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# What to do in Bohinj

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## ACTIVITIES IN

# SUMMER

## Hiking

### TELECNICA

Down the road towards the *Zois Castle*, crossing the bridge, go straight on uphill passing by houses and a yarn and follow the roads. Follow the road in the direction of the *Bohinj Lake* and in one hour you get to the village of *Zlan*. From there you can either turn and go back using the same or other roads up above the *Telecnica hill* or you can go downhill and reach the main road at the village of *Polje* where you can wait for the bus which will take you back to *Bohinjska Bistrica*.

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#### KEY FACTS

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*Starting point:* Apartment Pustovrh

*Difficulty:* an easy walk with a marvellous view on the Julian Alps and the Bohinj valley.

*Time:* it may take you anything from half an hour to few hours depending on your selection of the roads.

*Special features:* very nice for an easy stroll with even small children who will enjoy running around the green pastures above the Telecnica

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### VOGAR

In the centre of the village instead of turning right across the bridge turn left uphill and continue using the asphalt road leading into the *Voje valley* (which by itself is an easy and beautiful stroll in the silent valley). Coming above the village of *Stara Fuzina* and passing by the parking lot (relatively high parking fee is to be paid if you come by car) go uphill for another 10 minutes. At the interesting wooden cross turn left uphill following the well marked path which gets you to the mountain hut named *Železninarski dom on the Vogar* on the altitude of 1054 m above sea level There is a spot with the beautiful view on the Bohinj lake near the hut and it is also the starting point of the paragliders who land by the lake. The hut is open all year around and serves you simple meals and beverages. You can return the same way or you can continue walking uphill following the path which gets you to the road in the *Suba valley*. Following it you will get back to the wooden cross and from there go downhill into the *Stara Fuzina* village.

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**KEY FACTS**

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*Starting point:* the village of *Stara Fuzina* in the Upper Bohinj valley.

*Difficulty:* the path is pretty steep but there are no technical difficulties. It can be the whole day hike, where you can have a nice authentic meal in the hut and return to the village in the afternoon.

*Time:* the walk uphill should take an easy one and a half hours, the same way down another hour; if you decide to walk down the *Suba valley* that may take you good two hours of walking on a dirt road.

*Special features:* this is a beautiful day's walk which includes a marvellous view on the Bohinj Lake.

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**AROUND THE BOHINJ LAKE**

The lake is 2 kilometres wide and 6 kilometres long. There is a paved road on the southern side of the lake, which leads you to the *Savica waterfall*, ski resort Vogel, camp site and some hotels. Parallel to the road there is a pedestrian path. While this is still a beautiful and easy walk by the lake, it can be a bit nosy and crowded due to the road. If you are looking for a nice, easy stroll by the lake, we advise you to take the path on the other side of the lake, leading from the beginning to the end of the lake. The path is not at all demanding, and will lead you most of the time close to the banks of the lake

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**KEY FACTS**

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*Starting point:* town on Ribcev Laz.

*Difficulty:* The path is nice and peaceful. Many strollers with children and dogs can be found here. In the summer it tends to be a bit crowded, since the lake offers a perfect cooling spot for hot summer days.

*Time:* the stroll should take you 45 minutes to 1 hour without stopping (it is important for you planning of the way back).

*Special features:* in the summer we advise you to take your bathing suit (which is optional; since this is not an official bathing area, beading suites are not obligatory, and one can find many nudist spots around the lake) and a towel with you and make a stop by diving into a clean and somewhat cold water of the lake.

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where you will enjoy a beautiful view on the lake and on the range of mountains on the southern side of the Bohinj valley including *Vogel mountain* (you should definitely visit Vogel either by cable car or by foot as it offers a fantastic view on the *Julian Alps*). The route around the lake is a one and a half hours stroll with no technical difficulties. However, you should try to plan it so that you could take a bus back to the *St. John's church*

(timetable of the bus is at the bus station next to the *Hotel Jezero*). If you decide to walk back we suggest that you take the path high above the lake and the road. The path starts at the parking lot at the cable car station and ends at the *Hotel Bellevue*.

