

SLOVENIAN MULTI ACTIVITY ADVENTURE



Highlights

- Slovenia – an adventurers paradise. Hike it! Bike it! Paddle it!
- Welcome to the clean, green oasis of Slovenia, an impressive unspoilt landscape that Mother Nature seems to have sculpted with myriad outdoor adventures in mind
- Conquer Slovenia's highest peak of mighty Mt Triglav (at 2,864m over double the height of the UK's highest, Ben Nevis)
- Ideal intro to via ferrata and alpine scrambling with training and support provided
- Stay in atmospheric traditional alpine mountain huts
- Pedal the trails through the picturesque valley where deep green forest meets the blue of the glacial Lake Bohinj
- Paddle the crystal clear waters of Bohinj Lake and Sava Bohinjka river and enjoy riding the rapids
- Time to explore the picturesque Lake Bled and enjoy a traditional kremna rezina (cream cake) or tackle more adventures.
- Join us for this brand new and exclusive adventure in a country which has sustainable tourism at it's core!



WELCOME

Dobrodošli

Overview

From the soaring peaks of the Julian Alps to the sparkling blue-green lake of Bohinj flanked by the lush green forest and picturesque valleys, this is the ultimate setting for an incredible adventure.

Immerse yourself in the visually spectacular world of pristine mountains and snowcapped peaks to ascend the rocky centrepiece, Mt Triglav, Slovenia's highest peak at 2864m. The climb to the summit is outstanding and excitingly airy along a breath-taking trail which offers some brilliant scrambling and sections of via ferrata. You will be rewarded with incredible panoramic views from the summit across the Julian Alps and as far as neighbouring Austria, Italy and Croatia. Summitting Triglav is the Holy Grail that all Slovenians aim to complete at least once in their life as a right of passage.

It's then time to swap your boots for a bike and embark on an exciting adventure along scenic cycling trails. Your cycling route runs along the banks of the Sava Bohinjka River in the Lower Bohinj Valley and through the alpine villages of the Upper Bohinj Valley. With a mixture of tarmac and trails, your local guide will show you some hidden gems that the route passes.

To finish it's on to the shores of the crystal-clear emerald glacial Lake Bohinj to jump onboard your kayak and paddle down the Sava Bohinjka river. The scenery is breath-taking as you travel down the river riding over small sections of fun rapids.

With more than half of its total surface still covered in forest, Slovenia does more than simply claim it's 'green', it really is one of the greenest countries on earth and we can't wait to welcome you to this earthly paradise.





TRIP SUMMARY



Activity: Hike, bike & kayak
Duration: 5 days & 4 nights
Active days: 3 days
Distance: Approx. 60kms to an altitude of 2864m
Accommodation: Hostel & mountain huts
Cost: Deposit: £195 per person
Remaining balance: £600 per person

Group size: 4 – 16 people
Level of difficulty: ■■■■■
Tough
Dates: June - Sept

ROUTE MAP

Get ready for an adventure



DAY 1: TREK

Flight from UK to Ljubljana Slovenia and transfer to Lake Bled. Free afternoon in Bled

DAY 2: TREK

Bled to Triglavski Dom at 2515m (approx. 6 – 7 hours trekking)

DAY 3: TREK

Triglavski Dom to Triglav summit, and transfer to Lake Bohinj (approx. 8 – 9 hours trekking)

DAY 4: BIKE & KAYAK

Morning cycle of approx. 25kms followed by afternoon kayak at Lake Bohinj and the Sava Bohinjka River

DAY 5: RETURN HOME

Free morning to explore Lake Bohinj or Bled and afternoon transfer to Ljubljana Airport for your return flight home.



ITINERARY

2 boots. 1 bike. 1 kayak. 60kms crossed. 2864m of ascent. 1 epic green journey

THE CHALLENGE – conquer the highest peak in Slovenia, Mt Triglav at 2864m,

From the soaring peaks of the Julian Alps to the sparkling blue-green lake of Bohinj and the lush green forest and picturesque valleys inbetween, you'll journey from the highest point in Slovenia using via ferrata to the crystal clear waters of the Sava Bohinjka River. Get ready for an exceptional journey in one of the world's greenest destinations.

