

BLED SPORT FACILITIES

There are quite a few possibilities for enjoying sports around Bled. Below we have listed some that may be of interest to you before or after Interfob 2006.

Jogging:

is possible around the lake of Bled, and also in the surrounding villages where numerous pathways are really appropriate for this activity.

Rikli's Fitness promenade leads over meadows, woods and paths to the 646-meter high Straža. The "sunny health resort" of Bled was founded in 1856 by Arnold Rikli, a Swiss citizen, who opened one hundred years ago his own "park for sun-bathing".

Walks:

in addition to the beauty offered to the eye by the still lake surface and the sheer peaks of the Julian Alps and the Karavanke at the very first glance, visitors can also discover how attractive Bled is for a pleasant holiday on short walks around the lake or longer trips into the vicinity. Everyone should visit the old Bled Castle (opening hours: every day 8:00-20:00), which rises proudly on the steep rock above the lake. With motor vehicles, access is possible by asphalt road, while on foot you can take nice shaded paths.

From Straža, you will have a magnificent view of the Bled panorama in all its splendour. Wonderful views of the lake and its surroundings are possible from other hills (Osojnica – a popular point for photographers, Kozarca, Kuhovnica). Half day trips to pleasant villages around Bled, e.g. Kupljenik, Bodešče, Slamnik, Grabče, Krnica and Mevkuš, in which they make characteristic cowbells, are a pleasant experience for everybody.

Maps and descriptions of footpaths are available at the Bled Tourist Association, Cesta svobode 15, Bled (opening hours: Monday-Saturday 8:00-19:00, Sunday 11:00-17:00) and in tourist agencies.

Mountaineering:

the woods of Pokljuka, Mežakla and Jelovica form the backdrop to Bled. Furthermore the Julian Alps and Triglav on one side, and Karavanke with Stol, Vrtača and Begunjščica on the other, highlight the beauty of the background. On a clear day the Kamnik and Savinja Alps can be seen on the east horizon. In short, there are plenty of mountains near and further from Bled. Bled too is proud of its rich mountaineering tradition, now over 100 years old. The development of tourism in this region has been closely tied to mountaineering. Bled offers many opportunities for backpacking or hiking in the mountains. Mountains of medium height such are Jelovica (Talež), Pokljuka (Galetovec, Lipanca), Mežakla (Jerebikovec) and Karavanke (Ajdna, Roblek under Begunjščica or Dobrča), are not only inviting but also a good testing ground for mountain tours to higher ranges.

The so-called "Bled Home Mountain Trip" is a trip to the mountain Lipanca above Pokljuka where the "Mountaineering Club Bled" has its own alpine hut. Technically undemanding, yet attractive, are the trips to Begunjščica, Stol, Debela Peč and Viševnik, whilst those to the Triglav summit require greater skills. For the latter, we recommend a guide that can be hired through several agencies. There are also plenty of maps and mountain guide literature - this can be purchased in bookshops, tourist agencies and shops, specializing in sports equipment.

Boats:

will take you to the island in the middle of Lake, which has been an extremely popular tourist spot for centuries. On some places it is also possible to rent boats and row to the island.

Horse riding:

Bled and its surroundings offer excellent opportunities for lovers of horses and horse riding. There is a hippodrome between Bled and Lesce (3 km from Bled) – riding as well as instruction is available to visitors by prior arrangement. At tourist agencies you can also book a tour and try one of horse riding adventures.

Cycling:

moving around by bike can be one of the best ways of acquainting oneself with a new place. Bled is very convenient for cycling - be it for. There are no special lanes for cycling in Bled or its vicinity, however since traffic is light, most roads can be used. Local roads between villages around Bled are suitable for short cycling trips and a dense network of forest roads on Jelovica, Pokljuka and Mežakla can satisfy even the most demanding mountain cyclist. For less demanding cycling, we suggest a trip through the valley of Radovna or you may drive to Pokljuka where the plateau offers pleasant cycling in the cool shadow of the pine forests. Please note that cycling off - road or off - track is not allowed anywhere in Slovenia.

You can rent bicycles at several agencies in Bled and you can also hire a guide. Some possible bicycle routes are indicated in Bled - A Tourist Map (1:30000) - look for the symbol of a bicycle in silhouette.

Paragliding and Gliding:

the Lesce-Bled sports airport (Alpski letalski center) lies 4 km from the center of Bled. In addition to glider flights, tandem (guided) paragliding and panoramic flights over Bled, Bohinj and Julian Alps are available.

Rafting, kayaking and canyoning:

For lovers of these sports there are organized trips with entertainment available.

Climbing:

considering that Bled lies at the doorstep of the Julian Alps and the Karavanke mountains, it is an ideal starting point for mountain tours. Those visitors with a more adventurous nature may even be overcome by a desire for alpine climbing. The Karavanke show a timid face on their south side and do not offer much opportunity for eager climbing. The walls of the Julian Alps, however, are an attractive destination for alpine climbers. The starting point is less than an hour's drive from Bled, and a mountain guide may be hired at specialised agencies.

