



## TRIP NOTES

### SLOVENIAN LAKES AND RIVER

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#### Basic information

Slovenia is an easily accessible country in the heart of Europe. At the junction of the Alps, the Mediterranean and the Pannonian Plain, it will surprise you with its diversity and lush natural beauty. Slovenia is known as a land of pure water, and its numerous green glacial lakes and crystal clear rivers make it a perfect location for our short swimming adventure.

We are based in the small secluded town of **Bohinj**, overlooking the vast waters of its famous lake, which dominate the area. Our trip takes us through **Triglav National Park**, swimming in the stunning glacial lakes and exploring the lush forest and magnificent waterfalls. Lake Bled, with its unique island church, cliff-top medieval castle and mountain backdrop, is just one of the highlights of the tour.

This tour is suitable for all levels of swimmer, with three separate escorts for the safety and enjoyment of all guests. No motorised boat traffic is allowed on the lakes.

#### Map



#### Summary

**Country:** Slovenia  
**Duration:** 4 Days (3 Nights)  
**Tour Type:** Lake, River and Waterfall Swimming  
**Accommodation:** Hotel Jezero  
**Average Daily Distance:** 4-4.5 km  
**Level:** All level swimmers (see FAQs for details)  
**Escort:** One dingy boat, mini-rafts, kayak  
**Water temp:** 18-24 (°C) | **Air temp:** 22-28 (°C)

#### Highlights

- swim to the island church on the **Lake Bled**
- swim the length of **Lake Bohinj** and enjoy the picturesque mountain backdrop
- swim down the glacial emerald **River Soca**
- hike to the **Kozjak waterfall** at **Triglav National Park**
- enjoy journey on a car train through the **Julian Alps**
- take in the stunning views of Lake Bohinj and walk around the lake

#### Included in the price

Complete guided tour led by a local guide, minibuss transport, full safety escort on every swim, technique / stroke advice, accommodation for the duration of the tour (breakfasts included BB).

Each guest receives a silicon swim hat, drinking water bottle and safety briefing.

Limited wetsuits, fins, tow floats and other swimming gear will be available for use. If you prefer your own, please bring it with you.

#### Additional cost

Travel to/from location, lunches, dinners, local tourist tax (paid at the hotel reception).  
 Kozjak (walk) waterfall entry: 5 Eur.

## Tour Schedule

### Day 1

Meet at **19.30** at the hotel lobby for a full trip briefing. Dinner at your choice.

### Day 2

We take a short ride to **Lake Bled** for a day of swimming in its crystal clear water. No motor boats are allowed on the lake so our only companions will be the small rowing boats taking visitors across to Bled's famous island, home to its small 17th century church. After a short acclimatisation swim in the Zaka bay on the north-western shore of the lake, we swim across to the island where we walk up the ninety-nine steps to enjoy a panoramic view of the lake.

Following a short break, we jump back into the water and swim across to the far side where we eat lunch on the beach. Before our afternoon swim we climb a nearby hill to a viewpoint offering amazing views of the lake and the Julian Alps.

Our final swim of the day crosses the full length of the lake (a famous rowing course), finishing at the other side of the lake where it is time to relax and enjoy the Lake Bled views.

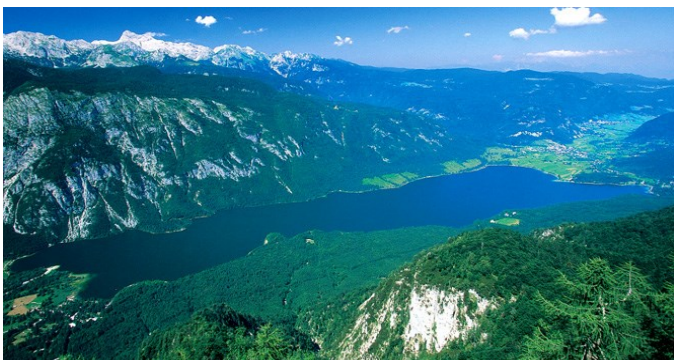
The remainder of the afternoon is at leisure for you to enjoy the lake views, visit the historic castle, or enjoy Bled's famous 'kremšnita' cake in one of its many cafes.

### Day 3

Today we cross the border into neighbouring Italy, where we swim the full length of the stunning mirror-like **Lago del Predil**. We take a quick break on the shore before the short drive back into Slovenia for lunch at the popular rafting town of Bovec. We then venture into the remote center of the Triglav national park and hike through the forest to reach the picturesque **Kozjak waterfall** alongside the emerald Soca river.

Later, we head to the pristine turquoise waters of the mighty **River Soca** for a longer swim - an enjoyable contrast to both the thunder of the waterfall and our serene lake swims.

Our adventures on this day culminate in an unforgettable journey on the car train, taking you through the Julian Alps back to Bohinj.