DAY 1

Flight from UK to Ljubljana Slovenia

Flight from London UK to Ljubljana (approx 2 hours 10 mins)

On signing up for the trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at an additional cost. Flights are not included in your package to give you the flexibility to travel from your nearest airport, use your frequent flyer points or extend your stay in Slovenia if you wish. The recommended flights for this will include airport transfers in Slovenia. There are direct flights from London and some major airports across the UK. Flights are operated by British Airways and Easyjet and cost upwards £150pp economy return depending on which flights and when you book.

You will be transferred by private minibus from Ljubljana Airport to your hostel at Lake Bled. This transfer will take approximately 30 minutes. On arrival you will have time to get to know your fellow team-mates, make final preparations for your trek and explore this well-renowned picture-postcard wonderland with its natural beauty and wealth of legends. Bled's bluish-green alpine lake, iconic church on an islet, a medieval castle clinging to a rocky cliff, some of the highest peaks of the Julian Alps and the Karavanke as backdrops, Bled is an ideal place to begin your discovery of the natural beauty of Slovenia.

Included

Transfer:	Private vehicle transfer from Ljubljana to Lake Bled
Accommodation:	Hostel (dorm share basis)
Meals:	Not included

DAY 2

Transfer from Bled to Krma Valley and trek to Triglavski Dom (2515m)

Following breakfast, you'll meet your IFMGA Guide and take a scenic 1 hour drive via magnificent tracks cutting through the forests, following a wild river to the start of your trek to the start of the trek in the Krma Valley in Triglav National Park. The start of your mountain adventure will see you trekking through picturesque alpine meadows and forests before rising above onto a high plateau with breath-taking views. Then it's on to the shoulders of Triglav and the Triglavski hut at 2,515 metres. This is the highest mountain hut in Slovenia with the highest meteorological station in the country. Triglavski Dom is one of the most welcoming huts in the park with its dramatic setting where you can relax with a hot drink and enjoy the views, or explore the area and find a nice vantage point for sunset.

Your Guide will decide whether or not you will attempt the summit climb of Triglav in the afternoon or early the following morning which is mainly down to conditions. If your summit attempt is scheduled for the following morning, that afternoon is a great chance to relax, meet some other trekkers from all over the world and enjoy some truly remarkable mountain views from this fantastic location.

Distance covered:	approx. 15kms
Ascent:	1,650 metres
Trekking time:	approx. 6 – 7 hours

Included

Accommodation:	Traditional mountain hut (dorm room basis)
Meals:	Not included (allow €20 per day)

ITINERARY CONTINUED

2 boots. 1 bike. 1 kayak. 60kms crossed. 2864m of ascent. 1 epic green journey

DAY 3

Triglavski Dom to Triglav summit to Lake Bohinj

This morning, make sure you set your alarm early to witness the spectacular sunrise over the Julian Alps as the mountains glow orange when the sun's early morning rays reach their rocky peaks.

If you are still to make your summit bid, you will set off in teams under the glow of the early morning sun. Leaving your day-packs at the hut you can travel light on your final 400 metre ascent along the East Ridge. The route is outstanding and excitingly airy as you follow an exhilarating trail of via ferrata to the summit climbing a series of cables and ladders. This means you will be wearing a harness which is attached to the fixed ropes known as Via Ferrata. The experienced Guide will be on hand to offer help and support. The scrambling is excellent alongside a breath-taking mountain setting and stunning views. You'll be focused on the ridge and the climb over Mali Triglav (little Triglav) so the two hours to the summit will pass quickly and before you know it, you'll be stood on the highest point in Slovenia. The 360 degree views from the top are simply jaw-dropping and include the vast display of the Julian Alps whilst the valleys of Kot, Krma, Vrata and Trenta spread out below. You will also see the neighbouring peaks in Austria and Italy. After taking in the views and the all-important summit photos you will return to the Triglavski Dom mountain hut for lunch.

