



Summer Activities in the Soca Valley 2010

Kayaking

Kayak trips are available on a number of Slovene rivers, mainly on the local Soca River, though trips on the Sava, Krka and Savinja are also an option. Whether you're an absolute beginner or proficient paddler, the local guides all with "Kayak Instructor levels II & III" are on hand to provide tuition or guiding to suit your needs. The river has grades I to V, it truly has something for all levels!

- 1 Day Kayak Course - €70
- 3 Day Kayak Course - €170 excellent for beginners or proficient paddlers wanting to improve
- 5 Day Kayak Course - €250 same again, excellent introduction or refine new skills!

Mountain biking

With guided tours in a radius of 100km around Bovec and gondola access to the insane MTB Park Kanin, there is so much to go at whatever your level. Make the most of it - improve and challenge yourself by signing up for a freeride downhill MTB course in the MTB Kanin Park. All courses are run by licensed UCI Mountain Bike Instructors.

Mountain Bike Hire Only;

- Hardtail from €15
- Full Suspension from €20
- Knee & elbow protection plus fullface helmet from €7

Mountain Bike Guiding & Tours;

- Half Day Tour (2 – 3 hrs) €40
- 1 Day Tour (3 – 5 hrs) €50
- 1 Day Freeride Skill Course (3hrs) €90
- 3 Day Freeride Skill Course (9hrs) €220
- 5 Day Freeride Skill Course (15hrs) €350

White water rafting

If you just want to get into the big stuff on the river then White Water Rafting is for you! No experience required, just get out there and enjoy!!!!

- 8 to 10 km (approx 1.5hrs) from €36
- 20km (approx 2.5hrs) from €48

Paragliding

Get the birds eye view of this stunning valley, book in for some Tandem Paragliding from the snowy peaks of Kanin, Mount Stol or Mount Kuk, un-missable! No experience required for the tandem paragliding and for the more experienced a "Para Taxi" operates in the area.

- 30 mins (approx) Tandem - €110

Canyoning

If abseiling over waterfalls and jumping into crystal clear pools of water sounds like fun then you really should have a go at canyoning! From 2 hours to full day tour, pick a trip to suit your fitness level and your endurance!

- Susec (2-3 hrs) €55
- Fratarca (3-5 hrs) €80
- Skok (4-7 hrs) €130
- Laventnik (8-10 hrs) €150

Hydrospeed

White water madness ...no boat required!!! Padded out wetsuit, a big float to hold onto, and off you go, swim through up to grade 3 rapids....

- 1.5hrs guided €45 or €47



Rock Climbing

Either Sports Climbing,, Traditional or Mountaineering local guides can make sure you got to the best spots. All equipment can be included excluding climbing shoes.

Sport Climbing (3 – 4 hrs) from French Grades 4 to 7a

- 1 person (min)- €100
- 2 people - €120
- 3 people (max per group)- €150

Traditional Climbing (1 Day) UIAA Standards from 3 to 6

- 1 person - €200
- 2 people (max per group) - €250

Mountaineering (1 Day) Varying from Easy/Difficult/More Difficult

- 1 person - €200
- 2 people (max per group) - €250

Quad bike tours

For an unforgettable adventure, up the Soca Valley and the Banjska Plateau, explore the forest tracks and dirt roads to hearts content!

- ½ Day Tour (approx 50km) - €80
- 1 Day Tour (approx 90km) - €130
- 2 Day Tour (approx 250km inc B&B) - €250

Sky diving

Between the months of July and August why not just do it! A tandem skydive from 3000m or 4000m, you're not going to get a better view of the valley or a better adrenaline rush.....dare you!

- €200 per jump

Horse Riding.

Ride 'um cowboy (or girl!) Dipping down to the crystal clear Soca River, climbing up into the mountains, it doesn't get more ideal! Weather you just want to try something new, or you seriously love your equine friends, this is a truly unique experience....you'll love it!

- 2 hr Tour - €40
- 3 hr Tour - €53

Fishing

OK, so why is this fishing "Extreme"? Because in the Soca River you can find the Marble Trout, this fish can't be found anywhere else in the world!!! Get a license, get a guide and off you go.....try a spot of fly fishing (JR Hartley style!!!) and catch yourself something to stick on the barbi!

- 1 Day Catch & Release Permit - €50
- 1 Day Trophy Fishing - €60
- 1 Day Guided (inc. equipment/permit/lunch. Permit NOT inc.) - €100

Hiking

There are so many trails here, up mountains, around lakes, up and down hidden valley's everywhere. There are trail heads from outside the house to the magnificent Boka Water Fall and beyond, or smaller loops for an evenings stole... a hikers dream!

- 1 Day Hike - €0.00 – just bring your boots and take a map!!!!!!

To find out more or to book any of the above email jo@extremeslovenia.com or phone + 44 (0) 113 8155128