

HIGHLY RECOMMENDED

Wellness pampering with a view

WELLNESS ŽIVA AT THE RIKLI BALANCE HOTEL

The swimming pool complex of Wellness Živa encompasses six swimming pools and an indoor waterslide with a view of Lake Bled. Admission is free for guests of the Rikli Balance Hotel, and there is a 50% discount for guests of Hotel Park. Wellness Živa offers the Rikli concept of holistic relaxation, as well as a wide variety of wellness programmes with Alpine twists for a day full of pampering.

Alpine programme for two

The programme, which features plenty of Alpine freshness, includes: a bath with pine essential oils (40 min) that relax the body and mind and soften the skin; 2x classic massage with mountain herb oils (50 min) that promote good mood; 3-hour visit to the sauna and pool complex, including a towel, sauna sheet, tea, and water.

€ EUR 218 for two persons

SPA PARK AT HOTEL PARK

where you will feel the harmony of water and the forest, can be found on the top floor of Hotel Park. Take a swim in the natural water pool, and enjoy the panoramic views offered by the Finnish, Turkish, and infrared saunas.

Collagen lifting care treatment

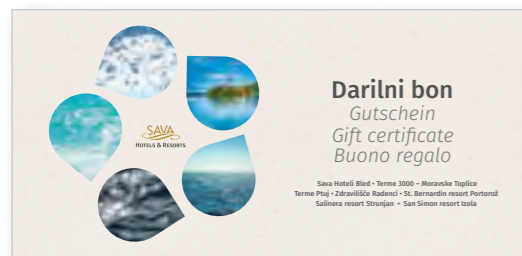
The collagen therapy actively promotes collagen formation. It intensively moisturises the skin, strengthens the regeneration process, reduces wrinkles, and visibly tightens the skin.

€ EUR 70 per person



Information and booking: +386 4 579 17 02, ziva@hotelibled.com

SAVA HOTELS & RESORTS VOUCHER



Vouchers can be redeemed for any service at:

- Sava Hoteli Bled,
- Terme 3000 – Moravske Toplice,
- Terme Ptuj,
- Terme Radenci,
- St. Bernardin Resort Portorož,
- Salinera Resort Strunjan,
- San Simon Resort Izola.

Gift vouchers are valid for a period of one year from the date of issue. Information and purchase: Contact: +386 2 579 16 00, info@hotelibled.com

FOREST THERAPY

The experience is an easy and slow 2-3 hour walk with a certified guide, where you can calm your mind and relax through activities connected to nature. Combined with meditative breathing and sound therapy, this activity will help you slow down, reduce tensions, improve concentration and find a balance between mind and body.

Forest therapy is a practice that supports health, well-being and a deeper connection to self and nature through a guided experience in the forest. Numerous scientific studies have confirmed many wonderful benefits, including increased immune function, improved cardiovascular and respiratory health, and reduced stress and depression.



Information and booking at the reception.

Mountain hiking

THE POKLJUKA GORGE

The Pokljuka gorge is a 1.6-km gorge in the eastern foothills of Pokljuka, an Alpine plain in the Triglav National Park. There is an easy, well-marked trail that leads along the 50-metre-deep dry gorge carved by the Ribščica stream over many years.

In the middle section of the gorge, you can see various fossilised remains, natural bridges, and plants that normally only grow high up in the mountains. When you reach the narrowest section of the gorge, a special experience awaits: a climb up to the wooden walkways known as Crown Prince Andrej's Galleries.

Having reached the end of the galleries, a narrow passage leads to the upper section of the Pokljuka gorge. From here we recommend that you return by ascending the right side of the gorge. After just 10 metres, you will reach "Poključka luknja", a cavern in the rocks with two entrances and three natural windows. The trail through the cave leads on to Stara Pokljuka, but you can follow the gorge back to the village of Krnica where you started. Hiking footwear is recommended.