In the afternoon, you descend through alpine forests into alpine meadows famous for their summer pastures. Cattle are herded to these mountain pastures at the end of June where they graze for at least two months. As you near the end of your trek it's your last chance to catch a glimpse of the magnificent Julian Alps. Arriving back Krma Valley you will be transferred to Lake Bohinj ready for the next thrilling day of adventure.

Distance covered: approx. 15kms

Ascent: 349 metres

Descent: 1950 metres

Trekking time: approx. 8 – 9 hours

Included

Transfer: Private transfer from Krma Valley to Lake Bohinj
Accommodation: Hotel on share basis (share & save)
Meals: Breakfast included
Lunch & dinner not included (allow approx. €20)

DAY 4

Mountain bike Bohinj Valley and Kayak Lake Bohinj and Sava Bohinjka River

With having swapped your boots for your bike its time to head out for a morning of pedalling along on a cycling route that connects the picturesque Lower and the Upper Bohinj Valley. Your 25km cycling route runs along the banks of the Sava Bohinjka River in the Lower Bohinj Valley and through the alpine villages of the Upper Bohinj Valley. With a mixture of tarmac and trails, your local guide will show you some hidden gems and jaw-dropping views that the route passes. The circular route then takes you to the start of your final leg from the shores of the crystal-clear emerald glacial Lake Bohinj. Jump onboard your kayak and following some tuition and practice it's time to paddle in the lake before heading down the Sava Bohinjka river. The scenery is breath-taking as you travel down the river riding over small sections of fun rapids. A great finish to your epic adventure in this green earthly paradise of Slovenia.

Back in Bohinj, make the most of your last night together as a group and celebrate your fantastic achievements with completing this triple challenge.

Included

Accommodation: Hotel on share basis (share & save)
Meals: Breakfast included
Lunch & dinner not included (allow approx. €20 - €25)



ITINERARY CONTINUED

2 boots. 1 bike. 1 kayak. 60kms crossed. 2864m of ascent. 1 epic green journey

DAY 5

Free morning before returning home

This morning is free for you to either relax around the shores of Lake Bohinj, take a walk along the numerous walking trails, head to the Savica waterfall, or just catch the cable car up Vogel Ski Resort. Or you can take the bus to Lake Bled and explore this chocolate box beauty surrounded by snow-capped peaks and sample some cream traditional kremna rezina (cream cake), visit Vintgar Gorge where series of wooden bridges and viewing galleries enable you to snake along the 1.6 km long gorge admiring its plunging waterfalls and mirror-clear pools and cascades or for an adrenaline kick check out the gorge walking. Then it's time to be transferred to Ljubljana Airport for your return flight home in the early evening filled with an immense sense of achievement, some great adventure stories and new friends.

Included

Transfer: Private transfer from Lake Bohinj to Ljubljana Airport
Meals: Breakfast included

