

FAQ'S

CLIMB TRIGLAV: FREQUENTLY ASKED QUESTIONS

CLIMB TRIGLAV: FREQUENTLY ASKED QUESTIONS

We've compiled a list of the most commonly asked questions about this trip.

Hopefully you find some of these useful but if you have a specific question that isn't covered in the FAQ's, then please do not hesitate to get in touch.

For more information please head over to our Triglav page [here](#).

HOW DIFFICULT IS CLIMBING TRIGLAV?

Climbing Triglav is a challenging but achievable adventure for fit hikers with some experience in mountain trekking. The final ascent includes via ferrata sections, requiring basic climbing skills and confidence with heights. Our guided trip ensures you have the support and equipment needed for a safe and enjoyable experience.

DO I NEED PRIOR CLIMBING EXPERIENCE?

No technical climbing experience is required, but you should be comfortable with exposed terrain and have a good level of fitness. Our expert guides will provide instruction and assistance on the via ferrata sections.

WHAT IS THE BEST TIME TO CLIMB TRIGLAV?

The best time to climb Triglav is from **June to September** when the weather is most stable. Our guided group trips run during the summer to take advantage of the best conditions.

HOW LONG DOES IT TAKE TO CLIMB TRIGLAV?

Our guided Triglav climb is a **three-day trek**:

- **Day 1:** Hike to a mountain hut for an overnight stay.
- **Day 2:** Early morning summit push and descent back to another refuge
- **Day 3:** Trek back down the valley

DO I NEED SPECIAL EQUIPMENT?

Yes and you can find a full kit list [here](#).

WHAT IS THE ACCOMMODATION LIKE ON THE TREK?

You'll stay in an **alpine mountain huts**, which offers basic dormitory-style accommodation with shared facilities. Meals are provided at the hut, offering a mix of local and hearty mountain food.

HOW FIT DO I NEED TO BE?

You should be able to hike for **6–8 hours per day** on steep, rocky terrain with a backpack. Regular hillwalking or endurance training will help prepare you for the climb.

WHAT IS THE ALTITUDE OF TRIGLAV?

Mount Triglav is **2,864 meters (9,396 feet)** above sea level. While altitude sickness is rare at this height, some hikers may feel mild effects like shortness of breath. Staying hydrated and pacing yourself will help.

IS TRIGLAV SAFE TO CLIMB?

Yes, with a guide and the right equipment, climbing Triglav is safe. The via ferrata routes are well-secured, and our experienced guides ensure your safety throughout the ascent.

CAN BEGINNERS JOIN THE GUIDED TRIGLAV CLIMB?

Yes! As long as you have a good fitness level and a sense of adventure, our guides will help you every step of the way.

WHAT HAPPENS IF THE WEATHER IS BAD?

Our guides constantly monitor weather conditions. If conditions are unsafe, we may adjust the itinerary or reschedule the climb. Safety is always our top priority.

DO I NEED TRAVEL INSURANCE?

Yes, we strongly recommend travel insurance that covers high-altitude trekking and adventure activities.

HOW DO I BOOK A GUIDED TRIGLAV CLIMB?

You can book directly through our website or contact us for availability. Spaces are limited, so we recommend securing your spot early.

For more information please head over to our Triglav page [here](#).