📍 Start and end points: parking area at the Pokljuka gorge entrance (access: Bled – Zg. Gorje – Krnica – Pokljuka gorge)

📏 2 km

👣 Medium difficulty hiking trail



THE USKOVNICA PLAIN

Start this beautiful, easy family hiking trip in Rudno polje on the Pokljuka Plateau. The trail leads past the Biathlon Centre. Simply follow the signposts directing you towards the Uskovnica plain. On this trail, you can enjoy a relaxing walk through the forests and mountain meadows of Pokljuka, with charming views of the Lower Bohinj Mountain Range. After about 30 min, you will see some stone circles on the left. These are energy points with beneficial effects on your health and well-being. Further on, the trail descends a little, leading across the Ribnica stream to the beautiful Uskovnica mountain plain. Crossing the rolling meadows, you will pass the renovated Mary Queen of Peace chapel and several interesting shepherds' huts, eventually reaching the mountain hut. There you can try local delicacies like cheese, minced lard, "žganci", sour milk, and more. Afterwards, you can follow the same trail back to Pokljuka.

📍 Start and end points: parking area Športni center Triglav at Rudno polje, Pokljuka (access: Bled – Zg. Gorje – Pokljuka)

📏 5 km

👣 Easy hiking trail

Information at the reception.



THE TRIGLAVSKA BISTRICA TRAIL: THE VRATA VALLEY, THE PERIČNIK WATERFALL, THE ALJAŽEV DOM LODGE

The trail through the Vrata Valley, which is the biggest glacier-formed valley on the north side of the Julian Alps, starts in Mojstrana and takes you on roads and pathways along the Triglavška Bistrica creek. About halfway along, you will reach the two waterfalls named Peričnik. From the waterfalls to the end of the valley, the trail leads under the "galleries". These are hollowed out, sometimes overhanging, conglomerate rock formations, eroded by the stream of the creek that now flows deep beneath them.

Just follow the characteristic Triglav National Park information posts, and end your trip with a visit to the Aljaž Chapel of Saint Cyril and Methodius, before walking on to the famous peg-shaped monument, which is dedicated to fallen mountaineers. Finally, enjoy some refreshments at the Aljažev dom mountain lodge.

On the way back, make sure you stop at the **Slovenian Alpine Museum** in Mojstrana, where the permanent exhibition offers the hands-on experience of a mountain climb, with interactive tasks to solve before you can conquer the summit. Mountains are unpredictable and the weather can change in an instant – at the museum, you can also experience what it is like to hide out in a bivouac. With the help of virtual reality, you can visit 30 mountain tops, cross the narrow Triglav ridge, or ride a zipline from the summit of Slovenia's highest mountain, all without changing out of your flip-flops. Definitely worth a visit!

📍 Start and end points: parking area at the Alpine Museum in Mojstrana (access: Bled – Zg. Gorje – Radovna Valley – Mojstrana)

📏 10 km

👣 Medium difficulty hiking trail

📍 Slovenian Alpine Museum in Mojstrana, Opening hours: 9:00 - 17:00, every day

€ Adults EUR 10; children, students EUR 5.



SCAN THE DIGITAL VERSION OF THE BROCHURE!

EN



Autumn 2024 EXPLORE AND EXPERIENCE BLEĐ



SAVA HOTELI BLEĐ
SAVA HOTELS & RESORTS

Brochure published: June 2023. Prices are of an informative nature and can change over time.

Gastronomy selection



A UNIQUE CULINARY EXPERIENCE

We invite you to experience Restaurant Julijana, situated in the most beautiful spot on Lake Bled and lauded with prestigious awards: The Michelin Plate 2020 & 2021; Recommended by Michelin Guide 2022 & 2023; 3 Gault & Millau toques 2021 & 2023. Pamper your taste buds with top gastronomy and the Bled local selection.

