

SLOVENIA, the land of excellent apiculture

Apitherapy Slovenia Tour

Styria and Carniola Region

Slovenian beekeeping and apiculture practices are just perfectly situated for apitherapy. Slovene bee houses turn into apitherapeutical chambers, where one can breath aerosol directly from hives and relax while listening to the buzz of bees. Slovenia is indeed the cradle of modern apitherapy. Dr Filip Terč, who practiced his medicine in Maribor, Slovenia, is regarded as father of modern apitherapy. Learn from the best!



Day 01 Arrival to Slovenia – Visit to an apitherapist – Meeting with Commission for Apitherapy – Dr Filip Terč grave – Maribor

Arrival to Slovenian Styria region. This green and hilly winegrowing region is rich in tradition, folklore and cultural heritage. Upon arrival we will visit an apitherapist, biodynamical beekeeper, President of the Section for Apitherapy in Maribor and innovator, who works with apitherapy and information API labels (bee venom information). He practices also honey massage in authentic Slovenian apiary and offers inhalation of air from beehives in a special api-therapeutic chamber. Upon request: demonstration of honey massage or beeswax thermotherapy. In the afternoon a meeting with Commission for Apitherapy and course on the apitherapy and biodynamical beekeeping. Afterwards visit to the grave of Dr Filip Terč (1844-1917) in Maribor, who is regarded as father of modern apitherapy. He practiced medicine in Maribor and he successfully treated 543 of his 658 patients suffering from rheumatic diseases. Dinner and overnight in Maribor.

Day 02 Round-table on apitherapy at Slovenian Beekeepers' Association – Ljubljana sightseeing – Ljubljana

After breakfast departure to Ljubljana. On the way to Ljubljana we will stop in Brdo pri Lukovici and visit the Slovenian Beekeepers' Association, which was established 140 years ago and comprises 200 beekeeping societies. A significant part of their efforts are dedicated to informing the general public about the importance of beekeeping. Introduction & presentation of the association will be given by ex-vice President of the association and apitherapy expert Mr Franc Šivic. He will present the activities of the Centre, multivision presentation, visit of plantation of nectar producing plants and bee hives, built in unique Carniolian style. Round table with the Section for Apitherapy of Slovenian Beekeepers' Association on the topic of apitherapy in a bee house, propolis and periodontitis, bee pollen in apitherapy and / or legislative aspects on the apitherapy. Drive to Ljubljana. Guided tour in Ljubljana with its medieval old town, rich Baroque and Renaissance architecture, museums, galleries, etc. We enjoy a walk through the old city centre, across the Triple Bridge designed by the well-known Slovenian architect Jože Plečnik, follow the path down to the cathedral, past Francesco Robba's fountain and the town hall, from where we will take the funicular up to the town castle. Afterwards free time in the city centre. Folkloreshow in the evening. Dinner and overnight in hotel in Ljubljana.

Day 03 Apicultural museum – Beekeeping centre – Visit to a beekeeper – Ljubljana

After breakfast drive to Radovljica and visit to Apicultural museum where Slovenia's entire beekeeping heritage is presented with a special emphasis on the 18th and 19th centuries. The museum has approximately 600 original hive fronts; the motifs painted in present the lives and beliefs of people from that time. Short walk through Radovljica's old town. Possibility to see how famous LECT (gingerbread) hearts are being produced and painted. These highly decorative honey dough figurines are made from mixture of honey, rye flour, pepper, cinnamon and cloves. Possibility of purchase souvenirs. Visit to a Beekeeping centre. The main tasks carried out at the centre involve the preservation of the indigenous Carniolan bee as well as raising awareness of its significance and of the close link between bees and a clean environment. Visit to a beekeeper. Introduction to his activities followed by a tasting of their products (different types of honey, honey liqueur, propolis and other products for which they have received numerous awards), particularly the famous honey brandy and innovative beetroot honey, which has medicinal uses. With his teaching apiary, 160 colonies and queen breeding station the beekeeper will take us to the world of Carniolan bee. Drive back to Ljubljana. Dinner and overnight in hotel.

Day 04 Ljubljana – Departure

Breakfast and departure.

Specialised beekeepers visits are made upon your request and can include: visiting Carniolan queen breeding station with possibility of buying queens, specialized beekeeping equipment store, professional trainings in field of beekeeping and meetings with professionals, observing master beekeeper at work, honey massage, learn honey-inspired baking, join beehive front panel painting, visiting store with bee products and api cosmetic, ...

A special care for the creativity and relaxation of the ladies accompanying men beekeepers on Api excursion: during the professional visits ladies can treat themselves with spa treatments, by visiting a herb farm, different workshops, such as making products of honey dough, pottery, bread-making, shopping, ...

Package price from:

359 EUR

Price calculated in February 2016. Price is per person, based on twin room.

Included in the price:

- ✓ 3 nights in 3* or 4* hotels on twin rooms
- ✓ Tourist tax
- ✓ 3 buffet breakfasts
- ✓ 3 dinners in hotel (no drinks)
- ✓ Entrances and fees as per program
- ✓ English speaking guide
- ✓ Organization and assistance

Not included:

- ✓ Supplement for single room 70 EUR
- ✓ Lunches
- ✓ Drinks
- ✓ Entrances and fees: Boat "pletna", Bled Castle, funicular to the town castle
- ✓ Other optional visits/demonstrations: honey massage or lectures
- ✓ Assurance in case of sickness before departure
- ✓ Everything not listed in "Included"

** Final price depends on the number of passengers, on the confirmed date, hotels and services.*

Have a great Api tour!