



## Slovenia - Lake Bled Alpine Family Adventure



**HOLIDAY TYPE:** Small Group  
**VISITING:**

**BROCHURE CODE:** 5055  
**DURATION:** 7 nights

### In Brief

Slovenia is a country rich in history, culture and cuisine that combines the beautiful summer weather of the Mediterranean with towering mountains, deep glacial lakes, and unspoilt swathes of forest. Lake Bled, in particular, has been ranked one of the most beautiful places in the world, and our holiday will surely show you why, as your family takes part in a variety of fantastic activities.

### Our Opinion

*“ This fun-filled family adventure is the perfect trip to experience Slovenia’s incredible rivers, lakes, and mountains through an exciting variety of activities. Staying in Bled means that your family is in one of the best places to explore and enjoy all that Slovenia has to offer. ”*



## What's included?

- **Transfers:** return airport transfers Ljubljana international airport
- **Accommodation:** 7 nights in a family apartment at Hotel Savica Garni
- **Meals:** 7 breakfasts
- **The following activities are included in the holiday:** white-water rafting, canyoning, biking, ziplining, and a day-long tour of the Julian Alps and National parks (the order of the activities is subject to change)
- All equipment, tuition and supervision from fully qualified instructors
- Daily entrance to the nearby Ziva Wellness pool complex (3 hours entrance per day)
- Services of our local representatives or guides
- 24/7 assistance from our UK based operations team and in destination support from our local partners

## Trip Overview

Our Lake Bled Alpine Family Adventure holiday will allow your family to enjoy the highlights of Slovenia's plentiful Alpine wonders. Experience beautiful canyons, emerald rivers and waterfalls, see protected plants and animals in diverse forests, and marvel at the area's majestic mountains - and that's just during one excursion!

This seven-night holiday is packed full of fun family adventures in stunning surroundings. Make unforgettable memories with your family by biking around the scenic landscape of Lake Bled, canyoning through beautiful gorges, and rafting your way along emerald-green rivers. You can even see it from above during a firm family favourite: an adrenaline-fuelled zipline over the Sava River Valley. Don't worry, you and your family will have the chance to relax after action packed days, with free daily entry to the Živa Wellness hotel pool complex, just a minute's walk from your hotel. It's the perfect place for the adults to unwind and for the children to enjoy!

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Image credits: The Cunningham Family, Altitude Activities and Slovenia Tourist Board

# Agenda

Please note the order of activities is subject to change

DAY  
1

## FLIGHTS, ARRIVAL AND WELCOME

Upon arrival at Ljubljana International Airport, you will be picked up by one of our local guides and transferred to the comfortable, perfectly situated Hotel Savica Garni hotel.

Once you're all settled in and unpacked, you will be free to explore Bled's beautiful Old Town, made up of an interesting blend of historic farmhouses and 19th Century shops and villas. If you're looking for somewhere to eat, the Old Cellar restaurant in the centre of Bled will make for a memorable meal: the restaurant gets its name from its location in a 500-year-old wine cellar, with friendly staff serving both international and traditional Slovenian cuisine. Alternatively, you could always grab some local delicacies and enjoy a scenic picnic on the banks of Lake Bled.

**Included Meals:** None

DAY  
2

## WHITE WATER RAFTING IN THE SAVA RIVER

Following a delicious breakfast, you and your family will stroll to the meeting point located near your hotel where you will meet your guide and be transferred to the Sava River to get suited up for the day's adventures. As well as full safety instructions and training on the rules of conduct in the raft, your guide will also provide you with a neoprene suit, a life jacket, a helmet, and a paddle.

You'll raft down the river rapids, floating past beautiful landscapes as you wind between white boulders, working together to steer with the course of the river. By the time you reach the end of the course, you'll be wanting to go again! You will be out on the river for approximately 1 hour, with the whole activity lasting around 2-3 hours, after which you will be transferred back to Bled. Please note that children must be at least 120cm tall to participate.

If you're not quite done with water for the day, we thoroughly recommend a visit to the Živa Wellness centre and a dip in one of its six pools; a daily entrance pass is included during your stay, limited to 3 hours access per day. With a spa for Mum and Dad to relax in and a water slide for the kids, relaxing in a pool watching the sun set over Lake Bled is a magical way to finish your day off.

