

# Afternoon activities for NuCoSS-23:

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Gozd Martuljek together with the nearby Kranjska Gora resort and surrounding area offer enormous variety of activities that can be experienced during the summer. We made a list of several popular activities that fit into the free time slot between the lectures together with the approximate price to assist in your decision. For the scheduled activities, maximum one per day can be selected. You are highly encouraged to take part in these activities, because for many of them we cannot assure that additional applications will be possible on-site (e.g. based on the number of applications we will organize suitable taxi transfer).

These activities are organized by NuCoSS-23 organizers and not the hotel, so no receipt will be issued. Payment have to be done at the beginning of NuCoSS-23 at the reception (more info will come later), only cash (euros) is accepted.

## Monday:

### a) **Hike to Martuljek waterfalls**

<http://www.slovenia-trips.com/eng/natural-sights/trip/1067/Martuljek-waterfalls>

<https://www.kranjska-gora.si/en/sightseeing/natural-sights/waterfalls/martuljek-waterfalls>

There are two waterfalls, the first one is easily accessible. For the 2<sup>nd</sup> it takes some more gain, yet the view is magnificent. About 1h45 – 2h of walking is needed to reach the second waterfall from the hotel. Very close to the first waterfall is also a cabin (Brunarica pri Ingotu) where those not going to the second waterfall may wait and buy drink & food. No transfer from hotel is needed.

Cost: Free of charge.

Need to have: backpack, water, non-slippery sport shoes or hiking shoes, mosquito and tick repellent

### b) **Easy trip to Kranjska Gora by bicycle.** We will visit: scenic Lake Jasna and its beautiful surroundings (7. 2km away from hotel), stop in Kranjska Gora center for an ice-cream or coffee and have a stroll / slow drive through the city center (several points of interest). Possible extension to the Zelenci natural reserve (6.5 km from Lake Jasna) – source of Sava river and then return to the hotel. The majority of the trail follows the bike path build upon the old railway tracks so the path is very flat. Possible stops at some other points of interests along the track, depends on the cycling speed / timing.

<https://www.kranjska-gora.si/en/sightseeing/natural-sights/gorges-lakes-valleys-and-other-sights/jasna-lake>

<https://www.kranjska-gora.si/en>

<https://www.kranjska-gora.si/en/sightseeing/natural-sights/gorges-lakes-valleys-and-other-sights/zelenci-natural-reserve>

Cost: the cost for rent-a-bike at the hotel Špik (15 eur, helmet and bike-lock included), money for coffee/ice-cream or similar (pay at the spot)

Recommended to have: bottle of water for hydration.

## Tuesday:

- a) **cycling using e-bike** (start at hotel Špik) **to Peričnik waterfall and visit of Slovenian Alpine Museum** (short movie + guided tour) in Mojstrana (approx. 30 km of cycling altogether). The bike path between hotel and Mojstrana is built upon the old railway tracks so the path is very flat. Near the Peričnik waterfall (at the road) is a cabin where you can buy drinks & food. From there is around few 10 min walk to reach the 1<sup>st</sup> waterfall and slightly more to the 2<sup>nd</sup>.

<http://www.slovenia-trips.com/eng/natural-sights/trip/900/Vrata-valley-and-pericnik-waterfall>

<https://travelslovenia.org/pericnik-waterfall/>

<http://www.planinskimuzej.si/en/>

Cost: rent of e-bike (including bike-lock) and museum entrance (altogether max: 40 eur)

In front of the hotel is a rental point for e-bikes. Reservation & payment is done via Nextbike application (Nextbike by TIER) on your phone. More info on e-bike rental system is here:

<https://bikes.nomago.si/en/bike-sharing-system/kranjska-gora/>

Up to three e-bikes can be rented from a single Nextbike account. Rented e-bikes come without helmets, so we and hotel Špik will provide them for you.

Need to have: water for hydration, suitable sport shoes since there is some walking up to the Peričnik waterfall, mobile phone with Nextbike app.

- b) **Chairlift up to “Bedančev dom” hut above Kranjska Gora and hiking descent to lake Jasna**

Transfer from the hotel to the chairlift station in Kranjska Gora. There we buy tickets for our ride up to the “Bedančev dom” hut (300 m above Kranjska Gora) on the ski-slopes of Vitranc mountain. Short stop for drinks & refreshments there while enjoying excellent view of the entire Kranjska Gora and surrounding. Then we descend (by walking) along the path leading away from chairlift towards the Jasna lake (1h 30 min, difficulty level: easy). Transfer from there to the hotel. Although we will walk only the way down (descent for 280 m) make sure you do not have problems with your legs & knees, certain sections are somewhat steep.