### Day 4

Depending on the weather, we either start our day by walking around the **Lake Bohinj** or taking the Vogel cable car up to the Mount Vogel ski area to enjoy the panoramic views of the Bohinj valley, across the lake to Mount Triglav and the Julian Alps. (Mount Triglav is a well-known Slovenian symbol, appears on the Slovenian flag and its 50 cent coin and is Slovenia's highest peak at 2864m). Then we get ready for our final challenge: swimming the full length of Lake Bohinj (4km). Motorised boat traffic is not permitted on the lake so our only companions are the trouts and other fish, which can clearly be seen in the pure water of the lake. **Trip finishes at around 13.00.**



### Weather Caveat

Your safety is of utmost importance to us. In the event of adverse weather conditions at any of our swimming locations, we may need to adapt our itinerary or amend some of the swims described above. Our team always includes local guides who know the safest and most picturesque places to swim, so rest assured you won't miss out!

### Environmental and Safety factor in Lakes

Slovenian lakes are clean, fresh water lakes. As with any open water activity, swimmers should always be aware of the risk of Weil's Disease (Leptospirosis). The risk of infection in Slovenia is extremely low, but guests should inform their swimming guides immediately if they feel unwell. The incubation period for the disease can be several weeks, so contact your GP immediately if you feel unwell after you have returned home.

## General Information

### Start Point:

- [Hotel Jezero](#) (Ribcev Laz, Lake Bohinj, Slovenia)

**Start Time:** 19.30 on 1st day

**Finish Time:** 13.00 on 4th day

### Passports and Visas

Slovenian is an EU country. Citizens of the EU can enter the country with identity card or passport. Citizens of USA, Canada should not require a visa, however, please always check on visa requirements before travelling.

### Vaccinations

There are no essential vaccination requirements for Slovenia, but you should ensure that your tetanus and polio vaccinations are up to date.

### Meals

All breakfasts are included but lunches and evening meals are at your own expense.

This allows you to sample a variety of typical Slovenian cuisine at different restaurants and we can suggest what is good in the local area as we know where you will be treated well! There is also the option at lunch for you to arrange a picnic and relax on the lake shore.

An average lunch/dinner costs around 15-20 Eur.

**Currency:** Euro(€) zone. ATMs are available.

### Accommodation

[Hotel Jezero](#) (4\*) high quality 4-star hotel located on the edge of **Lake Bohinj** in **Triglav National Park**. Accommodation is based on twin-share and double rooms with en-suite facilities. There are double rooms for single use available.

### Extended stay

If you require additional nights' accommodation before or after our tour please book directly with the hotel, quoting **Strel Swimming**.

Hotel contacts info:

info@hotel-jezero.si, Tel: +386 4 572 91 00

### Accommodation in transit

If you require accommodation in Ljubljana, all our guests receive discounted rates at the following places. Please quote Strel Swimming Adventures.

- M Hotel (3\*) in Ljubljana (1.5km from centre)

- Hotel Park (3\*) in Ljubljana City Centre

- City Hotel (4\*) in Ljubljana City Centre.

For details and prices please visit our website.

**Group Size** | Up to 14 people unless arranged differently.

## Swimming Information

Month	Water Temp. (°C)	Air Temp. (°C)
June	20	24
July	24	28
August	24	30

Note: Soca river is always around 4-5°C cooler.

### Swim Distance

Swim	Distance
<u>Lake Bled</u>	
Zaka beach - Bled Island:	1.4 km
Bled Island - Hill Osojnica:	0.8 km
Crossing lake Bled to Lido:	2.3 km
<u>Lago del Predil</u>	
Length of lake:	2.0 km
<u>Soca River</u>	
Prapetno-Most Na Soci:	2.2 km
<u>Bohinj Lake</u>	
Crossing lake Bohinj:	4.0 km

If at any time you would like to skip one of the swims, then you can always follow the group along the waters edge. This is your tour, you can choose!

### Wetsuit Availability

The water temperature varies quite a bit and we will do our best to inform you prior your trip about the current temperatures. If you do require a wetsuit, we have them available for everybody. We also have extra swim hats in case you want two.

### Walking Conditions

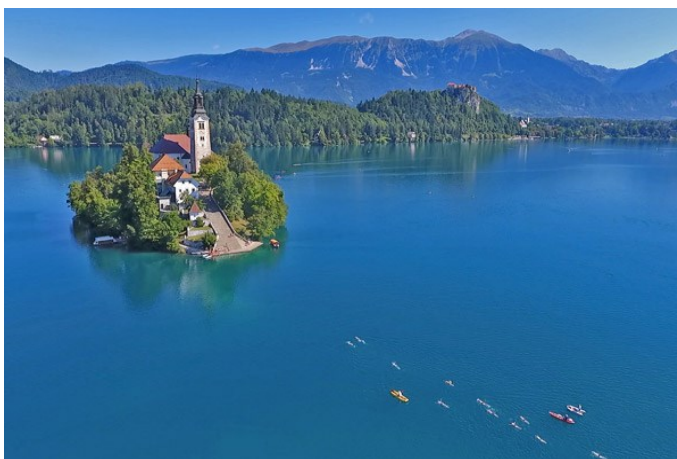
Most walks are on clearly marked tracks and paths, but we advise you to bring a good pair of walking or running shoes (trainers) as there are some uneven rock surfaces.

