

# 100 KM CHALLENGE

**The Julian Alps, Slovenia.  
April, 2006.**

[www.jackandjill.ie](http://www.jackandjill.ie)



**Boots on at 045 894 538**

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# SLOVENIA

Rich in resources, naturally beautiful and persistently peaceful, Slovenia has flourished since its break from the former Yugoslavia in 1991 and still remains a wonderful antidote to much of Europe's crowds and high prices.

Wherever you are in Slovenia it is possible to discover its natural beauties on foot. Countless paths, covering some 7000 kilometers, cover the country for the occasional walker as well as for enthusiastic hikers. Trails exist through regional parks, around the towns, cities and lakes and there are less demanding paths along the rivers, in forests and mountains.

Ljubljana, the capital, is a smaller Prague without the hordes of tourists. It is here that the mythological Argonauts carried the Golden Fleece and where the crannog dwellers once lived. It was the capital of the Province of Carniola and the capital of Napoleon's Illyrian Provinces and is full of Renaissance, Baroque, and Art Nouveau facades – well worth a visit!

## The Julian Alps

This exciting walking challenge explores the most southerly part of the Alpine chain. The highest peak, Mt Triglav (2864m), is at the centre of the Julian Alps where you will find the Triglav National park - a paradise for hikers. It lies between two rivers, the Soca and Upper Sava, and protects numerous endemic animal and plant species in a region of high rocky mountains, deeply cut river gorges, high-mountain karst shafts, and attractive low mountains as well as the traditions of the once difficult life of mountain farmers and alpine dairymen.

This is a land of high peaks, thundering waterfalls and still crystalline lakes. Domed churches and Alpine villages dominate the lush valleys, whilst timber hayracks and gothic castles stand as silent witnesses over flower filled meadows. With local guides, the route goes along well marked mountain paths and forest trails with beautiful vistas and highlights include traversing across the Karavanke.

The Julian Alps are bejeweled by two picturesque lakes. [Bled](#) with its legendary island in the middle of the lake, overlooking castle, hot springs, and beneficial climate has attracted numerous cosmopolitan visitors for centuries. Organized swimming areas, hotels with pools, walking paths, tennis and golf courses, a casino, rowing regattas, a sports airport in Lesce, and the nearby natural and cultural sites provide plenty of reasons for a visit. The [Bohinj](#) region with its unspoiled high-mountain lake inspires visitors not only with the beauties of the nature and the Vogel, Koblja, and Soriška planina ski centers but also with its rich ethnological heritage and many interesting cultural and sacral sites. The nearby Pokljuka plateau is a paradise for hikers, mushroom hunters, and cross-country skiers and is the site of major world biathlon competitions.

We, at the Jack and Jill Children's Foundation, look forward to welcoming you on this, our first Overseas Challenge to Slovenia.

The Slovenian Challenge – A Fundraising project for the Jack and Jill Foundation

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The Jack & Jill Children's Foundation is a registered charity set up to help alleviate the very distressful suffering experienced by tiny babies born with severe developmental delay and life limiting conditions requiring intensive medical and nursing care at home until they reach the age of four years.

Today the sad reality in Ireland is that succour for children under four years of age and their families is at best underdeveloped and at worst non-existent. Most people are not aware of this distressing "age gap" in healthcare services. These tiny unhappy babies and their parents could be the forgotten people of Irish society.

The Foundation is young and fully realises it cannot provide for every need. However its ethos is to listen to its families and to have its services serve its community to the very best of its abilities. It is at all times mindful of the isolation and loneliness the families experience and pay particular attention to the needs and emotions of the healthy brothers and sisters who can so easily be overlooked.

At present the Foundation has to raise €1.6million annually to cover the cost of home nursing to their families. The Foundation receives a grant of €315,000 from the government and it relies totally on the support of volunteers, donors and fundraising events to provide the balance of this money - in order to provide this very valuable service to the families who have come to depend on it.

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# Proposed Itinerary

## Walking in Julian Alps – Based in Bled

### DAY 1

Fly from Dublin to Venice airport in the late afternoon. On arrival transfer by coach to Bled. Dinner on route. Overnight in Bled.