TRIP EXTENSIONS

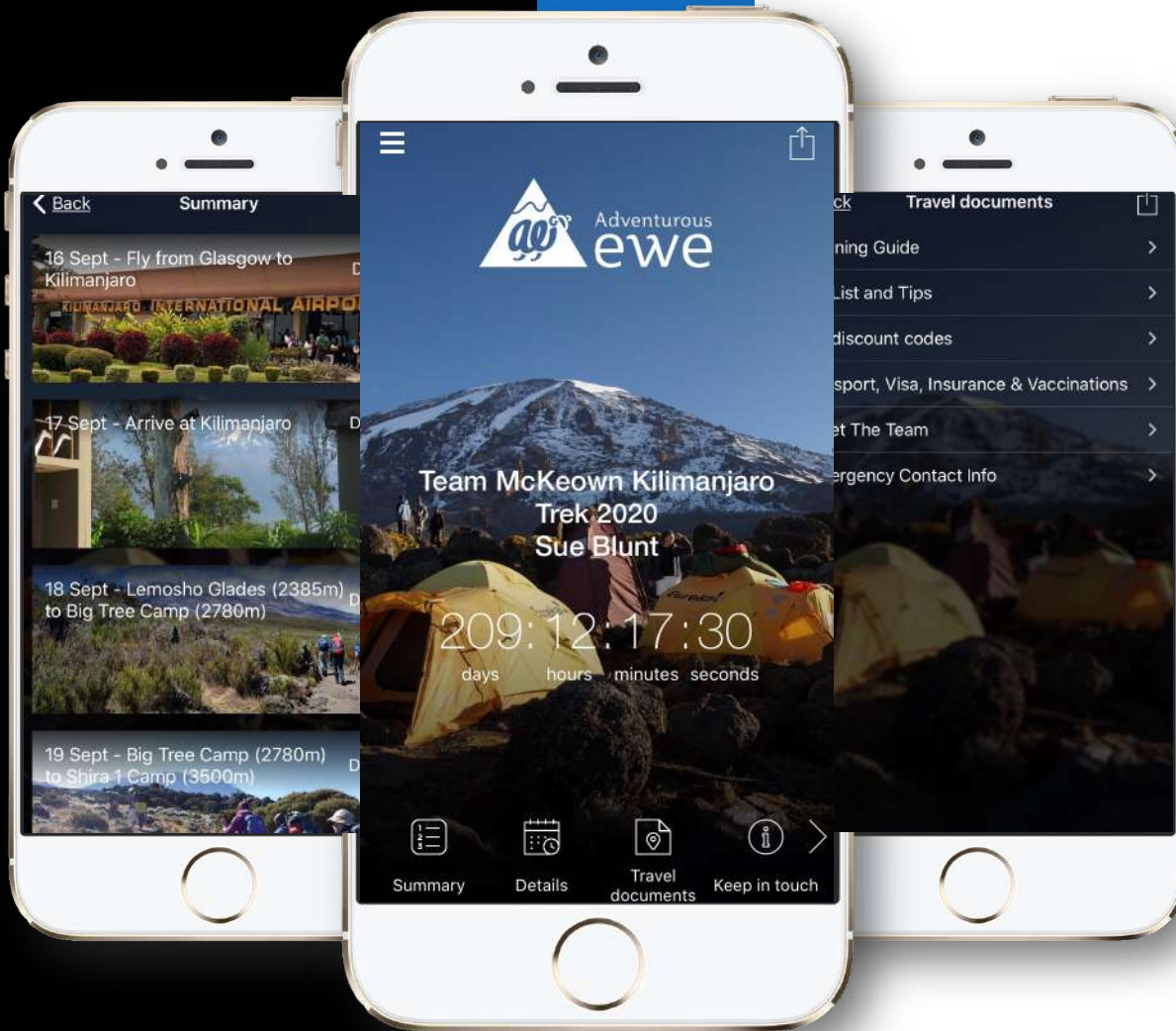
If you wish to extend your stay in Slovenia, we can help you with plenty of recommendations of things to do and see and places to stay. There's many other areas of Slovenia which are worth exploring if your time permits ie. Delve further south to the legendary Soča Valley, home to the eponymous whitewater wonder that is the emerald green Soča River. It was the first European Destination of Excellence destination in Slovenia, awarded for its sustainable development of tourism and keen eye on conserving nature.

Both Jim and Sue have plenty of helpful tips available once you've booked on this exciting adventure.



TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY
Dates, trip overview



TRIP DETAILS
Itinerary, activity details and inclusions



TRAVEL DOCUMENTS
Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO
Weather, maps, etc.



ESSENTIAL INFO

The nitty gritty bits for your adventure



Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Slovenian Multi Activity Adventure will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place. You're in safe hands with Adventurous Ewe.

Leaders & crew

You'll be accompanied by **IFMGA certified Mountain Guide/s** during your Mt Triglav trek. An IFMGA-certified mountain guide is a professional whose competence has been certified worldwide by an official institution that is accredited by the IFMGA (International Federation of Mountain Guiding Associations). He/she may lead, instruct, advise and coach members of the public in the four disciplines of mountaineering, ski touring, rock climbing and ice climbing. You will then be accompanied by Cycling and Kayaking Guides for your other two activities.

