

Afternoon activities & other useful info for NuCoSS-19

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 slots 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 and to reserve via the form on the NuCoSS-19 website **in advance**, because for many of them we cannot assure that additional applications will be possible on-site (e.g., based on the number of application we will organize suitable taxi transfer).

These activities are organized by the NuCoSS-19 organizers, not by the hotel, so no receipts can be issued! Payments have to be done at the beginning of NuCoSS-19 (on Sunday) at the reception/registration desk, **only cash (Euros) is accepted!**

1) Monday:

1a) Hike to Martuljek waterfalls

There are two waterfalls; the first one is easily accessible. For the 2nd 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.

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

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

Cost: Free of charge

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

1b) Easy trip to Kranjska Gora by bicycle

We will visit: scenic Lake Jasna and its beautiful surroundings (7.2 km 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 (14 €, helmet and bike-lock included), money for coffee/ice-cream or similar (pay at the spot)

Recommended to have: bottle of water for hydration

2) Tuesday:

2a) Cycling using e-bike to Peričnik waterfall and visit of Slovenian Alpine Museum (short movie + guided tour) in Mojstrana (approx. 30 km of cycling altogether).

Start at Hotel Špik. 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 1st waterfall and slightly more to the 2nd.

<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 helmet and bike-lock) and museum entrance (altogether max. 40 €)

Need to have: Water for hydration, suitable sport shoes since there is some walking up to the Peričnik waterfall

2b) 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 only the transfer.

Cost: Max. 12 € for transfer (taxi van or minibus) in both directions, one way ticket for the chairlift is 8 € (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

3) Wednesday (common tour):

We will depart from the hotel by two buses, each with its own 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 (15minutes) 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 breath-taking.

<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>

Cost: 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

4) Thursday:

Transfer from the hotel to Planica 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!

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, wind tunnel, 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, 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-19 organizers do not take any responsibility for the advertised activities in Nordic Centre.

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

https://www.tripadvisor.com/Restaurant_Review-g3646675-d8447850-Reviews-Dom_V_Tamarju-Ratece_Kranjska_Gora_Upper_Carniola_Region.html

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

Costs: Bus transfer (max. 13 € 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

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

The hotel offers several possibilities:

Three indoor swimming pools (one with jet stream), saunas, beauty centre, etc.:

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

Two indoor squash courts (9 €/hour, racket included).

Rent-a-bike (including helmet and bike-lock): 10 € / 14 € / 17 € for 2 h / 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. Two volleyball balls will be provided by the NuCoSS-19 organizers. Table tennis (ping-pong) table is also available free of charge.

Next to the hotel is a camp, there is also an outdoor climbing wall, grades from 4c to 6b+: 8 € / 16 € for 2 h / 4 h (bring your own gear, though it can be rented as well).

Other useful information:

Free transfer from Ljubljana airport to Hotel Špik on Sunday July 7:

1st ride: departure from the airport at 12:00 (suitable for travellers landing at or before 11:30)

2nd ride: departure from the airport at 15:10 (suitable for travellers landing at or before 14:40)

The bus ride to the hotel takes approx. 1 h. Please indicate in the form on the NuCoSS-19 website if you plan to use one of the shuttles.

Hands-on experiments on Friday morning:

For the Friday exercise, 12 small potentiostats will be provided. To control those potentiostats some volunteers need to be willing to provide their notebook, because we don't have enough PCs. Any Windows 7 or 10 notebook with USB connection port should be o.k. A small programme will be installed, which can be removed again afterwards. Thanks in advance for your help!

Please indicate via the form on the NuCoSS-19 website if you are willing to provide your notebook.

Good to know:

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

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