



Slovenia: Lakes, Mountains, and Adriatic Charm

DURATION | 8 Days

TRIP LEVEL | Level 3 - Dynamic

Trip Overview

Discover Slovenia on a breathtaking adventure that blends alpine hikes, crystal-clear lakes, and coastal charm. From the fairytale beauty of Lake Bled to the turquoise Soča River and the sun-kissed shores of the Adriatic, you'll explore this diverse landscape on foot and through immersive cultural experiences. Visit castles, hike through Triglav National Park, taste artisan cheese, and enjoy locally taught cooking classes by the sea. Along the way, uncover centuries of history and connect with warm-hearted people in vibrant towns and quiet villages. It's the perfect mix of nature, flavor, and connection on an all-women experience.

Trip Highlights

- Explore Bled Castle, go cheese tasting, and learn at a WWI museum as you are fully immersed in the rich culture and heritage of this picturesque region.
- Discover wonderous lakes, waterfalls, and mountains as you journey throughout Slovenia.
- From coastal hikes to Piran and Izola to a hands-on Mediterranean cooking class, experience Slovenia's coastal culture through its flavors, salt pans, and historic seaside towns.

Map View



Arrival: Arrive at Ljubljana Airport (LJU) by 1 PM on Day One.
Departure: Depart from Ljubljana Airport (LJU) anytime on Day Eight.

Trip Itinerary



Day 1

Arrive in Ljubljana, Slovenia

Arrive at Ljubljana Airport (LJU) by 1 PM today, where a 30-minute transfer will take you to the picturesque town of Bled, available when most guests arrive. Private transfers at other times are available for purchase. Then, meet your fellow travelers as you join your group in the hotel lobby or bar at 2 PM for a brief orientation and a welcome drink. Next, explore the stunning Bled Castle, perched above the crystal-clear waters of Lake Bled, offering breathtaking views of the surrounding Julian Alps. This evening, enjoy a lively welcome dinner at a cozy local restaurant, where you'll indulge in delicious Slovenian cuisine while soaking in the charming atmosphere and sharing stories.

Meals: dinner | Overnight: Hotel Ribno



Hotel Ribno

Hotel Ribno is a serene, family-run alpine resort located just a few miles from Lake Bled. Nestled on the edge of a spruce forest in the peaceful village of Ribno, it offers traditional hotel rooms as well as unique alpine and luxury glamping cabins. Renowned as Slovenia's first zero-waste hotel, Ribno emphasizes sustainability, natural materials, and a strong connection to the outdoors. The resort combines comfort, clean design, and eco-luxury in a quiet, forested setting.

Amenities: complimentary toiletries, minibar, safe, flatscreen TV, air conditioning, Wi-Fi

Trip Itinerary



Day 2

Savica Waterfall and Lake Bohinj

After breakfast, begin your day with a 45-minute drive to the Savica Waterfall, where the Savica River plunges into the valley below and sources Lake Bohinj, rich in trout and other freshwater species. From the waterfall, journey on foot along the tranquil shores, reflecting the towering Julian Alps that surround it. After lunch with your group, return to your hotel. Make a special stop to visit the iconic Bled Island on your way back as you enjoy stunning views, the charming church, and take in the peaceful atmosphere of Lake Bled. Explore the local culinary scene with dinner on your own tonight.

Hiking Details Distance: about 5.6 miles. Duration: about 3 hours. Elevation: 115 feet of elevation gain and 970 feet of elevation loss

Meals: breakfast, lunch | Overnight: Hotel Ribno

Trip Itinerary



Day 3

Botanical Alpine Gardens, Cheese Tasting, and National Parks

Take a scenic drive through one of Slovenia's stunning Alpine valleys, stopping at the Alpine Botanical Garden Juliana and a traditional cheese dairy for a tasting and insights into local cuisine. After lunch, enjoy a hike in Triglav National Park, home to alpine meadows, glacial lakes, and pristine forests. In the afternoon, continue to your hotel in Solkan, where the Soča Valley meets the wine-rich Goriška Brda region. Dinner is on your own to explore local restaurants and sample regional specialties at your leisure.

Distance: about 4.1 miles. Duration: 2-2.5 hours. Elevation: 310 feet of elevation gain. 540 feet of elevation loss

Meals: breakfast, lunch | Overnight: Hotel Sabotin



Hotel Sabotin

A superb stay in the charming village of Solkan, on the edge of Nova Gorica and overlooking the emerald Soča River, Hotel Sabotin offers comfort, activity-friendly amenities, and local hospitality.

Amenities: complimentary toiletries, flatscreen TV, air conditioning, Wi-Fi

Trip Itinerary



Day 4

River Hike and Kobarid WWI Museum

Today, follow the path of the legendary Soča River originating high in the Julian Alps. The path alternates between river-level paths and higher viewpoints that offer sweeping vistas of the sparkling river below. Along the way, you'll cross several suspension bridges and witness Soča Gorge and a hidden waterfall. After the hike and lunch on your own, travel a few minutes to the historic town of Kobarid for a private guided tour of the museum, dedicated to the First World War. Return to the hotel for dinner as a group at the hotel or at a local restaurant.

