



[Reference: Slovenia Adventure Sport experience](#)

[5 day outdoor adventure sports immersion including Mountain biking, summiting a Trekking peak, Whitewater rafting, Canyoning, Paragliding, Zip wire and Bushcraft.](#)

Itinerary: 5 days

Day 1 – Outbound flight & Canyoning

Departing a London region airport with Dave Pickles – adventure challenge host, we fly to Trieste, Italy. On arrival, you will be met and transferred to the accommodation in Bovec, Slovenia for a 5 day 4-night stay on a full board basis.

On arrival and welcome in Bovec with lunch, the afternoon activity will be canyoning. This is your first chance to take in the incredible natural beauty of the surrounding area!
Transport back to accommodation in time to freshen up before the for the evening meal.



Day 2 – Paragliding and rafting

After breakfast, we travel to the paragliding location and weather dependant, take to the skies to test our individual mental resilience and enjoy the incredible views.

Break for lunch and travel to our afternoon activity location for rafting.
Rafting on energetic crystal clear waters amongst superb views of mountains.
Transfer back to accommodation for hot showers and to freshen up. Evening meal.



Day 3 – Trekking to summit a peak and Bushcraft

After breakfast, we embark on our summit day with bushcraft instruction and challenges along with trekking up to a prominent local peak which provides stunning vistas and a superb sense of achievement.

Transport to our trekking start point and off we go. Summit peak and raise the flag for the team.

Lunch will be taken during the trek.

Afternoon transport after trekking phase to the Bushcraft location. Instruction, team and individual challenges lay ahead.

Transport back to accommodation. Evening meal.



Day 4 – Mountain Biking and Zip Wire

After breakfast, we get ready for an adrenaline day of Mountain Biking in some of the most impressive areas available in Europe followed by a James Bond style Zip Wire.

Transport to the Mountain Biking start point will take us through some beautiful scenery and help to build the anticipation of the day. Clean fresh mountain air will help power us through some exciting terrain and include some unique downhill sections which will be hard to beat.

After lunch, we get ready for the final event of the day to test courage and camaraderie.

A high standing zip wire taking across tree tops, hill sides and the valley will raise the heart rate and excitement levels. Fortune favours the brave!

Transport back to the accommodation to freshen up before the evening meal.



Day 5 – Canyoning (If not possible on day one due to flight times) and transfer to airport UK bound

After breakfast, we move to the canyoning area to finish the adventure challenge in the water, jumping into plunge pools and sliding down water shoots, before we have showers, pack up and transfer to Trieste airport for our flight back to the UK.

Included in your trip:

- International return flights
- Airport transfers
- Full board
- Accommodation including hot showers and comfortable beds – chalet style accommodation
- Adventure challenge host/Tour Leader
- Specialised activity instructors
- All specialised safety equipment for activities
- All activities listed in the itinerary
- All transport to activity locations and accommodation

Not included:

- Personal travel insurance including personal insurance for activities.
- Alcoholic and soft drink beverages.

Kit List:

- Walking boots
- Socks
- Wet-wear footwear e.g. trainers/wet suit boots
- Personal clothing
- Toiletries
- Personal medication (Please note all illness, injuries and medication need to be disclosed to EDGE Travel Worldwide at time of booking – please seek advice from your Doctor to your suitability of participating on this trip.)
- Camera
- Personal first aid kit
- Torch and batteries
- Whistle
- Hand Sanitiser
- Snacks (to graze on during the day)
- Swim suit
- Underwear
- Water bottles – capacity to carry 3ltrs of water
- 25ltr to 35ltr day sack to trek with and for mountain biking
- Clothing and kit for all relevant activities i.e. mountain biking, trekking and bushcraft
- Protection from the sun and cold for the head, neck, hands and face.
- Sun cream
- Sun glasses
- Walking poles

DO MORE FEEL MORE BE MORE