

RELAXATION WITH THE VIEW

in Wellness Živa in Rikli Balance Hotel & Spa Park in Hotel Park

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

WE RECOMMEND

The Pokljuka ritual (150 min) with the power of Alpine plants

for total refreshment and relaxation includes:

- visit to the saunas (1 h)
- herbal beverage
- pine scrub (15 min)
- massage with spruce shoot bundles (50 min)
- relaxation over a cup of spruce shoot tea

€ EUR 88 per person



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

WE RECOMMEND

Collagen lifting care with Afrodita cosmetics (60 min)

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

€ EUR 55 per person



The Afrodita cosmetics company's Afrodita Professional line consists of high-quality, dermo-cosmetic, neuro-cosmetic products with luxurious textures, which they have been carefully developing in their own laboratories for more than 50 years in cooperation with pharmacists and dermatologists, in order to solve skin problems, with fast and visible results.

Information and booking: **t:** 04 579 17 02, **e:** 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

MOUNTAIN HIKING

FROM HILL TO HILL, AROUND LAKE BLEĐ

This path combines almost all the monadnock hills and viewpoints around Lake Bled. Lake Bled is surrounded by monadnock hills acting as guards and closing access points to the lake. Every single hill represents a popular and intriguing point of interest for locals and visitors alike.

Our path "From Hill to Hill around the Lake" connects these individual endpoints into a single unit – a ring of higher grounds above Lake Bled providing different viewpoints. Straža offers a fitness trail and a ski slope, while Mala Osojnica and Ojstrica are a paradise for photographers. Or if you prefer peace and solitude above the lake, Stan is your hill of choice. Just go past the giant spruce and once at the top, observe the famous Bohinj railway line from above. Meanwhile, Višće provides the foreground of the famous Bled Castle, which stands proudly on the castle rock above the lake.

Start and end points: parking place in front of Rikli Balance Hotel–Straža–Mlino–Mala Osojnica–Ojstrica–Velika Zaka–Stan–Višće–Bled Castle–Lake Promenade–Rikli Balance Hotel

- 14 km, altitude difference: 766 m
- Difficult hiking trail

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

The trail through 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", which are hollowed out and 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 in 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 a 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 Every day: 9 am - 5 pm
Adults EUR 9, children, students: EUR 4,50

Information at the reception desk.

P: +386 4 579 16 00, E: info@hotelibled.com www.sava-hotels-resorts.com



IGLICA WATERFALL

Hidden in the precipitous cliffs of Iglica, just above Bohinjska Bela, is the 24-metre-high waterfall of the Suha stream, which falls over a vertical wall of Permian Neoschwagerin limestone. Access is easy. A signpost leads from the village to the foot of the waterfall. Hikers can climb a wooden ladder to the top of the waterfall, from where they can enjoy a magnificent view of the surrounding area. There is a sports climbing area, Bohinjska Bela, at the waterfall, which attracts many enthusiastic climbers throughout the year. The area provides walls of various difficulty levels, making the climbing area appropriate for beginners and expert climbers alike.

Start and end points: parking place in front of Rikli Balance Hotel (access: Lake Promenade–Zaka, past Camping Bled to Bohinjska Bela and from there to the Iglica waterfall)

- 5 km
- Easy hiking trail



An active holiday in Bled

Explore & Experience Bled Spring 2023



SAVA HOTELI BLEĐ
SAVA HOTELS & RESORTS

THE PARK HOTEL, RIKLI BALANCE HOTEL AND PARK CAFÉ proud recipients of the Green Key environmental sustainability label

Two last years we obtained the international Green Key environmental sustainability label at the Park Hotel, Rikli Balance Hotel and Park Café.

We also obtained the Slovenian sustainability label Slovenia Green Accommodation at the Park Hotel, Hotel Rikli Balance and the sustainability label Slovenia Green Cuisine at the Park Café.

For more information please contact the reception.



GASTRONOMY SELECTION



A UNIQUE CULINARY EXPERIENCE

Situated in the most beautiful spot on Lake Bled, the Julijana Restaurant holds two prestigious awards: The Michelin Plate 2020, 2021, 2022 and 3 Gault & Millau toques. Pamper your taste buds with top gastronomy and the Bled local selection.

- € "Gorenjska selection" – Bled local selection menu: EUR 66 per person
- € "Julijana 2021" tasting menu: EUR 66 per person - 4 courses
EUR 80 per person - 5 courses
EUR 90 per person - 6 courses
- 📍 Restavracija 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 the 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 150 per person
- 📍 Julijana Restaurant, Grand Hotel Toplice, Cesta Svobode 12, Bled



THE PARK CAFÉ – THE HOME OF THE ORIGINAL BLEED CREAM CAKE

While enjoying the most beautiful view 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.

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



70 years of kremšnita

DINNER À LA CARTE

As a guest at Sava Hoteli 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: **The Julijana Restaurant (Grand Hotel Toplice) or the Park Café.**

- 📍 One voucher worth EUR 15 substitutes one meal included in your package (lunch or dinner) during your stay.



Information and booking at the 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 GARDEN OF TASTES IN THE VILLAGE ZGORNJE GORJE

Come for a delicious walk among the lined bushes of raspberries, blackberries, chokeberries and currants, full of life. Experience the path through the herbal maze of love and creativity. Find out which flowers, spices, herbs, fruits and vegetables match your zodiac sign. Feel the mystique of fragrant roses and create a melody with mountain bells. Get to know the life of grazing chickens and bees. Treat yourself to a lazy rest on the grass, recharge your batteries under the roof of a haystack, a Slovenian building heritage where herbs are dried. Experience self-sufficiency in water and electricity. Embark on a journey enriched with pleasant feelings!

- 📍 Access: on the local road Bled - Rečica - Zgornje Gorje. We recommend renting a bike at our hotel.
- 📅 from April to October. Monday to Saturday, from 8.00 to 12.00 and from 16.00 to 19.00 or by arrangement
- € Entrance fee: 7 €



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 3; children up to 6 years EUR 1



Information and booking at the reception.

CYCLING TRIPS

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 the 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 (eng. chalk) Lake, which accumulated 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. An 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, Lake Bled and 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 min.
€ Price: EUR 130 per person
- Gače:** ⌚ the flight takes around 10 min.
€ Price: EUR 130 per person
- Vogel:** ⌚ the flight takes around 20 min.
€ Price: EUR 190 per person

For an unforgettable experience, we also recommend a package including: **Helicopter flight to Stol** and a shepherd's brunch at the Stol mountain lodge followed by a **tandem paragliding flight back to Bled.**

- 🕒 Every day: 10 am
- € EUR 390 per person

RENT A BIKE

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

- € Electric bike: 4h - EUR 25, all day EUR 45
- € Trekking bike: 4h - EUR 13, all day EUR 18

BEEKEEPING-THEMED CYCLING TRAIL

From the centre of Bled, take an electric bike ride along the lake and on to the Mlino village, continuing on to other scattered villages with interesting cultural sights and many active farms. Riding the foraging 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 the way back, stop at the Selo village to visit a training apiary. 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: Guiding, Beekeeping Museum entrance fee, electric bike rental, a visit to the training apiary and a tasting of honey products.
- 📍 Beekeeping Museum, Radovljica, Linhartov trg 1
- 🕒 Opening hours Tuesday - Sunday, 10 am - 6 pm
- € adults EUR 8, children EUR 5



Information and booking at the reception.