



**WINTER
SWIMMING
WORLD CUP**
Lake BLED
SLOVENIA
2 0 1 9

CRYSTAL CLEAR LAKE, BREATHTAKING LANDSCAPE - SWIM IN THE WINTER FAIRYTALE!

You will be amazed!

31 January – 3 February 2019

WINTER
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ITS EXTREMELY WELL-PRESERVED NATURE AND THE VARIETY OF CHOICES MAKE SLOVENIA AN EXTRAORDINARY TOURIST DESTINATION AND A SENSATIONAL VENUE FOR TOP OUTDOOR SPORTING EVENTS.

Triglav 2.864 m

WELCOME TO SLOVENIA, THE GREEN HEART OF EUROPE

SLOVENIA IS A PRECIOUS LITTLE GEM, LOCATED IN THE HEART OF EUROPE. GREEN, ACTIVE AND HEALTHY SLOVENIA IS THE ONLY EUROPEAN COUNTRY WHICH CONNECTS FOUR MAJOR LANDSCAPES: THE ALPS, THE MEDITERRANEAN, THE PANNONIAN AND KARST. THE COUNTRY'S UNFORGETTABLE AND UNIQUE FEATURES ARE CREATED THROUGH THE INTERTWINEMENT OF THESE LANDSCAPES. THE DIVERSE LANDSCAPE IS REFLECTED IN DIVERSE CUISINE AND ITS RICH TRADITION. THE DIVERSITY OF DISHES IS ROUNDED OFF BY WINES. PICTURESQUE SLOVENIA INVITES YOU TO INDULGE IN THE BEAUTIFUL LANDSCAPE, CULINARY DELIGHTS AND GOOD WINE.



OFFICIAL NAME Republic of Slovenia

POLITICAL SYSTEM parliamentary republic

CAPITAL Ljubljana

POPULATION 2,067,284 (1 April 2018)

LANGUAGE Slovenian (also Hungarian and Italian in nationally mixed territories)

AREA 20,273 km² → Forests: 11,854 km² → Vineyards: 163.5 km²

LENGTH OF INTERNATIONAL BORDERS 1,370 km → with Austria (318 km) → with Italy (280 km) → with Hungary (102 km) → with Croatia (670 km)

LENGTH OF COAST 46.6 km

HIGHEST PEAK Triglav (2,864 m)

RELIGION Roman Catholic (58%, census 2002)

TIME ZONE Central European Time, GMT + 1, summer time: GMT + 2

CURRENCY Euro (EUR)

ACCESSION TO THE EUROPEAN UNION 1 May 2004

CLIMATE AND TEMPERATURE

MEDITERRANEAN on the coast

(Portorož, 2 m) → Jul 23.8°C / 73.4 F → Jan 4.6°C / 39.2 F

CONTINENTAL inland

(Novo mesto, 220 m) → Jul 21.6°C / 69.8 F → Jan 0.4°C / 32 F

ALPINE in the mountains

(Kredarica, 2514 m) → Jul 7.4°C / 44.6 F → Jan -7.7°C / 19.4 F

(Rateče, 846 m) → Jul 17.7°C / 62.6 F → Jan -3.7°C / 26.6 F

Average daytime temperature between 2004 and 2013 at the stated location. Data from the ARSO Archives.

GREAT AND MODERN SPORT VENUES, NUMEROUS ACCOMMODATION FACILITIES AT AFFORDABLE PRICES AND EASY ACCESS TO SLOVENIA WITH CONVENIENT LOGISTICS WILL CREATE A UNIQUE EXPERIENCE. THE SMALL, DIVERSE AND PICTURESQUE SLOVENIA WILL MAKE YOU WANT TO COME BACK.