- € “Gorenjska selection” – Bled local selection menu: EUR 76 per person
- € “Julijana – Summer 2024” tasting menu: EUR 76 per person – 4 courses
EUR 90 per person – 5 courses
EUR 99 per person – 6 courses
- 📍 Restaurant Julijana, Grand Hotel Toplice, Cesta svobode 12, Bled

CHEF'S TABLE

Book a table in the hotel kitchen! Cooking for you right before your eyes will be chef Simon Bertonec, an important member of the chefs' section at the Tourism and Hospitality Chamber of Slovenia. He will introduce you to ingredients and preparation processes. Alternatively, you can take him up on the challenge and get involved with the cooking yourself. Minimum 2 people, maximum 6 people. Culinary experience – time by prior arrangement.

- € 6-course tasting menu with wine pairing: EUR 165 per person
- 📍 Restaurant Julijana, Grand Hotel Toplice, Cesta Svobode 12 Bled



70 years of cream cake
70 years of cream cake

CAFE PARK – HOME OF THE ORIGINAL BLEED CREAM CAKE

While enjoying the most beautiful views of Lake Bled, the island, and the castle, browse the wine list and choose a hot or cold treat. It is no secret that our main passion is desserts. Besides the Original Bled cream cake, you can choose from a selection of delicious cakes and homemade ice cream made from fresh ingredients. Children will surely be delighted to have the Original Bled cream cake served by our friendly waiters with the help of our new digital service assistants, Tone and Pavle.

- 📍 Cafe Park and Restaurant, Cesta svobode 15, Bled

DINNER À LA CARTE

As a guest of Sava Hotels Bled, you can substitute the dinner included in your hotel package with à la carte dishes of your choice. At the reception desk, you will be issued a voucher that can be redeemed at: **Restaurant Julijana (Grand Hotel Toplice) or Cafe Park**

- € EUR 20 voucher substitutes one meal included in your package (lunch or dinner) during your stay.



Information and booking at reception.

Adventures and activities for the whole family

THE BEAR “GODRNJAČ” HIKING TRAIL

At the cultural centre in the village of Bohinjska Bela, you will find the first marking in the shape of a bear's paw, which will lead you along the “Godrnjavčkova pot” hiking trail. On the way, you will walk past a pond and arrive in a forest, where various types of trees are carefully marked. Next, the bear's paw will lead you to a labyrinth, then a tunnel, above the railway, and across the stream to a water pool, and finally to the cave, where a surprise awaits. If you are lucky and very quiet when you arrive in the bear's lair, you may even see “the bear”.

You can get there with the help of Godrnjač's map, which you can find at the information point at the Galetovec bar in the centre of the village...

- 📍 start and end point: car park at the Bohinjska Bela Cultural Centre
- 📏 2 km
- 👨👩👧👦 Easy family hike (approx. 1.5 hours)



VISIT THE EDUCATIONAL BEEHIVE: PR' KRAL

Walk along the lake towards the village of Mlino and onwards to the village of Selo (approx. 30 min walk).

At the beginning of the village, above the Mulej farm, there is an educational beehive - KRALOV ČEBELNJAK, which is home to about 50 bee families. Beekeepers Danijela and Blaž Ambrožič will introduce you to the life of the Carniolan Grey bee (“kranjska sivka”), the work in the beehive, and honey production. The specially built apiary allows you to observe the working bees through large glass panes. There are also special rooms where you can relax by inhaling air from the beehive. At the end of the presentation, you can also take a walk through the honey garden full of beautiful perennials, as well as taste different types of honey, pollen, honey liqueur,....

- 📍 Guided tour with tasting:
Adults: 20 € / person (min. No. of persons: 2)
Families: adults 12 € / person, children up to 7 yrs: gratis
Guided tour date and time: by appointment

- 📍 Access: on the local road Bled – Mlino – Selo
We recommend renting a bike at our hotel.



