

## Slovenia 11<sup>th</sup> September – 19<sup>th</sup> September 2006

Slovenia is a wonderfully beautiful country. It has managed to 'cradle' the old agricultural practices with a modern lifestyle without losing the riches of family life and the time for people and communication. It is a peaceful restful place where you can easily escape from the hustle and bustle of modern times. The magnificent mountains, immense forest, clear lakes and painted houses marvel the eye as civilisation snuggles itself into the surrounding countryside. The local residents shame the English with their hospitably and friendliness. They speak excellent English.

### **Sat 09-Sep-06 Luton/Ljubljana**

Bus to Luton Airport, flight at 8:30 to Ljubljana. Minibus to the centre and walk to a Hotel in the centre of town.

*Ljubljana is sometimes called the little Prague, with it beautifully painted buildings, water fountains, bridges and statues. Walked round the centre, visited the local market, tasted the local specialities of Burek, (a round savoury pastry with layers of veg or meat), and hot roasted chicken from the street vendors. Visited the Castle on the hill, the Dragon Bridge and the Three Bridges. The shops are closed after 13:00hrs Saturday until Monday making up for the long hours during the week.*

### **Sun 10-Sep-06 Ljubljani/Solcava Cycle 75km**

No Trains on Sunday and very limited trains on Saturday

Coffee at Rasica, a little bar in the middle of nowhere and where the road ends. This is where the off-road route came into its own and we discovered the white roads on the maps were not necessarily tarmac!

Having asked two local mushroom pickers for directions we followed our way up the steep footpath and emerged onto the other end of the white road!

Kamnik for lunch where there was a festival.

First impressions are the beautiful valleys with running rivers along side, the constant sight of high mountain ranges, excellent smooth tarmac roads.

Found a small pension house to stay the night in Solcava, and ate Pizza in the only bar in the village.

### **Mon 11-Sep-06 Solcava/Crngrab Cycle 79km**

Cycled to Logarska Dolina and down the valley to Prischaufov Dom to the waterfall. Coffee at the hotel at the start of the valley.

**Paulitschsattel is not an International Border crossing into Austria. Only EU citizens can pass through.**

Back into Slovenia at Seeberg an International border where there is a bar for refreshments. Great downhill and onto Kranj. Small pleasant town with massive statue outside the Preseren Theatre. Crngrab is home to the famous Church of Annunciations with the most priceless frescoes in Slovenia.

### **Tue 12-Sep-06 Crngrab/Selo Pre Bledu Cycle 50km**

Coffee in Skofja Loka, worth a wonder round. Radovljica is very picturesque and the Lake at Bled although very touristy is a wonderful sight especially in the right light.

**Wed 13-Sep-06 Selo Pre Bledu Cycle 66km**  
Lunch by the Lake Bohinj

**Thu 14-Sep-06 Selo Pre Bledu/Kranjska Gura Cycle 37km**  
The Cycle route was very good with historical points of interest along the way. Coffee at Grabce, with lunch at the top of the ascent near Dovje. Kranjska Gura is the Winter Olympic resort so many places to stay and bars to eat in.

**Fri 15-Sep-06 Kranjska Gura/Kobarid Cycle 59km**  
*Route: Pass Vrsic @ 1611m.*

The corners of the Vrsic pass are numbered and with cobbled corners. The top of the pass is around 24, with refreshments at the top and after 21.

**Sat 16-Sep-06 Kobarid/Razdrot Cycle 74km**  
Visited the War Museum at Kobarid which including an English presentation. Train from Tomlin station to Nova Gorica. Cycle to Razdrot to a farm stay. Headwind of 69km (known in the area as Bora) along with torrential rain.

**Sun 17-Sep-06 Razdrot**  
Rest day taken due to torrential rainfall.

**Mon 18-Sep-06 Razdrot/ Ljubljana Cycle ?km**  
Cycled to Predjamski Castle, and onto Postojna Caves, a large and impressive cave system with 2km of train ride and a 1km walk ending up in the so called Concert hall. They also have a Proteus Vivarium illustrating cave fauna. The cave complex is very busy but well worth a visit. Train from Postojna to Ljubljana.

**Tue 19-Sep-06 Ljubljana/Luton Airport**  
Enjoyed walking around the city and museum. Caught a bus to Airport, flight at 18:00.