## Mountaineering

### **DOLINA TRIGLAVSKIH JEZER (THE VALLEY OF THE SEVEN LAKES OF TRIGLAV)**

From the parking lot turn right behind the first small mountain hut and cross a small bridge. Follow the route and turn left uphill after 50 meters. After half an hour you will get to the *Komarca wall*. This is a 600 meters high wall across which an extremely interesting trail is made. The route is well marked and secured but it is very »airy«—most of the time you can observe the houses and people deep down bellow. Coming to the top of the wall you can rest and have a nice view around. The *Black lake* (once you get there you will know why it has that name) is only 15 minutes away. There you can enjoy the perfect silence of unspoiled nature (if there are not screaming »mountaineers« around, of course). You are now in the core part of the national park. From the lake the well marked route will—in some 2 hours—take you to the *Double Lake*. There you will find a mountain hut, where you can have a meal or simply beer or juice. People there are kind and like to talk to the mountaineers (if they are not preoccupied with the hundreds of others). From the *Double Lake* you have three options to continue your hike.

You can either continue the *Komna plateau* and from there back down to the parking spot where your car is parked (which would conclude this 4-5 hours hike) or continue steep uphill across *Stapce* and down on the other side, crossing few alms where peasants still have pastures (where they leave cows over the summer and take them down to the valley in autumn). You will pass the *Ovcarija*, *Dedno polje* and *Planina Jezero* (named for the small lake) and then down to the *planina Blato* where a dirt road described in the route to *Vogar* begins. The road is 15 kilometres long and will lead you down to the village *Stara Fužina*.

The third options which you have at the *Seven lakes mountain hut* is to follow the valley uphill thus observing the rest of the *Triglav lakes* (some could hardly be called lakes). You pass another mountain hut called *Koca na Prebodalcih* (some 2 hours uphill from the lower hut) and then cross to the area around the *Triglav*. You can go up to the *Planika hut* or further on to *Kredarica hut* which is the highest mountain hut in Slovenia (2515 m above sea level). Both huts are the natural starting point for the ascent to *Triglav* which in turn is already a serious climb allowed only to the skilled and well trained and physically fit mountaineers.

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**KEY FACTS**


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*Starting point:* You can get to the valley from various sides. One of them (and probably the most difficult one) is the one over the *Komarca wall*. You start at the parking lot at the end of Bohinj valley where a path leading to the *Savica waterfall* starts.

*Difficulty:* this is the most difficult hike and is extremely dangerous in bad weather as the *Komarca wall* is very slippery. Orientation is very difficult at the first part of the Triglav lakes valley in case of fog and so is the orientation on the route from Triglav lakes hut to the direction of Komna plateau hut. Triglav is a very dangerous mountain in bad weather as well in good weather as it is being overcrowded in high summer. It is advisable to take a guide although in normal conditions a skilled mountaineer should not have problems. The routes are well marked and you can hardly miss it. There are many huts in the area and all of them offer board and food in summer and have so called winter rooms open in winter. The only problem you may face is the weather and crowd which is the most unpleasant in the second half of August and the first half of September.

*Time:* the route across the *Komarca wall* and to the *Black lake* should in normal conditions take you one and a half hours, and from there to *Triglav lakes hut* another two hours. From *Triglav lakes hut* to *Komna* should take you 2 to 3 hours and from *Komna* down to the parking lot another two hours. From *Triglav lakes hut* across *Stapce* and down the alms to the road in *Suba* it should take you some 3 to 4 hours, and down the road another 2 hours. Altogether all of the mentioned routes are a two day hike unless you are very fit and have equipment for a bivouac with you (just in case). You can spend the night in the *Triglav lakes hut*, in the *Komna hut*, or in the huts on almost all the alms. However, you should plan your hikes carefully, especially taking enough food, water and equipment with you.

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**MT. TRIGLAV**

Mt. Triglav is the highest mountain in the Julian Alps, 2864 meters high. There are many routes from several valleys leading up to it and there are number of mountain huts there. However, none of them are easy. They all require a lot of time and the ridge leading from *The Small Triglav* to *The Great Triglav* is actually a *Via Ferrata* route, and people with vertigo might have serious problems here. It is also usually quite crowded up there, since the ridge is very narrow.

