



# 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](#). We offer an airport and train station meeting point. Venice has flights to many European cities, and excellent rail links to the rest of Italy. 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 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. In the afternoon we visit the Alpine Dairy Museum before returning to the hotel. Time to stroll by the lake or take a dip in the pool before dinner. (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. Dinner in a local inn.



#### 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/5.6 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 an outstanding 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 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 before returning to Gorizia for dinner. (10.5km/6.6 miles)

## Day 8

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 visit the castle, explore the shops and stroll the elegant streets of the old town before dinner in the outstanding La Subida restaurant near Cormons.



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

## Dates:

7th - 15th June 2016

26th Sept - 4th October 2016

**Cost: €2,825 per person** Single Supplement: **€200**

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