Hiking Details Distance: 4.8 miles. Duration: 3.5-4 hours. Elevation: 820 feet of elevation gain and 1,080 feet of elevation loss

Meals: breakfast, dinner | Overnight: Hotel Sabotin

Trip Itinerary



Day 5

Scenic Hike and Seaside Town of Piran

This morning, begin your drive toward the Adriatic Sea, crossing the striking Karst Plateau, an area renowned for its rugged limestone terrain and dramatic natural beauty. Hike from Predmeja to Kovk, where sweeping panoramic views unfold over the surrounding countryside. Have lunch on your own in Kovk before continuing your journey to Piran, often called the "Salt City" for its historic salt pans and maritime heritage. Take a guided walking tour of Piran's old town, exploring its narrow medieval streets, charming squares, and stunning seaside promenades. Enjoy a group dinner at a local restaurant in Piran before making your way to your nearby accommodation in Fiesa.

Hiking Details Distance: about 4.6 miles. Duration: about 3 hours. Elevation: 690 feet of elevation gain and 850 feet of elevation loss

Meals: breakfast, dinner | Overnight: Barbara Piran Beach Hotel



Barbara Piran Beach Hotel

Nestled in serene Fiesa Bay, between the Adriatic Sea and Slovenia's only salt and freshwater lake, Hotel Barbara sits right on a private beachfront, just a pleasant 15 minute scenic walk along the coast to the historic center of Piran.

Amenities: complimentary toiletries, minibar, safe, flatscreen TV, air conditioning, Wi-Fi

Trip Itinerary



Day 6

Cooking Class and Explore Izola

Start your day with a coastal hike to the seaside town of Izola, soaking in Adriatic views and Slovenia's laid-back charm. Continue to Seča for a hands-on cooking class with a local woman, learning to prepare a traditional Mediterranean fish dish. Then, explore the historic Sečovlje Salt Pans on a guided tour highlighting centuries-old salt-making traditions. End your day at your hotel or wander Piran's winding streets and scenic squares, with dinner on your own.

Hiking Details: Distance: about 1.9 miles. Duration: about 2 hours. Elevation: 320 feet of elevation gain and 40 feet of elevation loss

Meals: breakfast, lunch | Overnight: Barbara Piran Beach Hotel

Trip Itinerary



Day 7

Ljubljana Adventures!

After breakfast, check into your hotel in Fiesa and journey inland to Slovenia's lively capital, Ljubljana. En route, stop for a peaceful one-hour hike up Rožnik Hill, where wooded trails lead to a quaint church and sweeping city views. Enjoy lunch on your own before a guided walking tour of Ljubljana's charming center. In the evening, gather for a farewell dinner with your AdventureWomen companions, celebrating the memories, connections, and incredible experiences shared throughout your unforgettable journey.

Hiking Details Distance: 1.2 miles. Duration: about 1 hour. Elevation: 308 feet of elevation gain and 425 feet of elevation loss

Meals: breakfast, dinner | Overnight: B & B Hotel Ljubljana Park



B & B Hotel Ljubljana Park

This property is nestled in a peaceful pedestrian zone surrounded by trees, yet just a short 0.25 mile walk from Dragon Bridge. Guests can enjoy a serene "green corner" vibe while remaining central to the city's cultural pulse. B&B Hotel Ljubljana Park is one of the most urban and green hotels in the center of Ljubljana. It also houses Carniolan bee hives on the rooftop, producing and serving their own honey in breakfast, desserts, and ice cream, part of Ljubljana's urban Bee Path.

Amenities: complimentary toiletries, flatscreen TV, safe, air conditioning, Wi-Fi

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Trip Itinerary



Day 8

Farewell to Slovenia!

Bid farewell to your fellow adventurers, filled with memories of Slovenia's charm and camaraderie. A group transfer to Ljubljana Airport (LJU) is included, with the exact departure time shared before your trip begins. If your flight schedule differs, private transfers can be arranged for an additional fee, ensuring a smooth journey home. Your hotel can also assist with organizing a shuttle. However you depart, you'll leave with unforgettable experiences and new friendships forged along the way.

What's Included

What's Included

- Accommodations as per itinerary based on double occupancy
- All ground transportation
- All meals as listed in the itinerary
- Drinking water available from taps to refill personal bottles
- One airport group transfer on scheduled arrival and departure days
- English-speaking guide for 6 hiking days
- Activities as indicated in the itinerary
- Entrance fees
- All gratuities except for the head and local guides

Not Included

- International airfare
- Meals not specified in the itinerary
- Alcoholic beverages (unless otherwise specified)
- Snacks
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Items of a personal nature
- Optional activities
- Gratuities for the head and local guides

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

