



TRIP OVERVIEW

For the adventurous, competent pool swimmer looking to explore the world in a more unusual way, let us show you the beauty of the Slovenian Alpine lakes on this incredible short wild swimming holiday.

If you love earning that sense of achievement in a trip and are looking for a unique adventure holiday, this is the trip for you. Join us as we show you and your friends the wonder of open air lake swimming and the stunning sights you'll find when you escape the pool and discover open water in the emerald green lakes of the Triglav National Park. You'll not only gain confidence swimming in the open water, but you'll also discover along the way the hidden beauty of Slovenia.

Our trip includes a swim in the iconic Lake Bled and a crossing to the 17th Century church on Bled Island, a swim around the beautiful Lake Bohinj itself, and exploring the national park and Kozjak waterfall by foot. With such an action-packed four day adventure, we know it's important to recharge your batteries and the Hotel Jezero on the banks of the Bohinj Lake is the perfect place for it. The hotel offers comfortable accommodation, beautiful scenery, friendly staff and there's even a pool if you just can't get enough of swimming. The hotel is a central hub for all our excursions by land and water, and a great place to explore the charm of the mountainous Slovenian landscape.

WHO IS THIS TRIP FOR?

This trip is for adventurous explorers who like the idea of a more unusual active holiday, featuring both scenic walks and swims. It is suited for capable and confident pool swimmers, who may already have some open water experience, but who are looking for an introduction to open water. It offers enjoyable freshwater conditions, inspiring mountain scenery and experienced swim guides to lead you in making the most of your swimming.

Swimmers do not require open water experience but should be capable of completing the average swim distance of 1 km prior to the start of the trip. The average daily swim distance is around 2-3km (split over a minimum of two swims).

LOCATION SUMMARIES

Lake Bled

An iconic freshwater lake and home to Slovenia's only island, Lake Bled is one of the country's most stunning natural sites. The lake sits in the shadow of the Julian Alps and enjoys incredible forest and mountain views from all directions. One of Slovenia's oldest medieval castles also overlooks the stunning emerald-green water and the town of Bled offers a great place to relax after a busy day's swim.

Lake Bohinj

Slovenia's largest permanent lake, Lake Bohinj lies around 30km west of Lake Bled. It's one of the region's hidden gems and an ideal base for our tour, with the mountain peaks of Pršivec and Storeč Vrh dominating the surroundings. It's a glacial fed lake and is a great place to relax and enjoy the serenity of this calm body of water.



Julian Alps

The Julian Alps, named in honour of Caesar, form Slovenia's dramatic northwest frontier with Italy. They are located in Triglav National Park which is named after Slovenia's highest peak.

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.

TRIP SCHEDULE

Start Point	Hotel Jezero, Lake Bohinj www.bohinj.si/en
Start Time	20:30 on Day 1
Finish Point	Hotel Jezero, Lake Bohinj, Slovenia
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 the course of your trip. However, actual swim locations and distances will vary according to local weather and lake 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. It's a chance to meet your guides and fellow swimmers before our swimming adventures begin the following morning with our acclimatisation swim.

Day 2

We head down to the shallows of Bohinj Lake where we'll hold an introductory open water session and acclimatisation swim. We'll spend the morning enjoying the calm waters of the lake and taking in swims with such incredible backdrops. We'll return to the hotel for lunch, with the option to swim or walk the short distance back to our accommodation.

We'll then head back to Lake Bohinj for another swimming opportunity this afternoon, with the aim of a slightly longer swim of around 1-1½km. This swim will allow us to explore even more of the lake and take in the beauty of the turquoise water from different perspectives. After a great first full day swimming, we'll be picked up and driven back to our hotel.



Day 3

Today we take a short van journey into Bled for a full 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 where there will be time for a technique advice session with your swim guides.

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 aim to swim 2km across the length of the lake, finishing at the lakeside lido. The late afternoon/evening is then 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 relax by the lake, before meeting up again to travel back to the hotel.

Day 4

Today we have an early chance to stretch our legs, as we walk the length of Lake Bohinj. Following the walk, we'll build up the confidence we've grown over the last few days and take on a 2km swim across the length of Slovenia's largest lake. There are accessible exit points along the way for those that would prefer a shorter swim, but for those that wish to continue, there is the opportunity to carrying on swimming up to 4km! The dark green forests and surrounding mountain peaks guide our way, and, during this final swim, we may be accompanied by the schools of wild trout which frequent the lake. 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 INFORMATION

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"/>	



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

Please note that SwimTrek will supply swim hats and provide water and electrolyte drinks in shared water bottles on your safety boat. If you prefer to use your own drink bottle, please feel free to bring one along. If you would like to use a wetsuit, rash vest or fins during your swims, please ensure that you bring these with you.

Group Size and Boat Support

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 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.

TRIP GRADING

Swimming Distances

Swim	Distance	Swim	Distance
Lake Bohinj – Hotel Jezero	1km	Camp Zlatorog Bohinj	1km
Osojnica – Bled Island	1km	Bled Island - Osojnica	1km
Olimpijski Veslaski - Lake Bled Lido	1½km	Crossing of Lake Bohinj	2km

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 Distances

Walk	Distance/Time
Hotel Jezero – Lake Bohinj (North East Shore)	1½km
Hotel Jezero - Camp Zlatorog Bohinj	7km
Lake Bled Scenic Lookout	20 mins
Lake Bohinj (South Shore)	3½km

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. Our walk around Lake Bled gets quite steep and rocky towards the top, so a pair of sturdy trainers or walking sandals will be required.



Temperatures

Please note that, due to this area being an alpine region, weather conditions are unpredictable and temperatures can drop overnight. Therefore, the temperatures below are indicative and should be used as a guide only.

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

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. As a consequence, 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.

GETTING THERE

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.

While we have outlined various travel options below, they are subject to change and should be used as a guide only. We suggest that you use www.skyscanner.net to search for alternative flight options for this trip.

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

Travelling via Ljubljana

To search for available flights into Ljubljana, please visit www.skyscanner.net.

Transfers from Ljubljana Airport

From Ljubljana airport, you can get a transfer directly to the Hotel Jezero. The transfer costs €80 per vehicle (up to 8 people) and takes approximately one hour. Please contact Outdoor Slovenia on +386 40865386 or email them directly at info@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 €2. From here you can get a connecting bus to Bohinj. The journey takes 1-1½ hours and costs approximately €8. You can view the bus timetable at lju-airport.si/en.



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.*

PRACTICAL INFORMATION

Accommodation

For the duration of our trip, we stay in the beautiful Hotel Jezero, a 4-star hotel with traditional, wooden features 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. SwimTrek have arranged special rates for additional nights and the hotel will quote you the best price possible at the time of booking these nights directly with them.

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 to opportunity to join us for optional group meals at locally recommended restaurants.

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 per person per night, which is payable locally to the hotel. ATMs are widely available both at the airport and in Bohinj.



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 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 www.swimtrek.com/travel-insurance.

Health Information and Recommended Vaccinations

For comprehensive health information for people travelling to Slovenia, including all recommended and required vaccinations, please visit www.travelhealthpro.org.uk/countries. Please note that this information is subject to change and you should re-check this site regularly prior to your trip.

Travel Plugs & Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit www.worldstandards.eu/electricity/plug-voltage-by-country/.