

## SJP - Julian Alps, Slovenia Trek 23rd—26th June 2017



### Challenge Overview

Take yourself into mountain region that has been forgotten about over the years and is now being re discovered to the adventure fraternity. The Soca valley in Slovenia is fast becoming an adventure capital of the Eastern Alps.

With high mountains and fast flowing melt water rivers there are a variety of activities that are conducted here. The mountain huts are well maintained here being part of the alpine range with great trekking routes from low level to higher peaks just short of 3,000m asl.

Our challenge takes us into the Julian Alps. After an acclimatisation walk we head into the high mountains and tackle the Mount Triglav mountain range..

### Adventure Itinerary

**DAY 1:** Depart UK airport, flights into Ljubljana. Transfer from airport to accommodation on the edge of the Julian Alps, around the region of Kranjska Gora. Short acclimatisation walk to shake out our legs.

**DAY 2:** Mountain day! We will leave our accommodation and head towards the Triglav mountain range. Winding our way up the mountain with fantastic views over the Soca valley, we make our way up to the Mountain Refuge where we will stay for the night

**DAY 3:** High up on the mountain, after breakfast in the refuge we head off to explore the high mountain, From here we will descend off the mountain, winding our way towards our evening accommodation. After a clean up we will get ready for our celebratory meal.

**DAY 4:** Return day to the UK, In the morning we will drive to the beautiful and iconic Lake Bled for a rewarding stroll around its shores.

Afterwards, we will then take you to the Airport for your flights home . . . Depending on which return flight you choose you may be transferred to the airport or dropped into Ljubljana if you wish to spend some more time there before your returning to the UK.

### Flights

All flight information can be found on the Wakelet page

<http://www.adventure-cafe.com/SJPFFlightInformation.pdf>

### Accommodation

#### Hotels

The hotels we will be staying in will be comfortable 3 star standard with breakfast and evening meals included.

#### Refuge

We will be staying in classic alpine mountain refuges, which are comfortable but basic. These include dorm rooms, toilets and cleaning facilities along with large dinner halls. Meals are generally stew type meals and a basic continental breakfast.

#### Luggage and Bags

This is a long weekend. You should bring a weekend bag/case with all your requirements.

When on the mountain (after leaving hotel on the Saturday morning and until returning to the hotel on Sunday evening) you will only be required to carry what you need overnight in a rucksack.

Your main baggage will be stored at the hotel for you.

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### What is the Slovenia Mountain Challenge Like?

The Slovenia Mountain challenge is designed to be challenging for all but enjoyable at the same time. Once we are up on the high mountain we are able to tailor our routes to best suit your needs.

We will walk in groups to best suit people's specific needs, as in previous years with St. James's Place we have had individuals that want to push their pace and others that want to conduct a leisurely walk.

This challenge should push you slightly out of your comfort zone but keep you on the fringes to be able to enjoy the spectacular views and scenery available in Slovenia and the Triglav mountain range.



### How Fit Do I need to be?

You need to be able to conduct 2 long days walking. The first day will be majority of ascent, you will need to walk at a consistent pace whilst being able to have a conversation with someone without stopping every 10 minutes for breath. You may be walking up to 6 hours in the day.

You should be walking at around 5km/hr on the flat, this will drop down to around 3km/hr in the hills. If you run for your fitness and are conducting an 11-12min/mile then this should suffice.

### Medical Issues

Please note, it is extremely important for this physical challenge that you are in good health. If you have any pre-existing medical conditions, please consider carefully whether you should be participating in the challenge. Please ensure you fill in the booking form accurately and honestly, this is important. In the case of serious conditions (epilepsy, diabetes, heart conditions, recent illness or operations), please discuss the challenge with your GP. Please also ensure you notify us of any allergies or similar.

You should be used to walking reasonable distances each day to contemplate this trek. It requires stamina and good aerobic fitness - but good willpower will also come in handy! Failure to disclose medical conditions is a serious omission - that could have serious repercussions on any of our challenges.

### Included From Trip

1. All transfers in country to/from airport
2. 2 nights comfortable hotel accommodation
3. 1 night in mountain refuge
4. 3 x evening meals, 3 breakfasts, 2 lunches
5. First aid qualified Mountain Leaders
6. Information pack and Joining Instructions as prepared by Adventure Café.

