



TRIP OVERVIEW

Ready for a freshwater swimming holiday you'll never forget? Travel with us to the Slovenian Alps and discover why this country is one of Europe's true hidden gems. Swim the emerald waters of Lake Bled and the crystalline Soca River - take in the stunning scenery of Triglav National Park and even cross the border into Italy to lap Lago del Predil on this unforgettable short escape.

During this trip, we'll be based in the small town of Bohinj - the central hub for all our excursions by land and water. This includes a swim to the 17th Century church on Bled Island, crossing the beautiful Lake Bohinj, and exploring the National Park.

To get the most out of this amazing experience, we will combine swims with walks to uncover as much of the local area as possible, occasionally aided by a canoe or rowboat. To experience the best swimming that Slovenia has to offer, we spend time travelling to and from different locations, which makes for quite a busy trip, with evening returns to the hotel on days 2 and 3.

With such an action-packed four-day adventure, we know it's important to recharge your batteries and the Hotel Jezero, with mountainous surrounds on the banks of Bohinj Lake, is the perfect place for post-swim recoveries and social meetups. The hotel offers comfortable accommodation, beautiful scenery, friendly staff and there's even a pool if you just can't get enough of the water!

WHO IS THIS TRIP FOR?

This trip is for swimmers who love freshwater swimming and inspiring mountain scenery.

Swimmers should also have a basic understanding of open water swimming and be capable of completing the average swim distance of around 2 km prior to the start of the trip. The average daily distance is around 4km (split over a minimum of two swims).

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

LOCATION SUMMARIES

Lake Bled

One of Slovenia's oldest medieval castles overlooks the stunning emerald Lake Bled. The lake is home to Slovenia's only island, which is one of the iconic images of this country. The town of Bled offers a great place to relax after a busy day's swim.

Lake Bohinj

This is Slovenia's largest lake, which lies to the west of Lake Bled. It's one of the region's hidden gems and an ideal base for our adventure. The mountain peaks of Pršivec and Storeč Vrh dominate the surroundings. It's a glacial lake and a great place to relax and enjoy the serenity that this area offers.



Julian Alps

The Julian Alps, named in honour of Caesar, form Slovenia's dramatic northwest frontier with Italy. They are in Triglav National Park, named after Slovenia's highest peak (2864m). The Sava and Soča rivers, which we cross during our tour, are the largest two in the region. They rise in the Julian Alps and then flow down to the Black and Adriatic seas, respectively.

Triglav National Park

First protected in 1924 and now covering some 838 km², the Triglav National Park is the only National Park in Slovenia and one of Europe's oldest parks. Named after its highest mountain, it covers 4% of Slovenia's total land mass and is almost entirely covered by the eastern Julian Alps.

Lago del Predil

Located just 2 miles from the Slovenian border in Italy, this idyllic and remote lake sits up at an altitude of 960-metres. Fed by Rio de Saletto, the lake is surrounded by trees and rugged cliffs. The water quality here is exceptional and the picturesque views are very hard to top.

TRIP SCHEDULE

Start Point	Hotel Jezero, Lake Bohinj, Slovenia www.hotel-jezero.si/
Start Time	20:30 on Day 1
Finish Point	Hotel Jezero, Lake Bohinj, Slovenia www.hotel-jezero.si/
Finish Time	14:00 on Day 4

Please note that the below daily itineraries are an example of the swims that may take place during your trip. However, actual swim locations and distances will vary according to local weather and swim conditions. Your SwimTrek guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

Day 1

We meet at the hotel bar for welcome drinks and a short briefing on the plans for the rest of the trip. The acclimatisation swim is held the next morning.

Day 2

We take a short van journey into Bled where we hold an acclimatisation swim, followed by a day of swimming in this famous lake. The first swim crosses to Bled Island -home to the Pilgrimage Church - where we'll walk the 99 steps to enjoy the stunning view. It's then back into the water as we cross to the lake's western shore.

After a stop for lunch, we take an optional 20-minute walk up the steep path to Mount Osojnica, which offers stunning views of the lake and the surrounding mountains. On our return to the shore, we swim a full length of the lake, finishing at the lakeside lido. The late afternoon/evening is free for you to either



enjoy the view over Lake Bled from the medieval castle, get lost in the shops, cafes and restaurants of the town centre, or to simply relax by the lake, before meeting up again to travel back to the hotel.