Lake Bled - Simply amazing

BLED

A JEWEL AMONG THE ALPS

CREATE MEMORABLE SWIMMING EXPERIENCE IN THE IDYLIC ALPINE GEM

THE ETERNAL ALLURE OF BLED LIES IN ITS
MAGICAL LAKE, A SHIMMERING BODY OF CRYSTAL-
CLEAR WATER EMBRACED BY A NECKLACE OF
SNOW-CAPPED ALPINE PEAKS. ATOP THE LAKE
REIGNS SLOVENIA'S ONLY ISLAND, CROWNED BY
A 15TH-CENTURY CHAPEL SAFELY GUARDING ITS
WISHING BELL, WHILE HIGH ABOVE IT BROODS A
MIGHTY MEDIEVAL CASTLE.

BE INSPIRED BY BLED'S MILD CLIMATE, FRESH
AIR, PLENTIFUL SUNSHINE, CLEAN WATER AND
TRANQUIL SERENITY. LOOK OUT AT THE LAKE
FROM A CASTLE ON A CLIFF, VISIT THE ISLAND
ON A TRADITIONAL "PLETNA" BOAT, TAKE A
TRIP AROUND THE LAKE WITH THE COACHMEN
"FIJAKER" AND TREAT YOURSELF WITH THE
TRADITIONAL BLED CREAM CAKE.

LONG TRADITION OF IMPRESSIVE EVENTS AT THE HIGHEST LEVEL,
INCLUDING WINTER SWIMMING WORLD CHAMPIONSHIPS IN 2010. LAKE
BLED IS A FIRST-CLASS ROWING VENUE (HOST OF FOUR WORLD ROWING
CHAMPIONSHIPS) AND THIS YEAR'S HOST OF EUROPEAN MASTERS
CHAMPIONSHIPS IN OPEN WATER SWIMMING.

MODERN INFRASTRUCTURE.

**UNIQUE BENEFIT OF ACCESS-PROXIMITY
OF HOTELS AND THE VENUE.** THE TOWN OF
BLED, HOTELS, RESTAURANTS, SHOPS, ENTIRE
INFRASTRUCTURE AND OTHER PLACES OF
INTEREST ARE SITUATED ON THE LAKE SHORE
AND WITHIN WALKING DISTANCE TO THE VENUE.

**LAKE BLED AMONG THE 50 MOST BEAUTIFUL
PLACES IN THE WORLD.** LAKE BLED PLACED ON
THE PRESTIGIOUS LIST OF THE CONDÉ NAST
TRAVELER MAGAZINE.

BLED WON THE GLOBAL SPORT TOURISM TOWN AWARD FOR 2017 AT
THE WORLD TRAVEL MARKET IN LONDON IN 2016. BLED DELIVERS
AN INTEGRATED SPORTS TOURISM TOWN DESTINATION APPROACH
AND THEREFORE REPRESENTS THE POTENTIAL OF DIVERSE SPORTS
EXPERIENCE AND CUSTOMER SATISFACTION, BUT ABOVE ALL, THE
VISION OF THE SUSTAINABLE TOURISTIC DEVELOPMENT OF THE TOWN.