Our Guides are First Aid trained and have extensive experience in leading groups in the Julian Alps and Bohinji Valley areas. They will be ultimately responsible for your safety on this trip. Our Guides have been carefully selected to ensure you have the best experience with a great level of care and some good humour thrown in too.

Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this trip to run is **4 people** and the maximum group size is **16 people**.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 6 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.



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Level of difficulty

The Slovenian Multi Activity Adventure is graded as **'Tough'**. This is due to the two full days of trekking, alpine scrambling and via ferrata sections followed by a day of cycling on tarmac and gravel trails and kayaking on a lake & river with a small section of easy rapids. The trip is designed for confident adventurers who are looking for a short yet rewarding trip together with learning new via ferrata skills. Although this trek is not technically difficult, you should be an experienced walker and have a head for heights. Your route follows a well-established trail though there are some sections walking along ridgelines using via ferrata, the use of a safety harness, ropes, carabiner and a helmet (all of which will be supplied). No previous via ferrata experience is required as full instruction and support will be provided. We recommend previous cycling experience on gravel roads and you must be able to swim 25 metres comfortably.

Preparation is key to help you get the most enjoyment and reward from this trek. A good level of fitness, endurance and some gritty determination will help you conquer each day.

Training

A bespoke training programme will be provided when you join this trip to help you with your preparations. This includes info, videos and an exclusive discount code for a 28 day kettlebell training programme & app which is ideal for strength and endurance training for those short on time. Plus it has great nutritional tips. The more you are prepared, the more you will enjoy the challenge.

Our motto is:
Train hard, smile harder and enjoy the journey!

Kit and discount codes

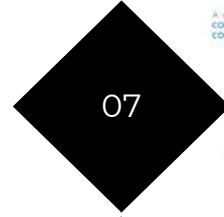
A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Packing and kit tips will also be provided when you sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised and was not used 72 hours before you use it and will not be used for the next 72 hours.



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Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.



Travel Admin

A quick snapshot of what you need to know...

Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

Visa

British nationals do not require a visa to enter Slovenia for the purpose of tourism. For the latest entry requirements, please visit <https://www.gov.uk/foreign-travel-advice/slovenia/entry-requirements>. Plus for further Brexit travel advice please visit <https://www.abta.com/tips-and-advice/brexit-advice-for-travellers>.

Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking more specifically for the adventurous activities undertaken on this trekking challenge at 2864 metres in altitude, personal liability, cancellation, curtailment and loss of luggage and personal effects.

Vaccinations

There are currently no mandatory vaccination requirements. Recommended vaccinations include: Tetanus. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fifortravel.nhs.uk/destinations>.





WHY ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the...

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

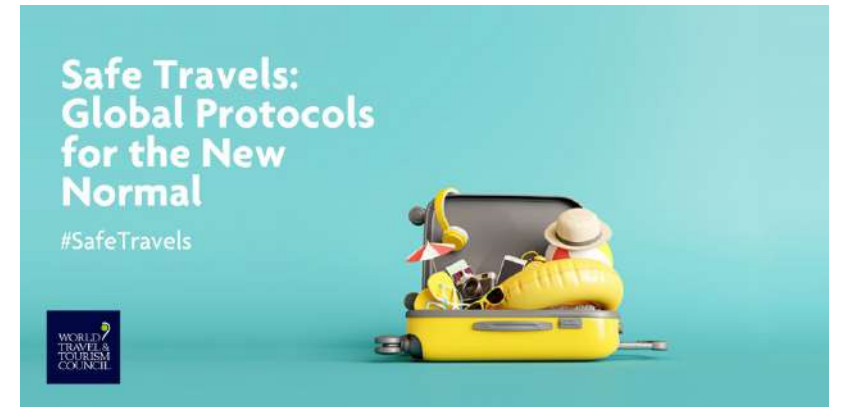
Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at www.futureoftourism.org. #FutureofTourism



For more info please visit:

<https://www.adventuroousewe.co.uk/safety-wellbeing/>



ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabulous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.