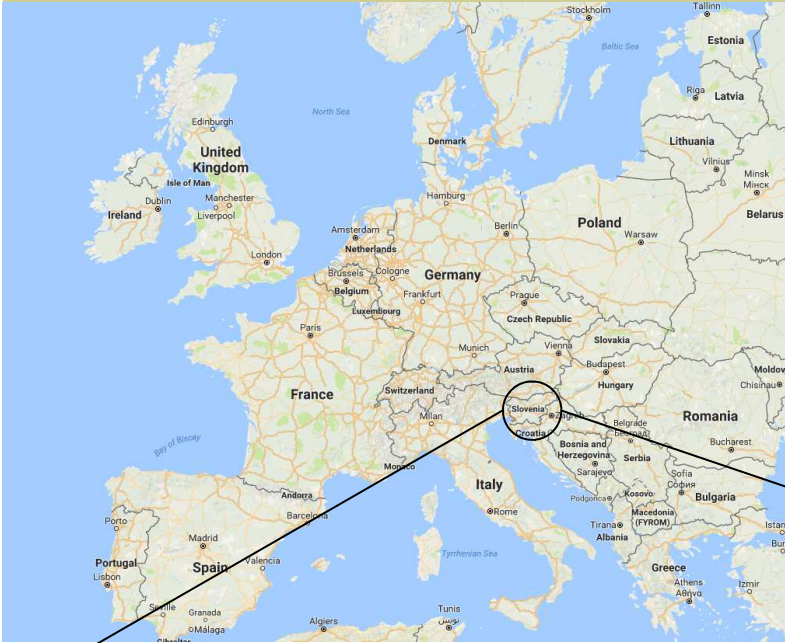
### Excluded From Trip

1. International Airfares - please ask if you require assistance with flights and we should be able to offer well priced flights with good connections. Excludes transfers in UK to airport (Lift Share may be available expect to share costs on parking at Airport.)
2. Lunches on the travel days (1&4)
3. Additional transfers from Ljubljana to airport if you wish to stay longer.



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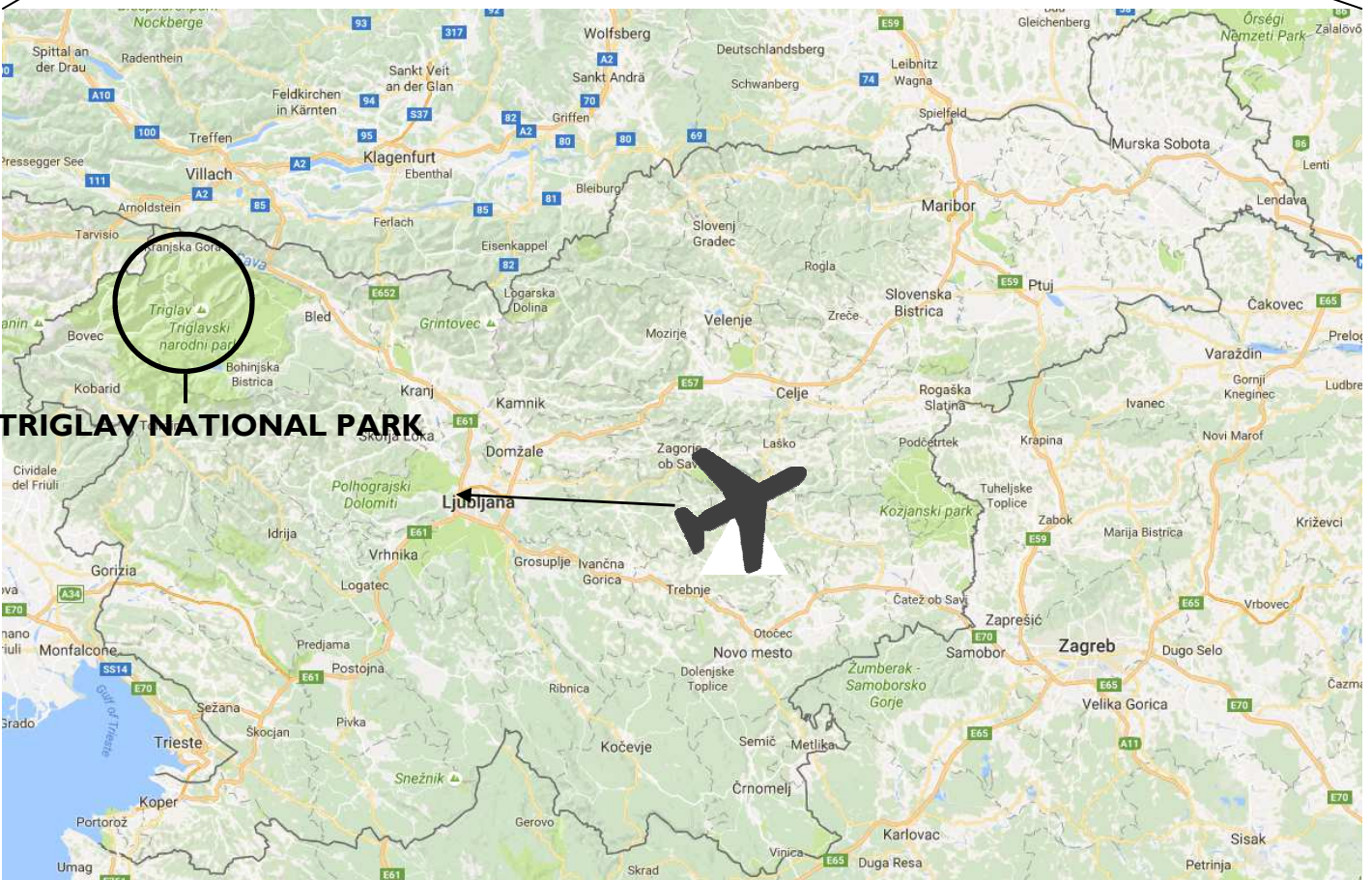
### Where are the Julian Alps?