**MT. TRIGLAV is the highest mountain in Slovenia and whole Julian Alps. It is 2864 meters high.**

One route begins at the *Pokljuka* plateau, passes the *Vodnikov dom* (hut). The night can be spend either at the *Planika hut* which is 6 to 8 hours walk from *Pokljuka* and the next day you can continue to the summit, *Triglav*. Or you can walk straight to the summit and over to the *Dolic hut* (the whole rout takes approximately 10 hours of walking). From here you can descend into the *Valley of the Seven Lakes*, follow it for 3 hours and than either traverse to *Planina Blato* or descend the *Komarca wall* and dip your feet in Bohinj Lake. Both possibilities require around 4 hours.

Although this can be done in two days our suggestion is to sleep at *Planika hut* during the first night and at *Dolic hut* or *Hut by the Twin Lake* during second night. In this case, you would walk no more than 6 to 7 hours each day.

### GOURMET TOUR ON BOHINJ'S PLANINAS

*PLANINA is a Slovene word with no English equivalent. It is a sort of a meadow or a pasture, but high up the mountain. Many huts can be found on planinas. In the summer they are used by farmers as pastures for their stock (which they bring down to the valley in late autumn.*

There are a lot of planinas overseeing Bohinj valley, some say over 40, but not all of them are still 'alive', meaning that cattle and a shepherd are no longer there during the summer months.

One of them is *Planina Blato*, which is accessible by car, and from there *Planina Krstenica* is only 2 hours walk away. It has a beautiful view and a lot of interesting gourmet dairy products, such as sour milk (a specialty), renowned cheese and pot cheese. From there you can follow a solitude path towards *Planina Laz*. After 2 hours you will reach this, probably the most beautiful and isolated planina,

which is located in a depression between peaks. It has very pristine architecture, which hasn't changed much from the Bronze Age. After some goat cheese and other specialties you can continue the walk towards *Planina pri Jezeru*, which has a small lake and a mountain hut. If you were to continue further you would have to stay the night here, otherwise you would have less than one hour back to starting point.

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#### KEY FACT

*Difficulty:* this is a very nice, not difficult hike, leading you through some very old forests and cultural heritage sites, as well as some interesting gourmet pleasures.

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### VIA FERRATA

This route is probably the most difficult marked route in Slovenia, leading over some vertical walls, overhanging chimney and through gigantic natural windows in the rocks. It begins on the *Vrsic pass*, which is over 1600 meters high. It uses the *Kopiscarjeva ferrata* to take you on top of *Prisojnik*. After some 4 hours climb you will reach the summit with spectacular views. The next Via ferrata, *Jubilejna* descends the *East ridge*, slowly losing altitude. For a substantial part it follows a ledge, no more than 1 meter high, which is above a 1000-meter wall. You can see a mountain hut in the valley below from a bird's perspective.

This route will lead you to the second gigantic window and through it to the southern side, where after descending a vertical wall you can find a comfortable pass. And with it

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**KEY FACTS**

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*Starting point:* Vrsic pass.

*Difficulty:* This two-day trek is extremely difficult, although not dangerous if you follow the instructions. We highly recommend some special equipment for self-securing. Only people with experience and good stamina can attempt it. It is not suitable for people that have fear of heights. This trek can be combined with others or changed in such way that *Via Ferrata* routes are bypassed.

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least three possibilities. You can either descend into the *Vrata valley* through *Sovatna passage*. The best views on the north face of *Triglav* (7 kilometres wide and over 1 kilometre high wall) can be seen from here. Or you can descend into the same valley, only following another route that leads to the summits of *Stenar* and *Križ* on a way. Another option is to continue your *Via Ferrata* adventure and walk for a full day to reach the summit of *Skrlatica*, second highest mountain in Slovenia, before descending into the valley 1700 meters below.