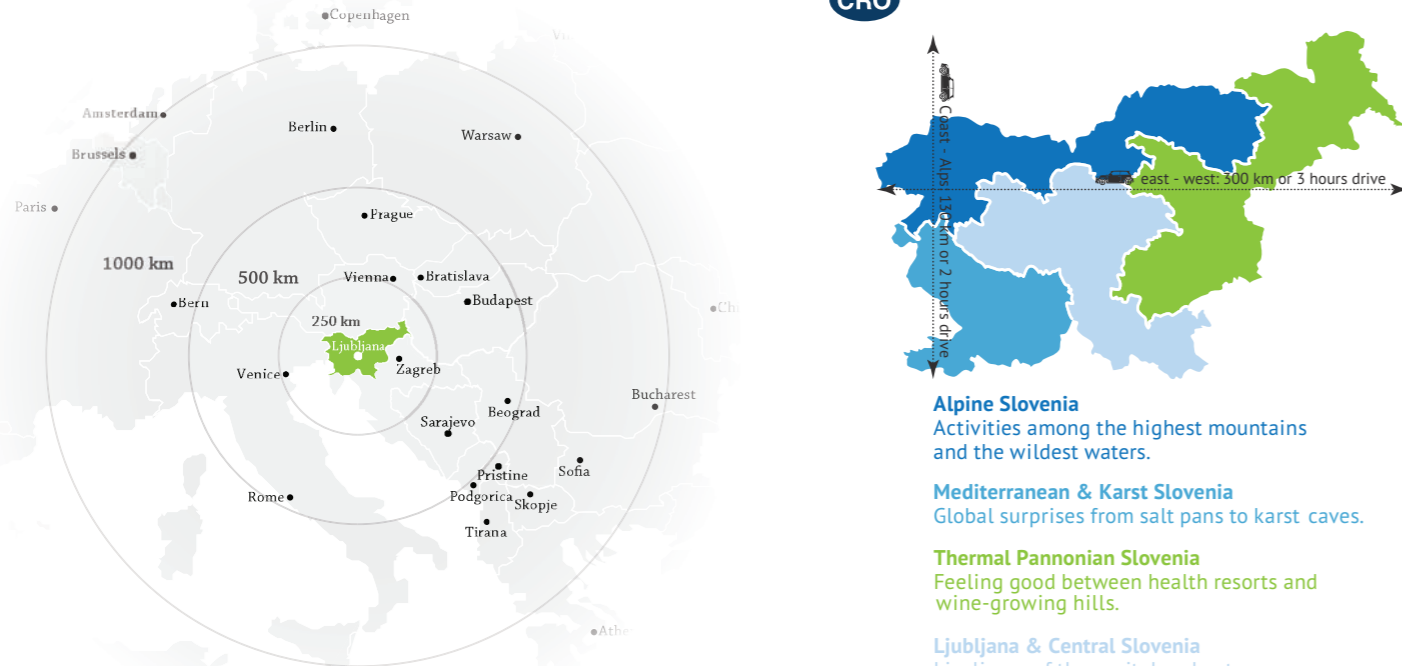
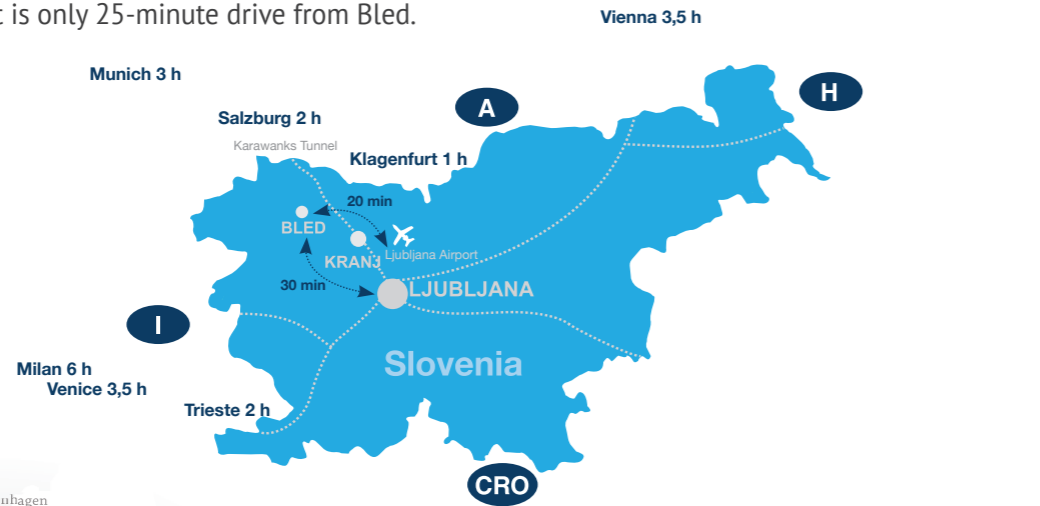