The Julian Alps are located in the North East corner of Slovenia, adjacent to the Italian border.

The range is a 2 hour drive from the country's capital Ljubljana. This will be broken up with a visit to Lake Bled and a walk around the lake.

There are a variety of towns on the outskirts of the Triglav National Park such as Bovec and Kranjska Gora.



**TRIGLAV NATIONAL PARK**

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### Visas / Redtape

When travelling abroad you may require a Visa. Please check the Travcour website ([www.travcour.com](http://www.travcour.com)) for up to date Visa information.

Here they can advise you on the best action to take. If you require further information please don't hesitate to contact the Café.



### Further Information

#### Price:

**£500 pp**

#### Contact AC Office

**Mountain Events Manager— Alex Williams:**  
[alex@adventure-café.com](mailto:alex@adventure-café.com)

**AC Director—Richard McLaughlin:**  
[richard@adventure-café.com](mailto:richard@adventure-café.com)

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### Safety Information

By nature all activities contain an element of risk. Your leader will be first aid qualified and will carry the appropriate safety kit for the activity, such as mountain safety shelters, walking rope and from time to time mobile radios. Safety equipment carried will be appropriate to trip. The leader's primary role is to ensure your safety, but it is your responsibility to listen to their guidance and instructions.

1. Please ensure that you follow leaders instructions at all times.
2. There are some limited sections of scrambling (which could be avoided if the group really wants to) – please discuss this with the leader. It may be that the leader uses a rope to assist participants and to keep people safe.
3. Please ensure you bring your waterproofs (both leggings and tops) just in case!
4. Please remain well hydrated throughout the challenge – we recommend Nuun Tablets to assist in remaining hydrated. [www.nuun.com](http://www.nuun.com)
5. Please ensure you line your rucsac with a plastic liner. This is particularly important – as you need to ensure that your sleeping bag remains dry.

### Weather

Expect the weather to be in the early to mid 20's however this will cool the more we ascend the mountain. Night time temperatures can cool to below 10 degrees.

With all mountains there may be a chance of rain and potentially some storms. Please ensure you are prepared and packed for all conditions.

### Registration

All registration will be conducted within St. James's Place.

For registration please contact:

**Abigail Cole**  
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01285878427

Adventure Café Challenge - Trip Notes