Day 3

After breakfast we have a 1.5-2-hour scenic van transfer into Italy and onto the shores of the idyllic Lago del Predil for the first swim of the day. It's then a short drive back into Slovenia for lunch at the popular alpine town of Bovec. Following this, we head into the remote centre of the Triglav National Park and take a 20-minute walk to find the secluded Kozjak waterfalls.

It's then time to head to the emerald Soča River – we wade in for a swim where the river has a gentle current. The scenery is outstanding and the river swim makes a striking contrast to the lakes of the previous few days. The adventure doesn't stop on the way home either, with a memorable return journey on the rickety car train (an unexpected highlight!), taking us through the countryside to Bohinj and arriving back in time for dinner.

Day 4

After the previous days, we have an early chance to stretch our legs as we walk the length of Lake Bohinj. Following the walk, we swim the 4km length of Slovenia's largest lake. We may be accompanied by schools of wild trout which frequent the lake. The dark green forests and surrounding mountain peaks guide our way. There are suitable get-out points along the way for those who might prefer a shorter swim. The swim finishes within 50 metres of the hotel, where you will be able to use the hotel's sauna and shower facilities from 2pm to finish off your trip.

TRIP GRADING

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

Swimming Distances

Swim	Distance	Swim	Distance
Osojnica – Bled Island	1km	Bled Island - Osojnica	¾km
Crossing of Lake Bled	2km	Crossing of Lago del Predil	1½km
Soca River	2km	Crossing of Lake Bohinj	4km

Swimming Conditions

These lakes are some of the world's cleanest freshwater lakes, however water quality can be an issue with water runoff from fields. Bluegreen algae and Weil's disease are all possible contaminants. If you do feel unwell at any stage during or after the trip, you should go to your GP immediately, telling them what you have been doing.



Walking Conditions

Most walks take place on recognised paths and tracks, however there may be cases where we walk along trails or other unsealed surfaces, and care should be taken in these areas. The walk on Lake Bled gets quite steep and rocky towards the top, so a pair of sturdy trainers or walking sandals will be required.

Temperatures

Temperatures for Lake Bled:

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
July	19-21°C / 66-70°F	21-23°C / 70-73°F
August	20-23°C / 68-73°F	23-25°C / 73-77°F

Temperatures for Lake Bohinj**:

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
July	20-23°C / 68-73°F	21-23°C / 70-73°F
August	20-23°C / 68-73°F	23-25°C / 73-77°F

* Please note that these temperatures are indicative and should be used as a guide only.

**Please note that Lago del Predil and Soča River may be 3-5°C cooler than these temperatures.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. Therefore, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek guides as quickly as possible.

TRIP INFORMATION

Group Size

This trip has a maximum group size of 14. The group will be split into a maximum of three groups based on speed, with each group being accompanied by their own safety vessel/escort.

Boat Support

Boat support on this trip includes a combination of kayaks and canoes to be piloted by your by your SwimTrek guides and Safety Support Crew. Please note that this boat support is subject to change without notice and cannot be guaranteed.

Essential Equipment Checklist

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:



✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Small Daypack
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Sweater/Fleece
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Windproof/Waterproof Jacket
<input type="checkbox"/>	Walking Shoes/Sandals	<input type="checkbox"/>	Wetsuit
<input type="checkbox"/>	Aqua Shoes/Sandals	<input type="checkbox"/>	Personal Drinks Bottle (x2)

For more information, please visit our [Packing List](#) page on the website.

*Try to bring one clear lens and one tinted lens for different light conditions.

SwimTrek will supply swim hats, water, and electrolyte drinks. The guides will no longer distribute shared drinks bottles but will fill your personal drink bottles. Please ensure these are clearly marked to help our coaches identify yours. If you would like to use a wetsuit, rash vest, snorkel, or fins during your swims, please ensure that you bring these with you.

GETTING THERE

As SwimTrekkers come from all over the world, and join our swimming holidays in numerous destinations, we don't currently offer flights as part of our SwimTrek packages. We do however want to do as much as we can to ensure that our guests get the best deals when travelling to one of our trips so check out our [SwimTrek flight tips](#) page on the website.

Whichever route you choose to take, we recommend confirming your flights and other travel arrangements as early as possible to avoid price rises and availability issues.

The easiest option to get to Lake Bohinj is to fly into Ljubljana Airport and book a transfer to the hotel. There are a wide range of airlines serving Ljubljana from various British and European cities.