Cymdeithas Eryri
Snowdonia Society



For more info please visit:

<https://www.adventurosewe.co.uk/coolearth-partnership/>

IN SUPPORT OF

coolearth

YOU'RE IN SAFE HANDS

ADVENTURE SAFETY AND WELLBEING GUIDELINES

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority. We have implemented a range of changes and precautions focused on ensuring strong hygiene practices for all our adventures. This also includes ensuring our suppliers of accommodation and catering have strong hygiene practices in place too.

Please note that while these procedures take into account current WHO and government guidelines, it is a live document which we will update as new information becomes available about COVID-19.

- ✓ The maximum number of participants will be kept under 4 people per team for the via ferrata section.
- ✓ Pre-adventure briefings will be in a digital format for you to view 2 days prior to your trip.
- ✓ Hand sanitiser will be provided before, during and after your adventure and also carried by the crew.
- ✓ Your Leader/s and Crew, who are first aid qualified, will be operating under higher-level protocols for infection control and patient care. They will wear masks and gloves where appropriate.
- ✓ We will honour social distancing guidelines wherever possible during the adventure. If the 2-metre rule is unable to be maintained, please place yourself side by side, or facing away from each other, rather than face to face if possible.
- ✓ For any accommodation bookings included as part of your package, if you would prefer a single room / tent please let us know asap and we will make the arrangements for you dependent on availability. There will be an additional cost for this dependent on the hotel/tent transport, therefore please get in touch with us for further info at info@adventurousewe.co.uk.
- ✓ Any equipment or hire items such as bikes, helmets, kayaks, buoyancy aids and paddles, that we supply will be hygienically cleaned and sanitised. Items will not be used 72 hours prior to when you used it and they will not be used for 72 hours after your use.

- ✓ If there's a requirement whereby you need to share an enclosed space such as the cabs of vehicles, you should keep the window open for ventilation and you should be careful to avoid touching your face at all times. On leaving the enclosed space, wash your hands with soap and water for 20 seconds or use hand sanitiser if there are no washing facilities available.
- ✓ If you are feeling unwell, DO NOT attend the trip. For your own health and the well-being of others, please remain at home and rest until you are well again.
- ✓ To protect other members of the flock on your adventure, you should also remain at home if someone in your household is self-isolating.
- ✓ If you have been travelling overseas in the last 14 days, please DO NOT attend until further advised. Please contact us to discuss in further detail.

Friendly reminder:

- ✓ Participants & crew to maintain good hand and personal hygiene. Wash hands regularly with soap for 20 seconds and or an alcohol-based hand sanitiser before handling food and after being in public spaces and between activities wherever possible.
- ✓ Participants and crew to avoid touching eyes, nose and mouth and to cover their nose and mouth when coughing and sneezing with a tissue or flexed elbow.
- ✓ Participants, Leader/s and Crew to avoid sharing personal items.
- ✓ Participants will need to complete a 'Self Assessment Form' prior to travel,

Participants, crew and supporter health and safety remains a priority for Adventurous Ewe, and we will continue to monitor and follow the advice and directions of government and health experts.

If you have any queries, please feel free to contact us at info@adventurousewe.co.uk or call 01492 588 069. Thank-ewe.

TOP TIPS

Mt Triglav

- Dress the part. and layer up – base layer, insulating layer and shell. Base layer t-shirt that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold and a shell layer that keeps wind and moisture out
- Train in your trekking kit. including wearing of your rucksack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your trek
- Good sturdy hiking boots which are comfy, well worn-in and have good grip
- Look after your feet – blister prevention
- Have two bags – a daypack for the trek with your trekking kit (waterproofs, warm layers, beanie, gloves, snacks, water, first aid, any medication & clothing for the mountain hut) and your kit bag which will be stored whilst you are on the trek
- Bring your own facemask (optional) and hand sanitiser (essential)
- Wear gloves when using the via ferrata and be careful, attentive and watch out for stones - do not displace any onto people below you
- Trekking poles which are retractable are a great way to provide stability and support your knees whilst hiking (you do not need these when using via ferrata)
- Bring some of your favourite snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak/platypus and flask that you can refill and avoid plastic bottles
- **Most importantly.....SMILE AND ENJOY THE ENTIRE EXPERIENCE**





COST

Deposit: £195 per person payable on booking

Remaining balance: £600 per person payable 6 weeks prior to start of trip

Please note, if you need to change your booking 60 days or more before the start date you can make flexible date change, subject to availability, without incurring any admin costs. If you need to cancel your booking 60 days or more before the event start date, you will be issued with a credit note to the value of your payment that you can use for another event of your choice, subject to availability.