**Included Meals:** Breakfast

DAY  
3

## CANYONING IN BOHINJ



Stock up on a hearty breakfast this morning ready for the day's adventures, which will take you to an amazing series of canyons at the base of the Julian Alps. Like yesterday, you will stroll to the meeting point located just a few minutes from your accommodation where you will meet your guide and drive to the activity's starting point. Once there, you will be surrounded by tumbling waterfalls and beautiful emerald pools.

You will be provided with a wetsuit, shoes, harness, and helmet prior to a full safety briefing and demonstration by your guide. Once you're all suited up and harnessed in, the adventures begins!

To make your way from the top of the canyon to its base, you will slide down natural water tunnels, climb down a series of secured rope abseils and jump into the crystal-clear river pools carved out by Alpine run off.

The canyoning will take approximately 1 hour, and you will be out for roughly 3 hours in total. *Children must be at least 120cm tall to participate.* After enjoying this superb family activity, you will be transferred back to Bled where you will be free to do what you wish this afternoon.

So, dinner tonight – did we mention that Slovenia borders Italy? The Spica - Bar and Restaurant will serve you up fine Italian cuisine so authentic you'll forget which side of the border you're on!

**Included Meals:** Breakfast

DAY  
4

## BLLED ROUNDABOUT BIKING TRIP

By day four of looking out over Lake Bled's beautiful scenery, we are sure you will have wondered what lies on the other side of the lake. Today you will find out! After breakfast, you'll spend the morning cycling along the shores of Lake Bled and exploring sights off the tourist track. The meeting point for this activity is located just a few minutes from your accommodation where you will meet your guide to start your biking adventure.

The family-friendly route will take you through the villages near the lake's shore, offering majestic views of the Julian Alps, Kamnik-Savinja Alps, and Karavanke mountains. Once you're about halfway, you will walk up to a high viewpoint which will allow you to admire the panoramic views of Bled Castle. While you will know it quite well by now, it looks very different from a distance and even more beautiful when framed by the lake and island.

After hiking around the lush woods at Pokljuka Gorges and exploring natural sights most tourists won't see, you'll cycle back to the centre of Bled and be rewarded with a slice of authentic Bled cream cake for all your hard work. For parents there are E-bikes available to rent for a supplement; if you would like one, we advise booking in advance. Please speak to one of our Travel Experts for further information.

The route is generally easy and relatively flat; it is approximately 25km long and you will be out for up to 4 hours.

After your morning travelling by bike, you will have the afternoon free to enjoy as you choose.

**Included Meals:** Breakfast

DAY  
5

## ZIPLINE OVER THE SAVA RIVER

While the idea of ziplining may be a daunting one for those afraid of heights, there is no better place to face your fears than Zipline Dolinka in Bled. This family-friendly zip-lining course is located in the stunning Sava Valley, a protected nature reserve, with beautiful views and idyllic surroundings.

After breakfast, you and your family will take a short walk from your hotel to a different meeting point where you will meet your guide and be transferred to the activity's starting place.

Once you have arrived, you will be provided with all of the necessary equipment (harness, helmet, and gloves) before receiving a full safety briefing and demonstration. The staff are very experienced at dealing with more hesitant adventurers and are happy to take the time to familiarise guests with the equipment. When reaching the first aerial platform, the guide will teach you about the rules you need to follow, explain the basics, and hook you up on the steel wire using a harness while making sure you are safe and ready to fly. You will then soar through the air on seven different steel wires, each varying in length, making your way to the bottom of the scenic valley. The activity will last for around 2-3 hours in total.

*Please note that children under the age 13 years will descend in tandem with a guide.*

This afternoon you will have some free time; why not enjoy the swimming pool at Ziva Wellness Hotel? Alternatively, have you visited Bled Castle yet? It's a beautiful building containing more than a thousand years of history within its high stone walls.

**Included Meals:** Breakfast

DAY  
6

## SEVEN ALPINE WONDER TOUR

Exactly as wondrous as its name suggests, this full day tour is the perfect way to round off your trip). This morning enjoy a hearty breakfast, pack sunscreen, swimsuits, drinks and snacks and a camera – you'll need all of these. You'll also need to bring your passport, as you will be travelling into Italy today.

