

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



JULIAN ALPS CARD: BLEĐ

This card is issued free of charge to any guest who spends at least three nights in Bled from 1 June 2024 until 30 September 2024.

The card offers benefits for transport, sightseeing, activities, gastronomy, printed materials, and other services.

More information: <https://www.bled.si/en/accommodation/julian-alps-card:-bled/>

The card is available in digital form. For more information please contact reception.



SUMMER MUSIC EVENINGS ON THE CAFE PARK TERRACE CONCERTS AS PART OF THE 2024 BLEĐ FESTIVAL TERRACE

Tuesdays: 25 June – 1 September 2024: **Piano music evenings**

Fridays: 28 June – 1 September 2024: **Acoustic music evenings**

Saturdays: 29 June – 14 September 2024: **Pop, soul, classical, and jazz music evenings**

- 📍 Cafe Park terrace
- 🕒 18:30 – 21:30
- € no admission fee

In the event of bad weather / rain, events will take place in the lobby of the Rikli Balance Hotel between 19:00 and 22:00.



Tuesday, 2 July 2024: **From Bach to Mancini**
 Wednesday, 3 July 2024: **Intertwining of music and lace**
 Tuesday, 9 July 2024: **Young virtuosos**
 Wednesday, 10 July 2024: **Duo Dilemma**

- 📍 Grand Hotel Toplice, Lake Lounge
- 🕒 20:30
- € free for guests of Sava Hotels Bled

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 "Pokljuška 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 desk.



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!

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Summer 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 Bertoncej, 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

SUMMER TOBOGGANING

Take a walk up Straža Hill, which offers one of the most enchanting views of Lake Bled and Bled Castle. And if you want to spice up your visit to Straža Hill with a touch of adrenaline, don't miss a ride down the breathtaking toboggan run.

- 🕒 **Every day:** 1 June – 23 June & 26 August – 29 September: 11:00 – 18:00, 24 June – 25 August: 10:00 – 19:00
Saturdays, Sundays, holidays: 30 September – 30 October: 11:00 – 17:00.
- € **summer tobogganing + chair lift (1 ride):** Adults: EUR 12, children from 8 to 14 yrs: EUR 10, children from 6 to 8 yrs: EUR 8, children up to 6 yrs: gratis

HOT AIR BALLOON FLIGHT

Sail among the clouds and enjoy unforgettable views of Lake Bled on a hot air balloon flight. The adventure begins in the early morning with the flight lasting around 1.5 hours. The landing is followed by a traditional initiation ceremony where you will be dubbed the baron or baroness of the place where you landed.

- 🕒 **Every day:** from 6:00
- € EUR 250 per person
Hot air balloon flights are also suitable for children over the age of 7.



HORSE RIDING

Enjoy riding in nature, by the forests, and through meadows, with horses suitable for various riding skill levels. The horse riding school is suitable for children and adults alike.

- 🕒 **Every day:** 9:00
- € 1 hour of riding / for beginners EUR 40
2 hours of riding / for experienced riders EUR 70
3 hours of riding / for experienced riders EUR 100



Information and booking at reception.



RAFTING AND CANYONING

The Sava Dolinka river flows through the Brje nature reserve. Take a raft trip down the river to experience the beautiful, pristine nature and a fun, adrenaline-filled adventure. This activity is also suitable for children and families.

The entire raft trip takes around 3 hours, which includes stops and 1.5 hours of rafting (10 km). Each raft can carry 6-8 people and includes a licensed raft guide.

- 🕒 **Every day:** at 10:00 and 14:00
15 July – 15 August: extra session at 17:30
- € Adults: EUR 45 per person, children: EUR 40

The best idea for summer refreshment? **CANYONING**, the perfect activity for adrenaline enthusiasts. Put on a neoprene suit and a climbing rope, and enjoy the thrill of gliding down smooth natural stone slides and waterfalls. Depending on the river conditions, canyoning is held in one of the canyons in the Triglav National Park. This activity takes around 3 hours. Overseen by a licensed guide. Premium equipment for both activities will be provided: neoprene suit, life jacket, helmet, and footwear. All you need is a swimsuit, a towel, and lots of positive energy.

- 🕒 **Every day:** at 9:00 and 15:00
- € EUR 85 per person

THE DOLINKA ZIPLINE

Accompanied by experienced guides, enjoy an adrenaline-filled trip among the beautiful nature of the Sava Dolinka valley. Thanks to its exceptional natural properties, the section in the central part of Brje is protected as a natural monument. You will cross the valley above the river on 7 ziplines measuring between 325 m and 530 m, with a total length of 4 km. The descents are linked by interesting forest and field trails. There are also several stops where you can admire the local plants and animals, and take in spectacular views of the surrounding mountains. The 2-hour trip includes a total of around 30 minutes' hiking on meadow and forest trails, partly uphill.

- 🕒 **Every day:** from 9:00 to 17:00
- € From EUR 65

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 – Zgornje 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