**SPORTS ACTIVITIES, LEISURELY RELAXATION
OR ROMANTIC MOMENTS ON LAKE BLED -
WHAT WILL YOU CHOOSE?**

Easy, fast and convenient access

SLOVENIA IS LOCATED IN CENTRAL EUROPE AND BORDERS ITALY, AUSTRIA, CROATIA AND HUNGARY. IT IS EASILY ACCESSIBLE BY AIR, TRAIN, BUS OR ROAD AND THEREFORE ENABLES COST-EFFECTIVE TRANSPORTATION FROM NUMEROUS EUROPEAN COUNTRIES.

International Ljubljana Airport is only 25-minute drive from Bled.



- Alpine Slovenia**
Activities among the highest mountains and the wildest waters.
- Mediterranean & Karst Slovenia**
Global surprises from salt pans to karst caves.
- Thermal Pannonian Slovenia**
Feeling good between health resorts and wine-growing hills.
- Ljubljana & Central Slovenia**
Liveliness of the capital and nature hikes – to primeval forests.

ATTRACTIVE EVENT PROGRAMME

31 January 2019	1 February 2019	2 February 2019	3 February 2019
THURSDAY	FRIDAY	SATURDAY	SUNDAY
Arrival day Get familiar with Bled Test swims	100 m freestyle 25 m ice-butterfly 25 m breaststroke 50 m breaststroke 450 m freestyle	25 m freestyle 50 m freestyle 100 m breaststroke 1000 m freestyle "Young seals", "Seals" and "Polar bears"	200 m breaststroke 200 m freestyle 4 x 25 m relay breaststroke 4 x 25 m relay freestyle



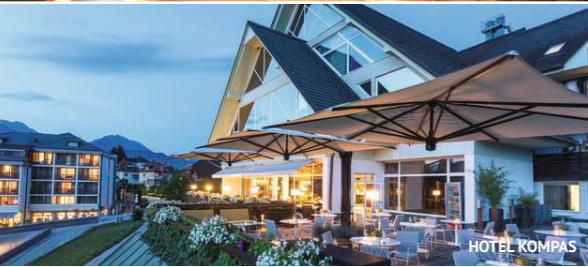
Accompanying Programme

31 January 2019	1 February 2019	2 February 2019
THURSDAY	FRIDAY	SATURDAY
Dips for fun with additional programme	Welcome party	Opening ceremony with a parade of Nations Royal reception at the Bled Castle

Register at the official website www.winterswimming-bled.com!



LET US ORGANISE YOUR STAY



HOTEL	TYPE OF ROOM	B&B PRICE PER ROOM IN €
HOTEL LOVEC	single	110
	double	140
HOTEL KOMPAS	single	110
	double	140
HOTEL ASTORIA	single	100
	double	130
HOTEL SAVICA	single	110
	double	130
HOTEL JELOVICA	single	100
	double	120
HOTEL KRIM	single	90
	double	110
Small Pensions Houses in Bled Town	double	90
	triple	130
	4-bed	160

SEND YOUR REQUEST TO accommodation@winterswimming-bled.com

Please be aware that booking is only possible through the Organising Committee.
 Booking accommodation through Organising Committee brings you discounts on accompanying programme tickets.

ENJOY WINTER IN SLOVENIA



DISCOVER SLOVENIA TAILORED TO YOUR TASTE

SLOVENIA OFFERS GREAT POSSIBILITIES FOR NUMEROUS TOURIST EXCURSIONS DUE TO THE SMALLNESS AND DIVERSITY OF THE AREA. EXPERIENCE SLOVENIA IN FULL SWING.