You will start off on the 'sunny side of the Alps', venturing into Triglav National Park with your tour guide. A factor that will quickly become apparent is how different each corner of this Alpine landscape is. Your first landmark will be one of the highest waterfalls in Slovenia, Peričnik falls. After a short hike directly to it, you will also experience a walk behind the falls, seeing the beautiful landscape through a sheet of crystalline water. Once

you've ventured out again, you will pass through Kranjska Gora and upwards to the astonishing Špik mountain range, which will offer you both the perfect background for your photo and a chance to dry off in the sun.

The Zelenci springs will be the next stop on your itinerary, one of only two places that the mighty Sava Dolinka River thunders to the surface. Clean and cold, the waters passing through layers of marl gives the Zelenci springs the well-known emerald colour. You will see another green lake as your family takes a brief hop over the Italian border to Lake Predil, whose mint-green waters are coloured by the glacier run-off high up in the Alps.

Back in Slovenia, your family will experience the rugged beauty of the Soča Valley, a paradise for adventurers and nature enthusiasts. You will stop at the Great Gorge of Soča, which offers a background for amazing photos and an opportunity to swim in the river. It's a fabulous place for a break for lunch, with restaurants and cafes close by, or a supermarket if you would prefer a picnic. Alternatively, you can add on another activity, such as ziplining and rafting.

The sixth wonder is waiting for you on the Vršič pass, which at 1611m above sea level marks the highest road pass in the Eastern Julian Alps; the views are simply breath-taking. Your final stop is just over the hill at Jasna Lake, a man-made lake with yet another stunning view of the Julian Alps. Its crystal-clear waters are the perfect place for a dip.

This tour has been designed to show off the stunning highlights of the Julian Alps. It is a sightseeing tour that is done at a relaxing pace, with many stops along the way. The tour will last for approximately 10-12 hours in total, returning to Bled around 6-8pm.

**Included Meals:** Breakfast

DAY  
7

FREE DAY

Today is free for you to do as you please; you can be as active or relaxed as you like.

Please see the 'personalise' tab for the optional activity options.

**Included Meals:** Breakfast

DAY  
8

DEPARTURE

Unfortunately, it's time for your Slovenian adventures to come to an end. Depending on your flight time, you'll either enjoy breakfast in the hotel or it will be boxed up to take to the airport. You will then be transferred back to Ljubljana International Airport for your flight home.

**Included Meals:** Breakfast

# Personalise this tour

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## Our pick



## River Kayaking

Kayak down one of the longest rivers in Europe and take in the beautiful alpine nature on this unforgettable family adventure. Your experienced guide will help you master basic kayaking techniques on the calm river before moving on to more adventurous rapids. You'll also have the chance to jump in the river pools if you would like to immerse yourself in the fresh river water. This is the perfect opportunity for you and the family to try kayaking in a stunning location.

Duration: approximately 2-3 hours in total with 1 hour of kayaking

Please note that minimum height for participation is 150cm.

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## Other options

### ACTIVITIES





## Mountain Hiking

If you're a family that loves walking, this is the activity for you. Following your expert local guide, you'll learn all about the area as you hike to the summit. At the top, you'll be rewarded with glorious panoramic views of the Julian Alps from the 2000m high peak!

During the descent, the group will stop at Bled Mountain Cottage, where traditional Slovenian food can be purchased for a dining experience with sensational views.

Prior experience is not needed, but please note that a good level of fitness is required.

**Duration:** approximately 6-8 hours in total



## Nature by Horseback

Explore the beautiful Triglav National Park on horseback for a family adventure you'll never forget. The whole family and your trusty horses will ride along the river Radovna taking in the serenity of the surrounding nature.

You don't need any prior experience to enjoy this activity.

**Duration:** approximately 2 hours in total



## Zipline Bovec

Take part in the most exciting adventure in Slovenia with this ziplining experience. You and your family will take on five different drops, flying 200 metres above the ground between two mountains. Each drop will see you reach a different velocity as you go speeding alongside the beautiful alpine nature.

**Duration:** between 3 and 4 hours in total



# Bled Castle

Experience the highlights of Lake Bled during this 'three-peak' tour. A short van transfer will take you to the north side of the lake, ready for your first hill climb. You'll reach the top, after approximately 30 minutes of walking, where the group will take a short stop for refreshments and enough time to admire the panoramic views.