You are welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

INCLUSIONS & EXCLUSIONS

Slovenian Multi Activity Adventure

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app, Vamoos
- Digital trip briefing sent before your arrival in Slovenia
- Financial protection of your booking
- Public liability insurance
- Risk assessment and emergency management planning
- Monthly payment plan available.

During your trip:

- IFMGA Mountain Guide for Mt Triglav
- Bike and Kayak Guides
- All ground crew per your itinerary
- Via ferrata equipment and training
- Bike hire and guiding
- Kayak and equipment hire and tuition
- 3 night's hostel/hotel accommodation (room share basis / share & save)
- 1 night's mountain hut accommodation (dorm room share basis)
- Private vehicle transfers as outlined in your itinerary
- Safety equipment and first aid provisions
- All trip management and hygienic cleaning procedures of equipment before, during and post adventure.

Currently not included but can be organised at an additional cost

- Return flights from the UK to Ljubljana Slovenia. Flights operated by EasyJet and British Airways and cost between £150 - £250 return
- Any trip extensions or additional night's accommodation

NOT INCLUDED

- Travel insurance (mandatory)
- Clothing and equipment as detailed on the Kit List
- Meals as outlined in your itinerary (allow €20 - €25 per day)
- Single room supplement or accommodation upgrade (not available for the mountain hut)
- Any personal snacks, electrolytes, water purification tablets and medication
- Personal spending money
- Tips for local crew
- Any expenses incurred with leaving the trip early ie. hotel accommodation or change of flight costs.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trip and an uncomfortable one. This is a list of recommended kit to take on your adventure.

BAGS

- Main kit bag (duffle bag)** – with all your items not needed whilst on the trek itself. This bag will be stored whilst you're on the trek
- Daypack** – 30 – 35 litre for trekking and can be used on the bike sections to carry essentials. A rain cover is ideal
- Dry bags** – can be used for all activities
- Reusable cloth bag** for shopping (to avoid plastic bags)

CLOTHING

- Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- Midlayer** or **fleece**
- Trekking trousers** - trekking trousers with zip off legs are ideal for lower sections of the trek if you feel the heat. Avoid cotton
- Base layers** (merino wool or wicking fabric) long-sleeved top x 1 and long johns x 1 (ideal for sleeping in the mountain hut)
- Buff** – used for sun protection and warmth
- Beanie** which covers your ears and is lined for extra warmth
- Gloves** – thermal and hard wearing to use on via ferrata
- Cycling shorts** – ensure they do not chaff
- Cycling top** – wicking or merino wool base
- Cycling gloves** – recommended fingerless gloves
- Swimwear** – for kayaking
- Underwear** – wicking or merino wool base
- Casual clothes** for evenings and travel

TRAVEL ADMIN

- Passport**
- Flight tickets**
- Travel insurance policy and emergency number**
- Debit/credit cards**
- Cash** - Euro's. Cash is needed for purchasing items in mountain huts and please ensure you have cash for tips for the local crew

FOOTWEAR

- Hiking boots** – well-worn in trekking boots with ankle support and waterproof
- Trainers** – for cycling and kayaking
- Trainers / crocs / mules** – comfy shoes to wear in the evenings / mountain hut. There are communal slippers available in the mountain hut as boots are not permitted however we recommend bringing your own
- Socks** – minimum of 2 pairs of merino wool or synthetic trekking socks over the liner socks. Wicking socks for wearing with trainers for bike & kayak. Please ensure you trial your sock-wear prior to departure to ensure your sock choice is suitable for your feet.
- Flip-flops** or similar – (optional).