Sport climbing is gaining in popularity and represents a well - established tourist interest. There are two well maintained and equipped sites near Bled: Pod Iglico in Bohinjska Bela, (courses range from 11 m to 27 m in height, with levels of difficulty ranging from 4 to 10), and in Peč under Bodešče (courses here range from 11 m to 25 m, with levels of difficulty ranging from 6 to 9). You can rent necessary equipment and hire a guide at specialised agencies.

Sauna, Fitness, Turkish Baths:

the Hotels Krim, Park, Jelovica, Ribno and Grand Hotel Toplice offer you sauna, solariums and massage, also massages in the Alp boarding house. Turkish baths are also available in Golf and Jelovica Hotels. Fitness is part of the services at the Golf, Jelovica and Ribno Hotels; exercise is also possible at the Samson fitness club, Wellness center in Sport hall and Bio Fit fitness center in Koritno. There is a brand new Wellness Center Živa opened in Hotel Golf with the wide offer of saunas, massages, swimming pools and other body treatments.

Summer tobogganing:

from hill Straža. Length: 520 m, difference in height: 131 m, speed: max 40km/h, incline: 25%. Opening hours: 18.9-27.10 (Saturday-Sunday: 10:00-18:00), 28.10-31.10 (every day: 10:00-17:00).

Ice skating:

is possible in the Sport hall every Saturday (16:30-18:00) and every Sunday (9:30-11:00 and 16:30-18:00).

Swimming pool:

in Hotels Park, Golf, Jelovica and Toplice.

Squash:

in Hotel Kompas.

Golf:

Bled has the largest golf course in Slovenia. The season runs from March to December. The Bled golf course has the longest tradition in Slovenia, going back to 1937. With over 100 hectares of ground and two courses designed by Donald Harradine, it is also one of the biggest. The course is known as one of the most beautiful in Europe. Many international tournaments take place on it during the playing season (www.golf.bled.si).

Mini golf:

the mini golf playground is located on an area of 3628 m² near Ljubljanska cesta, behind the Park Hotel. With its 18 playing fields in a total length of 228 m, this is one of the largest classic mini golf playgrounds in Europe. Opening hours: every day from 9:30 to 11:00.

Fishing:

fishermen can test their skills as well as their luck on Lake Bled. Fishing for catfish, pike, carp and lake trout is permitted. In the Sava Bohinjka river fishing for grayling, brown trout and rainbow trout is allowed. Fishing permits can be bought in Fauna fishing shop, Bled Tourist Association or at the Kompas Agency.

In the attractive casting centre in Ribno, you may try your skills in dry casting.

Tourist train:

will take you around Lake Bled. It runs in nice weather, every day from 10:00 to 18:00 every 45 minutes, following the train schedule available at train stops around the lake.

Hostel Bledec:

is cheapest option to stay on Bled. For more check: www.mlino.si

If you will want to try any of those activities that are lists above, get us know. We have agreement with Lifetrek – outdoor adventure tourist agency, where we get you better price. Also for other activities there is no problem, just get us know and we will speak for you and try to make better deal!

On next page you can already see prices for some activities.

OUTDOOR ADVENTURE ACTIVITIES

For those who are looking after more adventure:

- **Canyoning Jereka** = 38 EUR/person (if there are minimum 4 person);
www.lifetrek-slovenia.com/en/index.php?id=72
- **Emerald River Splash**: a whole day trip from Bled through Vršič (the highest Slovenia pass) to Bovec and in the evening back to Bohinj and Bled... = 55 EUR/person
- **Adventure day in Bled**: canyoning Jereka + rafting + Cliff Diving = 59 EUR/person
- **Adventure day in Bovec**: canyoning Fratarca + rafting on Soča river (the best rafting in Slovenia – grade 4) + panoramic drive with a stop on Vršič pass and Trenta valley = 110 EUR/person
- **Guided biking tours**: excellent guides and bikes, tours for everybody = 24 EUR/person
- **Rock climbing tour**: all necessary equipment, professional guide = 55 EUR/person;
www.life-trek.com/en/news.php?id=79

For those who prefer easy walking and lots of beautiful views:

- A whole day trip to Emerald river valley with easy trek on Mangart pass = 60 EUR/person
Lots of panoramic stops: Zelenci, Vršič-Ajdovska deklica, spring of Soča river, Korita, Waterfall Kozjek...).
- Easy hike on Debela Peč (2014m high) = 38 EUR/person; half a day tour
- Trekking on Vogel – mountain above Bohinj lake = 48 EUR/person; include panoramic drive with cable car
- Martuljek waterfall = 34 EUR/person