You'll next take a walk through the forest to your second peak, ahead of arriving at Bled Castle, the final peak of the tour. The ancient castle perches dramatically atop a sheer cliff, overlooking Lake Bled. The views from up here are unparalleled, so be sure to have your camera ready.

You'll finish the day with a rewarding slice of delicious Bled cream cake before being transferred back to your pick-up point.

Prior experience is not needed, but please note that a moderate level of fitness is required.

## LITTLE EXTRAS



## Zipline Sava

This shorter version of ziplining is the perfect introduction to this thrilling activity. On this ziplining route, you'll cross a river in the Sava Valley near Bled. Featuring two 250 metre drops and at 25 metres high, you and the family will speed through this stunning location at 30 to 40 kilometres per hour.

**Duration:** approximately 30 minutes

# Included Accommodation

Hotel Savica Garni (Nights: 1)



The Hotel Savica Garni, a four-star hotel is in walking distance of Lake Bled's shoreline, and perfectly situated for your family to explore the town.

The hotel is as dedicated to protecting the local environment as it is providing a comfortable place for you and your family to stay. Located directly opposite the Živa Wellness centre - the largest spa resort in the region - your stay at the Savica Garni is the perfect way to rest up at the end of your adventures, with daily entrance to their pool complex included in your stay.

There's plenty nearby to entertain your children, with the Adventure Park Bled a mere 10-minute walk from your hotel. A safe and well-kept playground, Adventure Park Bled offers aerial ropes courses suitable for children as young as three - and the adults, of course. Bled Castle is also a short walk away; this historic landmark was built in the year 1004 and boasts over a thousand years of history. It's well worth a visit, especially to sample a slice of authentic Bled cream cake. If you're still hungry, a plethora of restaurants serving traditional or international cuisine are located within walking distance of the hotel.

Decorated in traditional, local style, it has a family-friendly feel and a relaxed atmosphere.

### Hotel facilities:

- Free entry to the Živa Wellness centre's pool complex, boasting six swimming pools with views of Lake Bled (once a day, 3 hours maximum)
- An exceptional healthy breakfast boasting local and seasonal ingredients.
- Close to Lake Bled, cafes, restaurants, and shops.
- Free Wi-Fi

### Guest room types - Family apartment

The comfortable family apartments consist of a living space with a sofa bed for children, a fully equipped kitchenette, double bedroom, bathroom (with either a shower or bathtub) and balcony. Each apartment has a TV, phone, and free Wi-Fi access

The hotel also offer larger connected rooms (one double room and one twin room with two single beds) which are available for a supplement. Please note that connected rooms do not have a kitchenette. Speak to a Travel Expert for a quote.

# The Specifics

## Group Size

We always try to provide an approximation of the group size you can expect to be with for the duration of each of our holidays. It may be that you are joined by others for parts of your holiday (such as transfers and particular activities) but the above number reflects those you can normally expect to be with from beginning to end. If group size is something which is particularly important to you, please speak to our Travel Experts and they can suggest the best holidays for you.

Tailor-made holiday group sizes will vary for all activities as will the group size for any additional activities you book.

## Minimum numbers required for a holiday to operate

Some of our holidays require a minimum number of participants to operate (as listed in the 'Group Size' section). If your holiday departure has not yet reached the minimum number, you will be told at the time of booking. In the unlikely event that your chosen date is not guaranteed by nine weeks before your scheduled departure date, we will contact you to discuss the available options as per our booking conditions.

## Minimum and maximum age

The minimum age for this holiday can be found in the 'Key Facts' section of the holiday overview.

Younger family members may be able to participate but may not be able to take part in all activities. Please contact one of our Travel Experts if you have any questions.

## Itinerary amendments

The order of activities listed in this agenda is provided for guidance only, your final and detailed itinerary will be provided either with your final travel documents (which are uploaded into your online account around a week prior to departure) or upon arrival.

## Terms and Conditions

Our full booking terms and conditions can be found on our website: <https://www.activitiesabroad.com/booking-conditions>

**Please note: our payment and cancellation terms will be unique to each booking - they will be confirmed with you at the time of quotation. The terms listed above are noted as a guide only**