EQUIPMENT

- Water bottle** - we suggest a 2-3 litre capacity. Platypus / Camelbak system. A wide mouth water bottle is ideal for collecting water. Please bring water purification tablets to reduce the need for purchasing bottled water or you can purchase an [Adventurous Ewe Water-to-Go filtration bottle](#)
- Cycling helmet** – essential
- Head torch & spare batteries** - essential to carry at all times during the trek
- Sunglasses** – these are essential. They must have strong UVA/UVB protection
- Trekking pole(s)** - optional. Please train with these prior to your trek
- Gaiters** – optional. Should be worn over the boot and not too tight
- Sleeping bag liner** – (optional as bedding will be provided in the mountain hut)

ADDITIONAL ITEMS

- Hand sanitiser** (essential)
- Face mask** (optional)
- Sunscreen and lip block** – SPF50 as a minimum
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- Light-weight micro-fibre towel** – for kayaking
- Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, antihistamines, electrolytes, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape and water purification tablets etc.

NICE TO HAVE

- Favourite snacks**, both sweet and savoury
- Electrolytes**
- Duct tape** for emergency repairs – (wrap some around your trekking pole or water bottle rather than carrying a whole roll)
- Ear plugs** for the hostel and mountain hut
- Reading material / card games** for the evenings
- Spare dry bag** for dirty or wet clothing
- Multitool/Swiss army knife**
- Portable charger and adapter**
- Go-Pro** - or similar, feel free to bring this along. Please note, recharging facilities are limited so bring your own charging packs
- Drones** – please check guidelines at <https://dronerules.eu/en/professional/regulations/slovenia>
- Travel padlocks**

EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

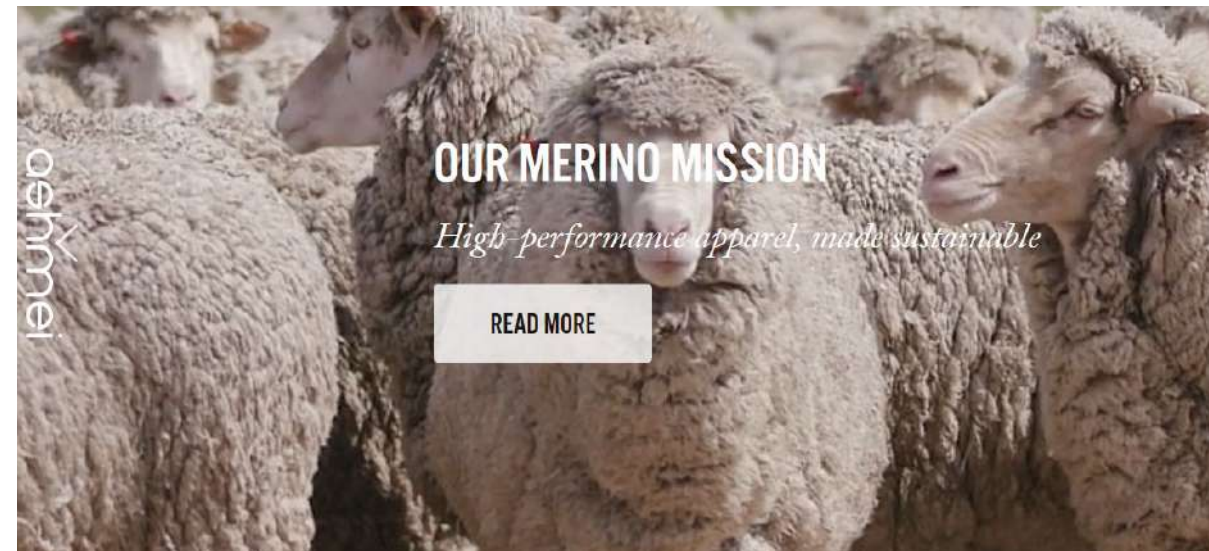
Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Ashmei who produce sustainable high performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventuroousewe.co.uk/training-kit/>



ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC
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CONTACT US

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We look forward to welcoming you to the stunning Slovenia for this amazing 4-day adventure in the heart of Triglav National Park.