Transfers from Ljubljana Airport

From Ljubljana airport, you can get a transfer directly to the Hotel Jezero. The transfer costs €90 per vehicle (up to 8 people) and takes approximately one hour. Please contact Outdoor Slovenia on +386 40865386 or email them directly at transfers@outdoor-slovenia.com. We recommend using the SwimTrek discussion page in the month leading up to the trip to arrange sharing the transfer with other guests to reduce your costs.



Travel from Ljubljana via Bus

There are frequent shuttle buses that run from Ljubljana Airport to the town of Kranj which takes approximately 30 minutes and costs approximately €5. From here you can get a connecting bus to Bohinj. The journey takes 1 - 1½ hours and costs approximately €10. You can view the bus timetable at <https://www.ljubljana.info/airport/bus/>.

If you are staying in Ljubljana centre before the trip, it is possible to get a direct bus to Bohinj. The bus leaves from Tivoli and takes roughly 2 hours. The bus stop to alight at Bohinjsko jezero/lake, the hotel is then just short walk away, the bus company who runs this specific route is [Arriva](#).

Travel via Train

Zagreb, in neighbouring Croatia, offers a regular, scenic, train service to Ljubljana. Both Zurich (www.swissrailways.com) and Munich (www.deutschebahn.com) have direct trains to the Slovenian town of Jesenice. Overnight services are also available via www.oebb.at. From Jesenice, you will need to change for the connection to Bohinj station. The bus leaves hourly from outside the station and the Hotel Jezero is a 15-minute bus ride away.

Getting there via other European countries

You can also travel to Slovenia via neighbouring countries. Trieste airport in Italy is south-west of Bohinj, Zagreb in Croatia is to the east, and the Austrian airports of Graz and Klagenfurt are to the north. Our hotel address for those travelling by car is: *Ribcev Laz 51, 4265 Bohinjsko Jezero, Slovenia*. Please note if you choose to drive, you must ensure you have a valid vignette.

ACCOMMODATION

For the duration of our trip, we stay in the beautiful Hotel Jezero, a 4-star hotel that sits directly in front of Lake Bohinj. Our accommodation is based on twin-share rooms with en suite facilities. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability.

Pre/Post Trip Accommodation and Trip Extension Options

If you would like to extend your stay in Bohinj and need to book additional nights' accommodation before or after your trip, please contact the hotel directly via email at info@hotel-jezero.si.

Food and Drink

All breakfasts are included in your trip price - however, lunches and dinners are at your own expense. This allows you to enjoy the cuisines on offer in the various restaurants and cafes or have a relaxing picnic on the grassy banks surrounding the lakes and rivers. Throughout the course of the trip, you will have the opportunity to join us for optional group meals at locally recommended restaurants.

For more information, please visit our [food and drink](#) page on the website.



TRAVEL ADVICE

For more information on any of the following sections please visit the [Travel Advice](#) page of our website.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as dinners, drinks, entertainment, souvenirs, etc. The local currency in Slovenia is the Euro (€). There is also a tourist tax of €2.60 (subject to change) per person per night, which is payable locally to the hotel. ATMs are widely available both at the airport and in Bohinj.

In some countries, tipping (gratuities) is not part of the culture - in others it has become an expected norm. We believe that tipping is done entirely at your own discretion. If you have been provided with excellent it may be something you wish to do. Your SwimTrek Guides can advise on local norms for service providers like boat crew, waiters or taxis. Nothing is expected for your SwimTrek Guides but many groups like to present something to the Guides at the end of the trip.

Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough to explore, but also to educate our guests about the importance of conservation efforts and responsible tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.

For more information, please visit our [Responsible Travel](#) page on the website.

Passports and Visas

Slovenia is part of the European Union. Non-residents of Slovenia require a full passport to enter the country, which should be valid for six months beyond the expected length of stay. Citizens of all E.U. member states, the US, Canada, Australia, and New Zealand do not require a visa to enter Slovenia. Please note that visa regulations are always subject to change, and we advise that you check your own visa requirements prior to travel.

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information about travel insurance, please visit our [Travel Insurance](#) page on the website.



Health Information and Recommended Vaccinations

Here at SwimTrek we pride ourselves on our focus on safety and the well-being of all our guests. As we operate in some beautiful and remote locations medical facilities are not always easily accessible. SwimTrek Guides, and many staff working for our local partners, are first aid trained. However, we ask that you read our [Travel Health](#) page to ensure that you are informed about general Travel and Swim Health precautions.

Internet Access, Electricity and Travel Plugs

There is complimentary Wi-Fi internet access across the hotel.

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit worldstandards.eu.