

Migovec 2007



Dates:

Van Leaving: **Sat 14th July 2007**

Van Arriving Back: **Sun 12th August 2007**



What should I expect?

We're heading out to Slovenia for four weeks to explore new caves on the Tolminski Migovec plateau and in the surrounding area. We can drive the 'bus to **912m** at **Ravne**, and then have to transport between 500-1000kg of equipment to the plateau at **1880m** on foot. We camp on a small patch of grass on this plateau, living in a small open cave with a rock bridge that shelters from the rain. We cook on petrol stoves, warm ourselves with an **open wood fire**, and collect **rainwater** on tarpaulins to drink. The sunsets are amazing, camping on top of a mountain in a national park is a considerable privilege and the night skies are absolutely wonderful.

Temperature?

There is an extreme temperature range while on expedition – from **35 degrees** in the valleys during a heatwave to **sub zero** on the mountain at night. Bring an appropriate range of clothing! Anything worn on top of the mountain will get horrendous wear – the **limestone shreds clothes**, the deep-fried bivi goodness (have I mentioned our deep fryer?) greases up everything else.

Fitness?

The fitter you are when you go out on expo, the easier you'll find the initial carries up the hill and the quicker you'll get to the exploration! **Cycling** (particularly **up hills**) and **hill-walking** (particularly with a **loaded rucksack**) are brilliant at getting you ready for the mountains. Jarv will endeavor to organise some **weekends out of London in June** as practice.

And the Caving?

The caves are very cold (about one degree above zero) – but almost entirely dry. **Thermals** and **thin fleece hats** are strongly recommended. **Long walking socks** are worn rather than wet socks.

We find, bolt, explore and survey the caves ourselves. As such, the rigging is more dubious, the caves full of unstable rocks and it is generally more dangerous than the sports-caving in the UK. But don't fear – you can quite easily find yourself spending more time underground in a week in Slovenia than in a whole year of weekends in the UK – the rate of improvement is enormous. You'll come back from expedition a far more capable and experienced caver.



The **mountain** is entirely **hollow** – you can easily find & explore your own cave (and all -1000m deep caves start with that first ten metres...), or join the more experienced on their deep exploration. We'll quite possibly be camping underground – which means you should send some **MP3s** by the way of **Jarv** for the camp stereo, otherwise you'll be stuck listening to **dirty Parisian electro** inter-woven with **twee indie-pop**.

Is it really that good?

Most members of ICC have kept with the club for the expeditions! Words cannot describe how much fun it is in Slovenia, how great the deep caving is, or the excitement of exploring things as one great big group. Before I went on my first Expo – I thought caving was a alright hobby for a year or two, after Expo – I was hooked for life...



What equipment do I need?

We generally expect you to have your own **walking boots, sleeping bag** and **frame rucksack**. If acquiring any of these is a cost issue, please have a quiet chat with someone – and we'll sort something out.

Similarly, we hope that you'll have acquired your own **helmet-mounted LED lighting rig**, and as much **personal caving gear** as you can afford. Even having just an extra jammer & own SRT bag helps!

Other things include: Lightweight rain coat, **penknife**, as much fleece as money can buy, nice

strong shorts and trousers, **sunhat** that won't blow off, sunglasses, Sigg water bottle, suntan lotion, cameras, musical instruments and a **head-torch**.

Jeans, umbrellas and ironed shirts are not recommended!

Tents, tarps, stoves, mess tins etc. all provided by club.

What's the cost?

Based on previous expeditions, the cost for students should be somewhere around **£140** (all included). This is seriously cheap for an amazing four week holiday. If you're **flying**, you can expect to pay an addition **£50** for **each way**. Eating out in Tolmin is very cheap – Pizza is about Eur 3, beer about Eur 1, coffee and ice-creams around Eur 0.50. There is an ATM in Tolmin.

What if I can't make the van dates?

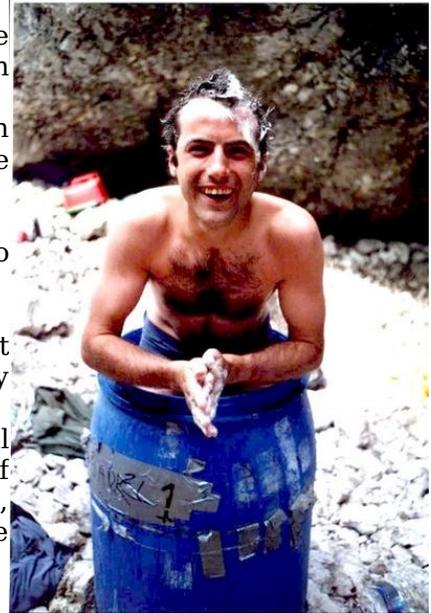
Fly with **Ryanair** to **Trieste (Ronchi)** in Italy, then take three buses to **Gorizia**, across the border to **Nova Gorica**, then **Avtobus** from **Nova Gorica to Tolmin** (around 15Eur + plane).

Or fly with **Easyjet** to **Ljubijana**, coach into the city itself, then catch train to **Most Na Soci** via **Jesenice**, and walk / hitch-hike the 3km to **Tolmin** (10.13 Eur + plane).

The official unofficial meeting spot is the **Paridiso Bar**, next to the only set of traffic lights in **Tolmin**. You can't miss it.

Tetley has a flat in Tolmin which will be **expo base camp**; but it's a bit difficult to describe where it is. Slovenians are all very friendly, all the young ones speak some English.

You really want to spend **at least two weeks** out there (as you'll spend the first week getting fit enough for the following week of caving). We expect you to come out for the first two, or last two, weeks so that the effort required to rig and then derig the mountain is shared out amongst all – no 'glory' boys or girls!



Is there anything else to do in Slovenia?

The area in Slovenia we are in is an absolute Mecca for outdoor sports – and outdoor music festivals! Unfortunately, there won't be a Reggae festival this year at the **Soca**, but there will be a week long **Metal Camp**, as well as other arts festivals.

Sports include **Canyoning, Kayaking, Paragliding, Mountain-Biking** & long distance **Trekking**. There's a local sports company (in Tolmin) called **Maya** which can provide guidance and equipment for a price, or try and use one of our many Slovenian contacts.

Emergency Dictionary:

Good day = Dober Dan : Thankyou = Hvala : Beer = Pivo : Coffee = Kava : Vitaminski = Cedevita
Please = Prosim (Pross-eem) : ByeBye = Ciao (as Italian) or Adijo : Cave = Jama

Emergency Pronunciation:

Migovec = Mig-o-vetz : Tolmin = Tol-mean : Ravne = Ral-ner : Most na Soci = Moss-t na soch-ee