



## **DIFFERENT TRAVEL – THE SLOVENIA ADVENTURE SPORTS SUMMER CHALLENGE**

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### **SLOVENIA & LAKE BLEĐ**

The central European nation of Slovenia is awash with a multitude of cultures. Influences range from Italy to the west, Austria and Germany to the north, Hungary to the northeast and the Balkans to the east. Slovenia is nestled between Italy, Austria, Hungary and Croatia with a population of around 2 million people, the majority of them with Slavic backgrounds. The country's political system is a parliamentary democracy, using the proportional representation format. Slovenia is a member state of the EU.

Lake Bled is a picturesque glacial lake surrounded by mountains and forests. One of the prime attractions is a medieval castle which stands above the lake on the north shore. In addition there is an island on the lake with a 15<sup>th</sup> century church whose 50m tower can be seen from a distance. The lake's other claim to fame is that it has hosted the World Rowing Championships twice.

### **Itinerary**

#### **Day 1 - UK / Ljubljana**

Fly to the glorious capital of Slovenia, Ljubljana, and enjoy a scenic one-hour transfer to stunning Lake Bled.

(D)

#### **Day 2 – Lake Bled**

Today will be packed full of adventure activities! In teams, you will undertake the first three challenges – whitewater rafting down the Sava Bohinjka River, abseiling in the Julian Alps and an orienteering-style mountain hike, pitting your wits against the other teams. The day's activities will be finished off with an evening quiz back in the village.

(B,L,D)

#### **Day 3 – Lake Bled**

Another hectic day in the mountains as you compete against other teams in the mountain cycling, kayaking and rock climbing events. There is also a chance to enjoy a swim in the refreshing waters of Lake Bled, and take in the stunning alpine scenery! This evening it's time for the awards presentation, where prizes will be given and the Inter-charities Summer Sports Champions announced.

(B,L,D)

#### **Day 4 Ljubljana / UK**

Transfer back to Ljubljana for the return flight to the UK.

### **THE CHALLENGE**

A long weekend to round off the summer, as you join a team to participate in the first Inter-charity Summer Challenge Cup! Based in and around beautiful Lake Bled there will be opportunities to take part in a host of adventure sports, including white-water rafting, rock climbing, mountain cycling, river kayaking, abseiling and mountain hiking. All activities can be enjoyed by either the experienced or the beginner – full training is provided!

## BEFORE YOU GO: AN A - Z OF INFORMATION ON SLOVENIA

**A is for Arrival.** Holders of British passports do not require a visa to stay in Slovenia for up to 90 days.

**C is for Communications.** Slovenia's international dialing code is +386. City / area codes are used (for example (0)1 for Ljubljana). Public telephones are operated with magnetic cards, which are available from newsagents, post offices and tobacco kiosks. Two major mobile phone operators provide GSM coverage. Internet cafes are prolific in Ljubljana and the larger towns.

**D is for Duty Free.** The following goods may be brought in to Slovenia duty-free by travellers from non-EU countries: 200 cigarettes or 100 cigarillos or 50 cigars or 250g tobacco or a proportional mix of these; 1 litre of spirits over 22% alcohol content or non-denaturated ethyl alcohol of 80% alcohol content and over, or 2 litres spirits, aperitifs or other alcoholic beverages with less than 22% alcohol content, or liqueur wines or sparkling wines, or a proportional mix of these and 2 litres of still wine; 250ml eau de toilette and 50g perfume.

**E is for Electricity.** Slovenia uses 220V or 50Hz.

**F is for Food.** Popular everyday dishes are made from cabbage, beans and potatoes. Every Slovenian region has its own various types of bread. There are also many flour-based dishes, among which those made from buckwheat – the cereal which gives grey flour, are a speciality. More than seventy variations of štruklji are widely spread across Slovenia. The most renowned is luxuriously filled prekmurska gibanica. Don't forget to try the potica, a cake roll filled with walnuts, poppy seeds, raisins, various herbs, cottage cheese, honey or crackling. In Primorska, they will delight you with original fish dishes and delicacies made from local plants, vegetables and fruit (asparagus, artichokes, truffles). Tap water is safe and drinkable throughout the country.

**F is also for Fitness.** This tour is classified as moderate and a good general level of fitness is required. You should start a programme of body conditioning before your departure including walking, cardiovascular workouts and work to improve both your stamina and your ability to walk up and down gradients.

**H is also for Health.** No vaccinations are required for Slovenia, although inoculation against Hepatitis is advisable. Make sure you bring anti-diarrhoea capsules such as Imodium and play safe by avoiding tap water. Typhoid vaccination is also recommended and diphtheria and tuberculosis occur. In forested areas hikers should guard against tick bites, as tick-borne encephalitis is present. Mains water is safe to drink, milk is pasteurised and local meat and produce safe to consume. Free emergency treatment is available from hospitals and private doctors contracted to the ZZZS (Slovenian Health Insurance Institute).

**I is for Insurance.** Different Travel will do everything possible to ensure a safe and enjoyable trip. However, certain risks are involved and should be recognised by participants. Thus, we highly recommend the purchase of short-term travel insurance for our expeditions. Travel Insurance is a cost effective way to protect yourself and your equipment in the event of problems due to canceled trips, delays, medical problems, baggage loss or damage.

**L is for Language.** The official language is Slovenian, which is a member of the South Slavic language group. It uses the Latin alphabet, with the addition of a few extra letters, while there is no W or X. Hungarian and Italian enjoy the status of official languages in the ethnically mixed regions along the Hungarian and Italian border.

**M is for Money.** From January 1<sup>st</sup> 2007 Slovenia adopted the Euro as its national currency replacing the Tolar. American Express, Diners, EuroCard, MasterCard and Visa are accepted at upmarket establishments; elsewhere cash is preferred. Credit cards can be used to get cash advances from banks.

**R is for Religion.** Slovenians have traditionally been largely Roman Catholic. Before socialism, as much as 88% of Slovenians were Roman Catholic, while by 1991 this had already dropped to 71.6%, and the number of followers is still falling (57.8% in 2002).

**S is for Safety.** There are extremely few risks involved in travel to Slovenia. The threat of terrorism is low, as is the crime rate, however sensible precautions are advised with valuables.

**T is for Tipping.** A 10% tip is expected in restaurants, hotels and by taxi drivers.

**W is for Weather.** Slovenia boasts three distinct climates: Mediterranean, Continental and Alpine. However, seasons are largely predictable - summers averaging between 20C and 30C and winters between -20C to 10C. The mountainous areas get the most rainfall (which makes them very lush), but the summers are mostly dry. Inland and coastal areas can get very hot in the summer.