### Day 2 - LJUBLJANA

After breakfast, there will be a full day excursion to Ljubljana. Dinner and briefing by the guides. Overnight in Bled.

### Day 3 – Stage 1 LAKE BOHINJ AND THE MOSTNICA GORGE

Starting from the shores of lake Bohinj at Ribcev Laz we arrive at the pretty village of Stara Fuzina and soon reach the dramatic gorge cut by the Mostnica River. This gentle trail is surrounded by beautiful beech forest that contrasts dramatically with the aquamarine river below. Higher up in the valley we walk through peaceful pastures to find the gushing Slap (waterfall) Voje. A leisurely lunch at a mountain hut allows us time to more thoroughly explore the surrounding area.

Duration: 5-6 hours Level of difficulty: \*\* (easy)  
Overnight and dinner in Bled.

### Day 4 – Stage 2 RIVER SOČA TRAIL

This educational trail - the Soca Trail - runs from the spring of the river Soca to the lower end of the valley. The lively rumble of the Soca accompanies hikers as they learn about the forests and forestry, the consequences of various geological eras, as well as Trenta's traditional architecture. At the "Na Turi" monument to Dr. Julius Kugy, the character of this great mountaineer is portrayed. Next along the way are the narrow and deeply carved ravines of the Mlinarica Gorge, followed by Slovenia's first Alpine botanic gardens - Alpinum Juliana. A stones-throw away is the fascinating St. Mary's Church, as well as a former administrative building of the mines, together with the homestead of the very first Trentan guide, Anton Tozbar-Spik.. A little further downstream is a cemetery containing the remains of Russian WWI prisoners who as forced labourers died navigating the road through the Vrsic Pass. Located in the hamlet of Na Logu, the first settlement of any size in the valley is Trenta Lodge, central information point of the Triglav National Park and home to the Trenta museum collection.

Duration: 4 – 5 hours Level of difficulty: \*\*\* (moderate)  
Dinner and overnight in Bled

### **Day 5 – Stage 3 MARTULJEK PEAKS AND WATERFALLS**

Start of from Kranjska Gora across Srednji Vrh village to Martuljek

At the foot of the mountains you can see the Martuljek stream which leaps over rocks in magnificent cascades before finding its peace in a deep dark gorge. The mountain path from the village of Gozd Martuljek follows the river into the canyon crossing several bridges before the waterfall “Spodnji Slap” comes thundering down from the left. Strolling along the lush meadows hidden at the top of the falls, it seems as if the sheer peaks above would be piercing the sky like gothic spires.

Duration: 4 – 5 hours. Level of difficulty: \*\*\* (moderate)

Overnight and dinner in Bled

### **Day 6 – FULL DAY EXCUSION - TASTE OF SLOVENIA**

Visit the 290 sunny days wine region

Your day starts with a stunning coach ride over the mountain plateau along the river valleys to the picturesque Most na Soči. There we take a leisurely cruise around the emerald blue lake, seeing the bird sanctuary en-route. Lunch at a local restaurant. Afterwards we move onto one of the many wine-growing regions of Slovenia, to the castle of Dobrovo. After a quick guided tour you are escorted a short way through a vineyard to one of the countries largest wine factories. Here you witness the wine production, the fascinating cellars and even taste some of their wines. Evening meal is hosted in a wonderful restaurant overlooking the wine hills. The return journey is by train

Overnight in Bled

### **Day 7 – Stage 4 BARON'S TUNNELS OF THE KARAVANKE MOUNTAINS**

This exciting trail of baron Born was a secret gateway to his private hunting grounds on the mighty Begunjščica mountain in the Karavanke range. Traversing man made ledges in the rock face and exploring the darkness of mysterious tunnels, the path takes us safely to the sunny sloped meadows of the south. Enchanted by the melody of cowbells you can drink wholesome water from the virgin mountain springs glimpsing at the beautiful countryside of Gorenjska below. Mountain flowers and fossils native only to this area, remnants of the forgotten iron ore mines and spectacular ruins of the medieval castle Kamen are only a few of the pieces in the mosaic of this memorable hike.

