

# 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.

- 📅 **Saturdays, Sundays, and holidays:** 30 March – 26 April & 30 September – 30 October: 11:00 – 17:00.  
**Every day:** 27 April – 2 May & 1 June – 23 June & 26 August – 29 September: 11:00 – 18:00, 24 June – 25 August: 10:00 – 19:00
- 👤 Summer tobogganing + chairlift (1 ride): adults: EUR 12; children from age 8 up to 14: EUR 10; children: age 6 up to 8: EUR 8

## 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 Krnica village to one of the oldest surviving buildings in Triglav National Park, the Pocar farm and museum. We recommend multiple stops along the trail, marked by information signs, which tell the story 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.

# 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



## BEEKEEPING THEMED CYCLING TRAIL

From the centre of Bled, take an electric bike ride along the lakeside and on to the Mlino village, 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. Service includes: Guiding, Beekeeping Museum entrance fee, electric bike rental, a visit to the educational beehive, and a tasting of honey products.
- 📍 Beekeeping Museum Radovljica, Linhartov trg 1  
Opening hours: 10:00 – 18:00; Tuesday – Sunday
- 💶 adults EUR 8, children EUR 5



# 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 a number of 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 meters, 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 TRIGLAVSKA BISTRICA TRAIL: THE VRATA VALLEY, THE PERIČNIK WATERFALL, THE ALJAŽEV DOM COTTAGE

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, dedicated to all the fallen mountaineers, and finally enjoying 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

Information at the reception desk.



## 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 that will direct 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



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# BLED 2024 Activities and experiences



SAVA HOTELI BLED  
SAVA HOTELS & RESORTS

# Welcome to Camping Bled!

## House rules and information

**Power outlets:** Power outlets are 16A and equipped with ECC sockets. You get the key for opening the electrical box at reception. Lead the electrical cable through the lower door of the electrical box and connect it so that you can lock the box afterwards.

### Check-in and check-out at the campsite:

Due to the narrow road at the entrance/exit to the campsite, we ask you to leave your vehicle on the pitch and visit the reception by foot for check-out before your departure. When paying for your stay, you must return the keychain with your pitch number and the key for the electrical box to the reception desk. Payment is made prior to leaving the campsite. If a keychain or key is lost or not returned, charges will be made according to the valid price list.

**Night-time rules and quiet hours:** From 23:00 to 7:00, the operation of all vehicles is prohibited within the campsite. During this time, the drive-in entrance/exit to the camp is not operational. The maximum driving speed within the campsite is 10 km/h. If you wish to leave the campsite with your vehicle during this time, you must move it in front of the campsite entrance before 23:00. During the night and in the early morning hours, we ask you to not make excessive noise and respect the night-time quiet hours.

**Trash and waste:** Bled is part of the Zero Waste programme, which is why we must separate waste and dispose of trash only at the central waste collection point located in front of the campsite entrance. Our bathroom facilities are equipped with bins

### Additional services at the campsite:

- ▶ Safe rental at reception – free of charge
- ▶ Fridge rental (bathroom facilities 2 and 3) – price according to valid price list
- ▶ Private bathroom rental (bathroom facility 4) – price according to valid price list
- ▶ Use of washing machines and dryers (bathroom facility 2) – tokens can be bought at the campsite reception desk, price according to valid price list
- ▶ Use of dishwasher – tokens can be bought at the campsite reception desk, price according to valid price list
- ▶ A special shower for dogs is located at bathroom facility 2 – free of charge
- ▶ Wi-Fi: Camping Bled (password not required) – free of charge

for organic waste next to the dishwashing sinks, where you can dispose of your food waste only.

**Pets:** Pets must be registered at the reception desk. Slovenian law states that all dogs must be leashed at all times. We ask you to please take your dogs on walks outside the campsite and to clean up after them.

**Fire safety:** Open fires at the campsite are forbidden by law. Grilling is allowed, as long as it adheres to fire safety guidelines.

**Water:** The water from all the pipes within the campsite is drinkable. Bled has high quality drinking water, which you can use to fill your water bottles in order to avoid buying bottled water from the store.

Chemical toilets are located in all bathroom facilities at the campsite. A motorhome service station is located to the left, behind bathroom facility no. 1. Washing machines, dryers, and dishwashers are located at bathroom facility no. 2.

Daily visits to the campsite are permitted during the day, but without vehicle entry. Visits must be announced at reception and are limited to a maximum duration of two hours.

On the playground and in the bathroom facilities, children must be under adult supervision.



- 🕒 the campsite is open from 1.4. to 15.10.
- 🕒 **Reception:** seven days a week 00:00 – 24:00
- 🕒 **Bakery:** 7:30 – 10:00
- 🕒 **Shop:** 8:00 – 15:00 (Monday – Saturday, Sunday closed)

## Gastronomy services at Camping Bled

### RESTAURANT AND BAR ZAKA

At Restaurant Zaka, we offer a combination of local and international dishes with an emphasis on grilled dishes and pizzas. Guests can also enjoy our large selection of top-quality Slovenian wines, domestic beers, and homemade refreshing drinks.