the *Via ferrata* routes ends. After some rest you can continue up towards the peak of *Razor* and pass it. Behind it is a hut on the *Kriski podi*, where you can spend the night. *Kriski podi* are actually a very high plateau with three small lakes. They are renowned for their Capricorn population, who really like being photographed. They will actually pose for you. The following day you have at

**WORLD WAR I TREKKING**

The beautiful valley of *Soca* was a setting of some of the bloodiest fighting in history. The so called Isonzo (=Soca in Italian language) front was the only mountain terrain front during World War I and it remained fixed for more than two years until the Austrians together with Germans broke through the front in November 1917 in the Battle of Caporetto (*Kobarid*). The Battle and the collapse of the Italian army was the theme of the Hemingway's novel *Farwell to the arms*. Today, there is a very interesting, award winning museum on the subject located in *Kobarid*.

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**KEY FACTS**

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*Starting point:* town of Kobarid.

*Difficulty:* this trek is not very demanding and requires no special skills. Especially exciting is night trekking (with lamps) on *Krn* and *Batognica*.

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The trek starts above *Kobarid*, where you can visit the museum first, and end ends on *Krn*. *Krn* itself was captured by Italians in the first days of the war and turned into a fortress. The summit is actually hollow, since they dug out positions for their heavy canons. They had to be brought up by people since the task was too difficult for the animals. The following day you can go to the neighbouring summit of *Batognica*, which was considered strategically so important that both armies dug in on the top. This meant that positions were no more than 30 meters apart. Since they couldn't defeat one another using conventional techniques, they started to dig tunnels under enemy positions, both at the same time. In the end Austrians hit the Italian tunnel when there



was already explosive in it, and used it for them. Three tons of explosives flattened the whole summit, which is lower since then. There are still some tunnels and caverns left and are very interesting to see.

From here you can descend to the *Krn Lake*, where another hut is located. You can spend the night here or continue descending into *Lepena valley*. If you decide to stay overnight, you can follow the Austrian supply route to *Bogatin* pass and over it to *Komma plateau* the next day, from where you would descend to the *Bohinj Lake*.

### MT. DEBELA PEC

Mt. *Debela Pec* is over 2000 meters high, and has accordingly spectacular views. However, since it is located on the edge of *Pokljuka plateau*. This means that you can drive with your car to the plateau, which is more than 1500 meters high. The route takes you through the forests for the first hour. When you pass the forest you will find yourself on a very nice *Lipanca planina*, where you can find a mountain hut. From the

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#### KEY FACTS

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*Starting point:* Pokljuka plateau.

*Difficulty:* Easy

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planina there is another hour and a half of walking to the top, but the route is very nice, gradually gaining altitude. The views from the top are spectacular. You should need less than 2 hours back down to the car, totalling 4 – 5 hours all together with rests.

### MT. MOZIC

This beautiful mountain is located above *Soriska planina* pass, which is already almost 1400 meters high. Since the mountain is only a bit over 1600 meters total altitude gain is only 200 meters. This would imply an hour's walk, but it might take you much more, since the mountain is renowned for its plants and flowers. Many rare species can be found here. The mountain itself was once also on the border between fascist Italy and Yugoslavia, and it was heavily fortified. The summit itself was actually turned into iron bunker, thankfully never used. It still remains very scary. However, it has some beautiful views towards *Adriatic sea* and over *Bohinj valley*. The whole trip can last from 2 to 4 hours, but serious walking requires less than half that time.

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#### KEY FACTS

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*Starting point:* Soriska planina.

*Difficulty:* Easy

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## Mountain biking

There are few mountain bike rental services in the valley, and our guests have a 5% discount for two of them: *ALPIN SPORT* and *PAC Sport*. To get the discount please demand a coupon upon your arrival, this will enable you to get a discount.

A book with some of the most beautiful biking routes in *Bohinj* can be found in *Villa Pustovrh* so may we suggest that you have a careful look at it and choose the one that fits you best.

## Paddling

The discounts are also available for paddling – the same agencies offer rental of boats as well as some basic courses of kayak and canoe paddling. They also offer rent of the boats, paddles and cover, guidance of the paddling down stream Sava Bohinjka as well as transportation of the equipment back to the lake.