Duration: 6 hours Level of difficulty: \*\*\*\* (moderate / challenging)

Evening Free. Overnight Bled.

**Day 8 – Free day for last minute shopping, sightseeing etc.**

Gala dinner and overnight in Bled.

**Day 9 -**

Transfer to Venice for some sightseeing prior to going to the airport in the early evening for the return flight to Dublin



## **THE 'SLOVENIA CHALLENGE' INCLUDES:**

- Return flights Dublin to Venice with Aer Lingus.
- 8 nights accommodation in a 3/4\* Hotel in Bled in twin or double rooms with bath.
- All transfers and excursions as indicated in the itinerary.
- Breakfast and dinner on all walking days & drinks where applicable.
- Fully qualified guides and an Interpreter on all walking days.
- Full group travel insurance.
- All airport and departure taxes.
- Certificates and Gala Awards Dinner.

Single rooms can be arranged but at a supplement.

### **Not Included:**

- Lunch each day (These will be purchased locally)
- Items of a personal nature – laundry, telephone.



## THE SLOVIAN CHALLENGE –OCTOBER 2005

### APPLICATION FORM

Name: (As on passport) \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone (day): \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Please tick where appropriate:

- Have you taken part in a Charity Challenge before Yes  No

If yes, where and for which Charity \_\_\_\_\_

- Fundraising Experience: None  Some  A Great Deal
- Tee Shirt/Jacket Size: S  M  L  XL
- Is there any area of expertise that you feel that you might be able to help with:

\_\_\_\_\_

- Accommodation: Twin share:  Single:

Please find enclosed € \_\_\_\_\_ (€300.00 per person), this being a non-refundable deposit. I understand that the Balance of € 3600 must be remitted by the 3<sup>rd</sup> March 2006 and that I have read the Terms and Conditions.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

The Jack & Jill Children's Foundation reserve the right to refuse any application at its absolute discretion and in this case the deposit will be refunded in full without deduction, compensation or interest and the matter shall be deemed to be at an end.

Please complete and return to:

The Jack & Jill Children's Foundation,  
Slovenia Challenge, Johnstown Manor, Johnstown, Naas, Co Kildare.  
Tel: 045 894538 Fax: 045 894558 Email: info@jackandjill.ie

## TERMS & CONDITIONS

Each participant must sign the application form as confirmation that they have read, and agree with, the terms and conditions of entry.

- The person must be 18 years of age before the departure date of the Challenge or be accompanied by a parent or guardian.
- Your passport must have at least 6 months to run from the date of return to Ireland. Payment for any visa, airport tax, and gratuities are not included in the cost.
- The Jack & Jill Children's Foundation has the right to alter the itinerary, should climatic or any other unforeseen circumstances deem this necessary.
- Full Standard Travel Insurance cover is organized for the Challenge. Four areas of cover that should be noted are as follows: Normal luggage and person effects of €2540 and a limit of any single article of €380; Cash – a limit of €635; Passports & travelers cheques - €952; Medical & additional expenses - €6 million. In the case of expensive cameras etc., it is suggested that you arrange separate or all risks cover. In the event of a claim, the participants will have to report it to the local police and will have to process the claim themselves.
- Participants must be relatively fit to take part in the Challenge and must complete the medical questionnaire provided. You may be required to have a medical form signed by your Doctor. By signing the entry form you are confirming that to the best of your knowledge, your general state of health is good and that you take full responsibility for yourself. The Jack & Jill Children's Foundation may at its discretion refuse a participant if in their opinion he/she is medically unfit to take part.
- Passport Control and in county authorities will reserve the right to refuse entry.
- Participants take part at their own risk and agree to indemnify The Jack & Jill Children's Foundation against claims for loss or damage to personal property, personal injury (or death), and any claim arising from the entrant's own actions.
- Participants must comply with and are responsible for attending to any inoculation and health regulations required for the destination.
- If you are unable to meet the sponsorship requirements you will forfeit your place on the Challenge or you may choose to make up the balance yourself.

Participants must carry out all fundraising in accordance with the guidelines set out in the fundraising pack.