At the Zaka bar, we serve your favourite summer cocktails, a multitude of beers, refreshing summer drinks, and the best coffee.

- 📍 **Restaurant and Bar Zaka, Kidričeva cesta 10 b, Bled**



### CAFE PARK – THE HOME OF THE ORIGINAL BLEED CREAM CAKE

Take a walk to the other side of the lake and visit Cafe Park. This is where every day, chefs and confectioners prepare the Original Bled Cream Cake, as well as many other sweet and savoury culinary specialties, such as modern cake creations and homemade ice cream from fresh ingredients. Children will surely be delighted by our friendly waiting staff, who serve the sweet delicacies with the help of our digital service assistants.

### Pack of Original Bled Cream Cakes to go

If you want to take your creamy dessert and enjoy it at the campsite, the staff at Cafe Park will gladly put your cakes in environmentally-friendly packaging made of recycled paper. The pack comes at a discounted price.

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

### SLADOGLEDNICA ICE CREAM BOUTIQUE ZAKA

Did you know that a few years ago, Bled was chosen as the world's best ice cream destination, thanks to its "Sladogled" ice cream flavour? Sladogled and other delicious ice cream flavours are available at our Sladoglednica ice cream boutique, which is in front of Camping Bled.



Information and booking at reception.

## Physical exercise at Camping Bled

### MINDFUL GOOD MORNING EXERCISE, 45 MINUTES

- 🕒 April – June, September
- 🕒 Saturday, 8:30
- 📍 Free for guests of Camping Bled

A functional, medium-intensity group workout that uses elements of mindfulness to wake up the body and mind, and to improve concentration. For this workout, you will need a towel (can also be a pillow) and a bottle of water.

### THE WALK OF VITALITY, 60 MINUTES

- 🕒 April – June, September
- 🕒 Saturday, 8:30
- 📍 Free for guests of Camping Bled

Take advantage of the power of nature and promote all the body's main detoxification systems. During the walk, we promote correct and conscious walking in an environment where we are surrounded by all the elements – water, earth, sun, and stone. We will also make multiple short stops, and dedicate some time to exercise and promoting inner and outer balance.

### FITT KIDS, 45 minutes (for children aged 7 to 14)

- 🕒 July – August
- 🕒 Wednesday, 19:00
- 📍 Free for guests of Camping Bled

Group exercise where we combine children's exercise and play.

### FITT GRAVITY, 60 minutes

- 🕒 June – September
- 🕒 Wednesday and Saturday, 17:00
- 📍 EUR 15 per person

Group exercise on specially designed hammocks for cellular regeneration, disburdening, and pain management, as well as for strength and body control. The exercise also includes a relaxing, therapeutic ending. A group consists of a maximum of 4 persons. For this exercise, you will need a towel (can also be a pillow) and a bottle of water.

### FITT AQUA, 60 minutes

- 🕒 July – August
- 🕒 Wednesday, 9:30
- 📍 EUR 15 per person

A specific exercise programme in shallow, medium, and deep water, which has a beneficial effect on the whole body, increases muscular strength and endurance, and soothes the lymphatic system. Also includes a relaxing ending for perfect awareness and bodily relaxation. The exercise is only suitable for swimmers. You will need a towel and a bottle of water.

### CLASSIC BODY MASSAGE, 50 min

- 🕒 April – August
- 🕒 Wednesday and Saturday, appointments by reservation
- 📍 EUR 50 per massage

Classic massage of the body for complete mental and physical relaxation. For improved relaxation effects, we use various warm oils.

### SOUND THERAPY, 45 min

- 🕒 April – August
- 🕒 Wednesday and Saturday, appointments by reservation
- 📍 EUR 50 per session

If you are feeling tired, haven't been getting enough sleep, or are under a lot of stress, we recommend you bolster your body's well-being with an individual sound therapy session, during which our trained therapist will use tuning forks of various frequencies, along with different fascial relaxation techniques.

### INDIVIDUAL TRAINING SESSION, recreational and therapeutic, 60 minutes

- 🕒 April – August
- 🕒 Wednesday and Saturday, appointments by reservation
- 📍 EUR 50 per training session

An individual training session, completely tailored towards your needs, problems, well-being, and ability. Also includes a relaxing part.

Information and booking at reception.



- PREMIUM
- PREMIUM RELAX
- PREMIUM BLEB
- A 1-70
- B 71-112
- C 116-164
- D 165-180
- E 181-223
- F 224-244
- G 245-287
- H 300-316

- TRAIN VLAKEC
- SANITARY BLOCK
- SANTARNI OBJEKT

- ICE CREAM SHOP SLADOLEDNICA
- LAUNDRY ROOM PRALNICA

- GROCERY STORE PRIGOVINA
- BAKERY ON WHEELS PEKARNA NA KOLESH

- RESTAURANT RESTAVRACIJA
- LOUNGE BAR LOUNGE BAR

- RECYCLING BINS EKOLOSKI OTOK
- MOTORHOME SERVICE ZA AVTODOME