THE JULIAN ALPS - GREAT ALPINE ADVENTURE

- Spectacular panoramic alpine roads, Triglav National Park museum tour
- Triglav National Park
- The charming Russian Chapel
- Pagan girl rock formation
- Highest mountain pass in Slovenia
- Soča emerald river valley
- TNP information center
- Traces of largest WWI mountain battle
- Romantic Italian alpine lake of Largo del Predil
- Citizens of some count-ries might need visa to enter Italy

POSTOJNA, PREDJAMA, LIPICA; AMAZING CAVES AND MYSTERIOUS CASTLE

- World famous Postojna Caves
- Spectacular rock and limestone formations
- Ride with the cave train
- Predjama castle with the most dramatic settings
- Stud farm Lipica, home of the white Lipizzaner horses
- Spanish Riding School Performance

PORTOROŽ - PIRAN; SLOVENIAN RIVIERA

- Visit to Portorož - holiday summer resort
- Piran - the most charming and picturesque Slovenian coastal town
- Piran's old town Venetian architecture with Tartini Square

LJUBLJANA CITY TOUR WITH HIGHLIGHTS

- Beautiful historical centre
- Prešeren square
- Three bridges and Cobblers' bridge
- Lively open-air market
- Roman city wall

PTUJ AND JERUZALEM WINE ROAD

- Visit the museum and the gallery in the castle
- Wine tasting in a well-known winery
- Enjoy the view over the vineyards

JEZERSKO GORENJSKA COUNTRYSIDE TOUR

- Beautiful Alpine scenery
- One of the most beautiful monuments to the Baroque era in Slovenia, the Church of the Annunciation, in a village in the Kamnik Savinja Alps

BLED - SIGHTSEEING

- The castle historical museum
- Pletna boat ride to the island
- Making a wish by pulling a wish bell in St. Marry's Church on the island
- Vila Bled, former residence of Tito

BOHINJ - BOHINJ LAKE WITH SAVICA WATERFALL

- Drive through the romantic Bohinj Valley
- Crystal-clear water of Bohinj Lake
- 14th century Church of St. John the Baptist
- Walk to the famous Savica waterfall

RADOVLJICA - KROPA; CULTURAL TREASURES OF GORENJSKA

- Visiting medieval Radovljica square
- European unique apicultural museum
- Radovljica panorama
- Crossing Sava River
- Kropa village, cradle of Slovenian iron forging
- Iron Forging Museum

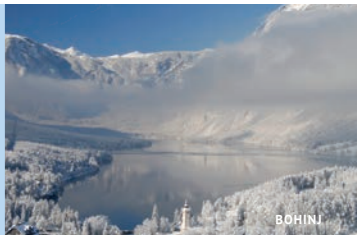
SAVINJSKA AND LOGARSKA VALLEY LANDSCAPE PARKS

- Enjoy two of the most beautiful Alpine valleys in Europe
- Walk through the landscape
- Rinka watterfall

ACTIVE HOLIDAYS

THE MAJOR ATTRACTIONS IN SLOVENIA CAN ALSO SERVE AS THE BEST STARTING POINTS FOR YOUR HOLIDAY. HERE YOU CAN DISCOVER THE SPECIAL FEATURES OF LANDSCAPES AND TREAT YOURSELF TO A PLETHORA OF ACTIVITIES IN NATURE. **HIKING, CYCLING AND BIKING, MOUNTAIN BIKING, SKIING AND WATER ACTIVITIES.**

GO **SKIING**. EXPLORE A SNOW-COVERED LANDSCAPE ON **CROSS-COUNTRY SKIS**, ACTIVITY THAT CAN BE ENJOYED BY THE WHOLE FAMILY. PUT ON **SNOWSHOES** AND VENTURE ON A WALK ACROSS BLINDINGLY WHITE SNOW OR ENJOY A TRUE MECCA FOR **TOUR AND FREE SKIERS** AND **SNOWBOARDERS**.





www.winterswimming-bled.com

INFORMATION info@winterswimming-bled.com ACCOMMODATION accommodation@winterswimming-bled.com