Paddling on the lake is trouble free so you don't need any assistance if you have at least basic skills.

## Canyoning

This is a down stream swimming and abseiling through some of the most beautiful canyons in the valley. Participants get wet suits as well as guidance down the stream. Canyoning is organized for groups and it includes transportation to the starting point, guidance, and transportation back to the Bohinj lake.

## Dry canyoning

This is a new activity and incorporates climbing up or down the canyon but not in the water but on the banks. The difficulties may reach grades III to IV. The climbers who would be interested in dry canyoning would no doubt experience a special feeling.

## Hydro speed

This is a special white water activity where the participants upper body is resting on a special board while participant have flippers on their feet which enable them to paddle

and steer (in order to be faster than the water to avoid rocks and waves). The participants will get the equipment at the starting point but it is advisable to have an additional T-shirt and towel with them.

## Paragliding

Starting point for paragliding is *Vogar* high above the *Bohinj Lake*. You will be taken there by a 4-wheel-drive car. If you have never done paragliding before you can learn the basics of it on the spot. In case that you don't want to go all by yourself there is also a possibility of a tandem flight.

## Free climbing

There are several free climbing areas in *Bohinj*, the most interesting one being *Pod skalco* near the *Hotel Jezero*. There are routes of any difficulty and you get all the equipment, including ropes, climbing shoes, harness and a helmet. You can also get a basic course of climbing there.

## Big wall climbing

There are many interesting climbs in and above *Bohinj* of various difficulties – from route less paths to some peaks (grade I) to grade VI climbs. You can rent all the equipment as well as a guide in *Bohinj*. Generally, the big wall climb should be planned in advance as the guides may not be available or the weather conditions may be bad.

## Tennis

There are few tennis courts in *Bohinj* among others by the *Hotel Zlatorog*, in the village *Polje* and in the campsite *Danica* in Bohinjska Bistrica.

## Horse riding

There is a farm in the village of *Studor* in the *Upper Bohinj valley* where you can rent Icelandic horses (they are special for being hairy).

## Fishing

This is by far the most popular activity in the valley and fishermen from all over Europe come to fish here. The fishing permits can be obtained at the local Tourist office as well as some other locations (even some restaurants). The *Sava Bohinjka* river is famous for fly-fishing for trout and grayling.

## ACTIVITIES IN

# WINTER

### **Skiing**

*Bohinj valley* has in the past been known to receive up to 6 meters of snow. However, the climate is changing and these days there are much less snow, especially in the valley itself. Still there are three very good ski resorts in Bohinj: *Vogel*, *Kobla* and *Soriska planina*. Especially *Vogel* with its brand new cable car is very popular, mostly because of good snow conditions, possibility of powder skiing and spectacular views. If the snow permits, one can actually ski from the top of the ridge (1800 meters) almost to the lake (500 meters). *Kobla* is also quite a demanding ski resort, but with occasional snow shortage problems, while the *Soriska planina* is a smaller one, suitable for children. All three ski resorts are within 10 kilometres from Villa Pustovrh and Kobla is only 1 kilometre away.

Skiing is very popular in Slovenia, not only the traditional way using ski lifts but also powder skiing, where you have to walk to the mountain first to ski from it later. The peak of *Visernik* is very popular in the winter and it has regularly more guests than some smaller ski resorts. It is 2 – 3 hours walk with all the equipment, followed by 20 – 45 minutes of powder skiing.

### **Skating**

If the winter is generous with its low temperatures the lake freezes over so there is the possibility of skating. Smaller artificial skating places are also made for those who do not dare skate on the lake

### **Sledding**

If the conditions are appropriate, sledding is organized on some of the mountain passes (the roads are closed due to huge amount of snow). This is very a very interesting activity, especially since it is organized at night with torches showing the way.

## **Ice climbing**

Ice climbing is also a possibility, since Bohinj has many waterfalls that freeze. They can also be used for learning this extreme sport.

## **Cross-country skiing**

Pokljuka is the centre of cross-country skiing, with its several routes, accounting for tens of kilometres. It is also known for organizing cross-country skiing World Cup competitions, as well as biathlon.