Polo (airport) for 11.00 am.

Walking

Shortest day: 6.5km/4.1miles

Longest day: 10.5km/6.6 miles



There are 7 days of walking on the trip and one free day. The terrain is very varied as we hike in the mountains and in agricultural areas. We walk on farm and woodland tracks, mountain trails, through vineyards (which are muddy after rain) and along quiet tarmac roads. Although the daily distance is relatively short, this is one of our more challenging hiking holidays and we climb/descend at least 300-400m on most days, with an 800m ascent on Day 6. The mountain trails are rocky in places with short sections of exposed terrain on Day 3. There is always the opportunity to walk a half-day with van support for those who wish to continue to the hotel earlier. On day 3 both guides lead the hike and if guests do not wish to hike they will be offered a self-guided option. Since some of the walking is in the mountains it is crucial to be prepared for adverse weather conditions. Sturdy walking boots, with good grip



and ankle support, are essential. Walking poles are highly recommended, especially on steeper sections. In order to maximize your enjoyment of your holiday it is important to exercise regularly prior to the trip in order to build up your fitness level.

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 [Cormons](#) . Bohinj tourist office has the following [weather information](#).

Useful links to our website:

[Ljubljana](#) City Page

[Venice](#) City Page

[Trieste](#) City Page

[Cherries of Brda](#) Blog Post

[Franja Partisan Hospital](#) Blog Post

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