### Essential Equipment

In addition to normal items, we recommend the following:

2 swimming costumes, sweater/fleece, 2 pairs of swimming goggles (one clear and one tinted recommended), towel and hat, small daypack, walking shoes and sandals or aqua shoes, sun cream and jacket.

For those who prefer to wear your own wetsuit, please bring your own. We have limited wetsuits on location to use, but bear in mind that might not be the right size, etc.



## Travel

To get to Slovenia you can fly straight into Ljubljana (LJU) or to several surrounding airports. Ljubljana airport website: [www.lju-airport.si/eng/default.asp](http://www.lju-airport.si/eng/default.asp)  
Trieste (Italy) airport website: [www.aeroporto.fvg.it/en/home/index.htm](http://www.aeroporto.fvg.it/en/home/index.htm)  
Klagenfurt (Austria) airport website: [www.klagenfurt-airport.com](http://www.klagenfurt-airport.com)

## Flights into Ljubljana

Search at: [www.skyscanner.com](http://www.skyscanner.com)

Easyjet from London Stansted, [www.easyjet.com](http://www.easyjet.com)  
Wizz Air from London, Luton, [www.wizzair.com](http://www.wizzair.com)  
Air France from Paris, [www.airfrance.com](http://www.airfrance.com)  
Lufthansa from German Munich or Frankfurt, [www.lufthansa.com](http://www.lufthansa.com) OR use

## Other Flight Options (Italy, Austria, Croatia)

Ryanair from London Stansted to Trieste (Italy) (TRS), [www.ryanair.com](http://www.ryanair.com)  
Ryanair from London Stansted to Klagenfurt (Austria) (KLU)  
Alitalia from several European cities to Trieste (Italy) (TRS), [www.alitalia.com](http://www.alitalia.com)  
Croatian Airlines from several European cities to Zagreb (ZAG), [www.croatiaairlines.com](http://www.croatiaairlines.com)

## Train

You can travel to Slovenia by train from many European cities, such as Venice (Italy), Zagreb (Croatia), Vienna (Austria), Budapest (Hungary), [www.slo-zeleznice.si/en/passengers/abroad](http://www.slo-zeleznice.si/en/passengers/abroad)

## Ground transfers from around Slovenia

Venice or Trieste (Italy), Klagenfurt, Graz, Salzburg (Austria). You need to book online and you get a guaranteed departure within the promised time. We recommend this service if you can't fly straight into Slovenia-Ljubljana airport or would like to visit/stop let's say in Venice.

## From Ljubljana Airport to Bohinj (our base)

### Pre-arranged direct Transfer;

We can organise a transfer from the Ljubljana Airport straight to the hotel in Bohinj (95 EUR for up to 3 pax, 110 EUR for 4-7 pax).

Transfer from the Ljubljana City to the Hotel in Bohinj (or vice versa) costs 110 EUR for up to 3 pax and 130 EUR for up 4-7 pax. To make a booking please contact us directly at [info@strelswimming.com](mailto:info@strelswimming.com).

We will also send a group email before the trip starts so that you can arrange to share the transfer with other guests.

## Bus Option;

There are public buses that run from Ljubljana Airport towards Bohinj, via town of Kranj.

See the schedule at:

[Bus | Ljubljana Airport \(lju-airport.si\)](http://www.lju-airport.si)

Buses to Kranj depart from the airport on the hour (3 Euro). At Kranj bus station there is a short wait for the bus for Bohinj (8 Euro). Buses are marked Ljubljana-Bohinj and there one company operating the route: Arriva. You pay the fare directly to the driver or via app or website. <https://arriva.si/>

## From Klagenfurt Airport (Austria) to Ljubljana

If you fly in with Ryanair to Klagenfurt, Austria (KLU) the best way to travel to Ljubljana is the following;

- catch a bus just outside of the terminal to the main train station-Hauptbahnhof for 2 Eur
- at the train station get a ticket to Ljubljana, Slovenia for 20 Eur. See the timetable here or at <http://www.oebb.at/en/index.jsp>. The 2h and 20min train ride is beautiful as you cross the Julian Alps and stunning scenery. You arrive straight to Ljubljana city centre.

We recommend you to have local currency EURO with you when paying local transportation. Don't forget, we will send you detailed pre-travel information before your tour starts.

## By Car

If you arrive by car, there is a free parking available for hotel Jezero guests.

## Safe travel and see you in Slovenia!

Last update: **May, 2025**

