

Triglav



The Triglav National Park is known for its wonderful swimming lakes, wild karst mountains and warm Slovenian hospitality. Triglav is the highest mountain peak at 2864m. This long weekend journey will be a high level 3 day circuit of Triglav including an ascent of the summit. It is a physical journey with 1500m ascent on the first day and long traverses on Via Ferrata protected easy scrambles. It is a stunning alpine adventure through a wild mountain landscape with a lakeside campsite and swimming in beautiful Lake Bohinj - the perfect relaxation after the mountain. Freshwater swimming and the high mountains make this an ideal opportunity to escape the urban limits, clear your mind and find your own flow in the alpine wilderness of the Julian Alps.

Challenge Level



Physical Challenge (Effort) - Moderate

Walking up to 2864m altitude, up to 6-7 hours/day with a 6-10 kg backpack, 1500m ascent on day 1.



Adventure Challenge (Excitement) - High

High level alpine scrambling - easy but exposed paths protected by Via Ferrata steel cables.

Your Journey

Day 1 (Thu) - You will be picked up from Ljubljana airport at 16.30 and then have a 90 minute drive to our base camp at Ukanc, which translates as the 'end of the earth'. Ukanc is a beautiful campsite location on the edge of beautiful Lake Bohinj that offers open water swimming surrounded by mountains and forests. We will set up tents, cook together and have time to swim and relax.



Day 3 (Sat) - This will be our summit day. We will make our way up the final 400m ascent to the summit of Triglav at 2864m. Much of this will again be easy scrambling up a beautiful mountain but protected by Via Ferrata cables. From the summit we will descend the same distance down the other side and then have a long steady descent down to the Dolicu hut at 2150m. We will overnight at the Dolicu hut (picture top right).

Day 4 (Sun) - The third day is a half day trek but is through some spectacular mountain landscapes. From Dolicu we will descend part of the way north into the Trenta valley before ascending uphill again to the Luknja pass on the North side of Triglav. We then have a long steep descent back into the Vrata valley and our pick up point. We will drive back to our base camp in the afternoon for another swim and base camp dinner.

Day 5 (Mon) - We will have a relaxed final morning to savour Lake Bohinj and to pack up our base camp. We will then drive back to Ljubljana airport arriving around 14.00.



Day 2 (Fri) - We will have a 90 minute drive to Vrata valley at the base of Triglav. Our trek will begin by the Aljazev hut at 1000m and we will ascend by the Tominsek path. Some of this will be on Via Ferrata - easy scrambling over sometimes exposed paths but protected by being clipped into fixed steel cables. This day will involve 1500m of ascent but we will have all day for this. We cross the spectacular Karst plateau that surrounds Triglav and spend the night at the Kredarica hut at 2500m.



Costs

There are only 6 places available on this journey. The cost per person is £450 or €510. This includes all guiding, Via Ferrata and camping equipment, two nights in a tented base camp including meals, and transport in country.

In addition to this you will also need to pay separately for mountain huts and meals during the three day trek. We will provide you with a large snack pack to take on your journey but plan on approximately €50/night for half board in a hut for the two nights on the trek.



Dates And Travel

You will be met by Land Rover at Ljubljana airport, Slovenia at 16.30 on Thu 21 June. We will return you to Ljubljana airport for 14.00 on Mon 25 June.



Equipment

The daytime temperatures in late June in the valleys will typically be in the low to high 20'sC. The evenings, as well as the mountains, will be cooler. Alpine summer weather, however, is changeable. So you will need to be prepared for hot dry days as well as the possibility of wet, cold weather on the mountain as well. We will be walking along rough trails and paths as in the photographs.

You will need walking boots, clothing for both hot and wet/cool weather, waterproof clothing and a 30-40 litre day sac. You will also need a sleeping bag for the base camp.

You will also need to ensure that you have travel insurance for guided treks and European travel.



Accommodation

Our base camp will be our usual setup of shared tents, camp beds and communal cooking. Showers and toilets are close by on the campsite, as well as superb open water swimming. The accommodation during the trek will be in dormitory accommodation in mountain huts. These provide shelter from bad weather as well as a simple bed of blanket and pillow, and good food. Water is limited so there will be no showers and limited washing facilities in the huts

Your Guide



Ben Clayton-Jolly has 30 years experience of leading expeditions and climbing in mountains around the world. He is also an experienced executive and life coach, and has a MA in Psychological Coaching.



Booking

If you would like to book a place or if you have any questions about this wilderness adventure then please contact Ben at ben@inspiring-journeys.eu.

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