Alternative: those willing to explore Kranjska Gora by themselves can also join this activity and use & pay only the transfer.

Cost: max. 14 eur for transfer (taxi van or minibus) in both directions, one way ticket for the chairlift is 12 eur (pay at the chairlift by yourself)

Need to have: backpack, water, non-slippery sport shoes or hiking shoes, mosquito and tick repellent, money for the chairlift

## Wednesday:

We will depart from the hotel by bus, together with English speaking guide. We will travel through Kranjska Gora and further on towards Vršič pass (1611 m) in the heart of Julian Alps and further on down to the source of Soča river (and the same way back). There we will make a longer stop for coffee, snacks etc. at the cabin and those willing to see the amazing source are encouraged to walk not-so-easy trail (20 minutes) from the cabin to the source. On our way there and back we will stop at several points of interest such as Russian Chappel, Vršič pass, etc.

If you are prone to car sickness you need to consider that the road over Vršič pass has 50 turns and hairpin bends. However the views of mountain peaks are breathtaking.

<https://www.kranjska-gora.si/en/sightseeing/natural-sights/view-points/vrsic-pass>

<https://www.soca-valley.com/en/attractions/nature/rivers/2015121120013626/the-source-of-the-soca/>

<https://www.kranjska-gora.si/en/sightseeing/cultural-sights/churches-and-chapels/the-russian-chapel>

Free of charge (this event is included in the reg. fee).

Need to have: suitable sport shoes if you want to see the source of Soča river

## Thursday:

Transfer from the hotel Špik to Planica Nordic Centre.

Two options are available there:

- continue with the hike to the picturesque Tamar valley (3.5 km, mostly flat terrain), there's a nice hut at the end of the valley, and hike back to Planica Nordic Centre, or
- stay at Planica Nordic Centre and enjoy the activities that are offered there (zipline, cross-country skiing in the underground (bring your own suit & gloves), visit to museum, guided tour of the entire complex, have a look of worldwide known ski jumping hills, flying in wind tunnel etc.)

All activities along with their description & price and booking are listed on the link. You need to make booking at least 2 weeks before the activity, though we recommend you to book as soon as possible (certain activities do not require booking).

<https://www.nc-planica.si/en/activities/>

Please arrange your activities within the Nordic Centre directly with the Nordic Centre.

NuCoSS-23 organizers do not take any responsibility for the advertised activities in Nordic Centre.

The bus will bring us to the Nordic Centre at 13:45 latest, we will depart from there at 16:45 – keep in mind that your activities must fit into this timeframe.

Costs: bus transfer (max 24 eur both directions), payment for activities in Nordic Center is between you and Nordic Centre.

Need to have: suitable sport or hiking shoes & water for the hike

<https://www.nc-planica.si/en/>

<https://kranjska-gora.si/en/activities/planica-a-trail-through-the-valley>

[https://www.tripadvisor.com/Restaurant\\_Review-g3646675-d8447850-Reviews-Dom\\_V\\_Tamarju-Ratece\\_Kranjska\\_Gora\\_Upper\\_Carniola\\_Region.html](https://www.tripadvisor.com/Restaurant_Review-g3646675-d8447850-Reviews-Dom_V_Tamarju-Ratece_Kranjska_Gora_Upper_Carniola_Region.html)

<https://kranjska-gora.si/en/attractions/planica-valley-and-tamar>

**Other possible, non-organized free-time activities at the hotel:**

Hotel has three indoor swimming pools (one with jet stream), saunas, beauty centre, gym etc.

<https://hotelspik.com/en/wellness/>

Two indoor squash courts (racket included).

Rent-a bike (including helmet and bike-lock): (20€ / 15€ for half day / 1 day)

In front of the hotel are two beach volleyball sand courts and one badminton court. For hotel guests these are free to use if you have your own ball / racquets. One volleyball ball will be provided by organizers.

Next to the hotel is a camping site, there is also an outdoor climbing wall, grades from 4c to 6b+: (6€ for 3h – bring your own gear).

**Good to know:**

Bring some cash in Euros. Hotel does not have an exchange office. There is an ATM just over the street that accepts Mastercard, Maestro, Cirrus, VISA, V-pay, but not American Express. Nearest exchange office is in Kranjska Gora, at the bank or post office. In mountain cabins and similar places only cash (euros) is accepted.

Close to the hotel is a small convenient shop (food, cosmetics, household items, fruits etc).