THE VINTGAR GORGE

The Vintgar Gorge is a 1.6 km long and up to 250 m deep gorge on the edge of the Triglav National Park. The path through the picturesque gorge leads over wooden bridges, from which you can observe waterfalls, rapids and pools created by the emerald green mountain river Radovna. The well-maintained path through the gorge ends with a bridge over the mighty Šum waterfall. Continue the circular path along the forest trail to the lookout point at the church of St. Catherine on Hom, and return to the starting point. We recommend that you take at least 2 hours to see the gorge and complete the 5.7 km circular path.

- 📍 Access: along the local road Bled – Sp. Gorje – Podhom – Vintgar
- 🕒 Every Day: 9 am – 4 pm
- € Entrance fee to the Vintgar gorge: adults EUR 10; children from 6-15 years EUR 2; children up to 6 years EUR 1



Photo: Jošt Gamtar
Source: Čebelarstvo Ambrožič

Information and booking at the reception.

Cycling tours

CYCLING IN THE RADOVNA VALLEY

This easy trail through the idyllic Radovna valley leads from the village of Krnica to one of the oldest surviving buildings in the Triglav National Park, the Pocar farm and museum. We recommend multiple stops along the trail, which are marked by information signs and which tell the stories of the many sights: admire the 500-year-old Gogala linden tree and the Napoleon stone from the early 19th century, when these lands were under his rule. Make a stop at the Lipnik Karst spring and take a refreshing dip in the Kreda Lake, which formed in a pit formerly used to mine some of the best chalk in Europe. The technical heritage in the valley includes the Psnak sawmill and mill from the late 18th century, another site worth visiting. The entire trail, including stops, can be completed in 2 to 3 hours.

- 📍 Cycling trail: Local Bled road – Podhom – Zgoranje Gorje – Krnica (5 km) – Radovna Valley. This easy 16-km cycling trail along the Radovna river valley starts in Krnica.
- € Price: EUR 95 per person. The service includes: guide, electric bike rental.



Adrenaline-filled experiences

TANDEM PARAGLIDING

Try a tandem paragliding flight for an adrenaline-filled experience with spectacular views of the nearby mountains, of Lake Bled, and of Lake Bohinj. No previous experience is required, as all flights are conducted under the guidance of experienced paragliding instructors.

All you need is sports clothing, good hiking footwear, and – most importantly – lots of positive energy. Before the flight, the paragliding instructor will tell you what to do on take-off and landing. Tandem paragliding flights are available at various altitudes and locations:

- Vogar** 🕒 the flight takes around 10 minutes
€ EUR 130 per person
- Gače** 🕒 the flight takes around 10 minutes
€ EUR 130 per person
- Vogel** 🕒 the flight takes around 20 minutes
€ EUR 190 per person

Information and booking at reception.

BIKE RENTAL

Electric and trekking bikes are available to rent at the hotel reception.

- € Electric bike: EUR 35/4h, EUR 50/all day
- € Trekking bike: EUR 18/4h, EUR 25/all day

BEEKEEPING THEMED CYCLING TRAIL

From the centre of Bled, take an electric bike ride along the lakeside and on to the village of Mlino, continuing on to other scattered villages with interesting cultural sights and many active farms. Riding the forgiving local trails along the Sava Bohinjka river, you can relax and enjoy nature's beauty all the way to Radovljica, where you can visit the Beekeeping Museum and learn about the life and work of our own indigenous Carniolan honey bee. On your way back, stop at the village of Selo and take a look at the educational beehive. The entire trail, including stops, can be completed in 2 to 3 hours.



- 📍 Cycling trail: Local Bled road – Mlino – Ribno – Bodešče – over the Sava Bohinjka – Lancovo – Radovljica (15 km). We recommend a guided cycling trip.
- € Price: EUR 70 per person. The service includes: guide, Beekeeping Museum Radovljica entrance fee, electric bike rental, a visit to the educational beehive, and a honey product tasting session.
- 📍 Beekeeping Museum Radovljica, Linhartov trg 1
Opening hours: 10:00 – 18:00; Tuesday – Sunday
- € Beekeeping Museum Radovljica: adults EUR 8, children EUR 5

