

TRIGLAVSKI NARODNI PARK

TRIGLAV NATIONAL PARK

1. 7. – 31. 10.
letnik 9, št. 9 | Year 9, No 9

VODNIK ZA OBISKOVALCE BIOSFERNEGA OBMOČJA JULIJSKE ALPE • POLETJE 2019
BIOSPHERE RESERVE JULIAN ALPS VISITOR GUIDE • SUMMER

ZA OBISKOVALCE NARODNEGA PARKA • KJER JE TAKO LEPO, DA ZASTANE DIH • SLOVENIJA, OD KOD LEPOTE TVOJE? • ZA NAJMLAJŠE • BIOSFERNO OBMOČJE JULIJSKE ALPE (UNESCO MAB) • ODKRIJTE OKUSE NARAVNEGA PARKA JULIJSKO PREDGORJE • KAJ POČETI • ZEMLJEVID • NAJ VAS NARAVA ZAPELJE • JULIJSKE ALPE - JULIANA TRAIL • KOLUMNA: DOLINA LOŠKE KORITNICE

FOR NATIONAL PARK VISITORS • WHERE BEAUTY TAKES YOUR BREATH AWAY • SLOVENIA, WHENCE THY BEAUTY? • FOR OUR YOUNGEST • JULIAN ALPS BIOSPHERE RESERVE (UNESCO MAB) • DISCOVERING THE FLAVOURS OF THE PREALPI GIULIE NATURE PARK • WHAT TO DO • MAP • MOVED BY NATURE • JULIAN ALPS - JULIANA TRAIL • COLUMN: THE LOŠKA KORITNICA VALLEY



JULIJSKE ALPE
TRIGLAVSKI NARODNI PARK



United Nations
Educational, Scientific and
Cultural Organization



Julians Alps
Biosphere Reserve since 2003
Man and the Biosphere Programme

NAMIGI HIGHLIGHTS

- Pojdite peš okoli Bohinjskega jezera ali pa si pot skrajšajte z vožnjo z ladjo.
- Povzpnite se na Blejski grad, sprehodite se ob Blejskem jezeru, privoščite si kosilo v starem delu Radovljice.
- Obiščite naravno znamenitost Tolminska korita, sprehodite se do slapu Kozjak.
- Fotografirajte Martuljkovo gorsko skupino, povzpnite se do Martuljskih slapov.
- Raziščite Muzej 1. svetovne vojne v Kobaridu, obiščite Tonovcov grad.
- Walk around Lake Bohinj or shorten your walk by a boat ride.
- Climb to Bled Castle, walk around Lake Bled, have lunch in Radovljica's old town.
- Visit the troughs of the Tolmin Gorges, walk to the Kozjak waterfall.
- Take a photo of the Martuljek mountain group, and climb up to the Martuljek falls.
- Explore the World War I Museum in Kobarid and pay a visit to the antique settlement Tonovcov grad.

4 URE 4 HOURS

- Obiščite dolino Trente, kjer štirje letni časi tečejo počasi.
- Spočijte se ob Bohinjskem jezeru, sprehodite se do slapu Savica in ob koritih Mostnice, s kabinsko žičnico se povzpnete na Vogel.
- Po starih poteh se povzpnete na razgledni Vršič.
- Sledite poti starih gorskih vodnikov po dolini Vrata od Slovenskega planinskega muzeja po poti Triglavske Bistrice do Aljaževega doma.
- Povzpnite se na razgledni Krn.
- Pay a visit to the Trenta valley, where the seasons seem to change slowly.
- Take a short rest and relax by Lake Bohinj, walk to the Savica waterfall and hike along the Mostnica gorge, or take a ride to Vogel by cable car.
- Hike along the old paths up to the panoramic Vršič pass.
- Retrace the steps of the first mountain guides along the Slovenian Alpine Museum from the Triglavska Bistrica Trail to the Vrata valley.
- Climb the panoramic summit of Krn.

CEL DAN FULL DAY

- Iz doline na Triglav v družbi gorskega vodnika.
- Prehodite Soško pot od izvira Soče do Bovca (del mednarodne poti Alpe Adria Trail).
- Pojdite po sledih Soške fronte (Pot miru), začnite v Logu pod Mangartom.
- S kolesom in vlakom naredite krog okoli Julijskih Alp.
- Povzpnite se na najvišji vrh Karavank Stol in nadaljujte pot do razgledne Golice.
- From the valley to Triglav in the company of a mountain guide.
- Walk the Soča Trail from the source of the river to Bovec (part of the international Alpe-Adria Trail).
- Explore the remains of the Isonzo front (Walk of Peace), starting from Log pod Mangartom.
- Make a circular tour of the Julian Alps by bike and train.
- Climb to Stol, the highest peak of Karavanke range, and then continue to the panoramic Golica.

NEKAJ DNI SEVERAL DAYS

- Siri z zaščiteno označbo porekla: Tolminc, Bovški sir, Mohant
- Domač bohinjski narezek
- Kozarec medu za spomin
- Pečena postrv
- Žganje za aperitiv in digestiv
- Tolminska frika
- Kobariški štruklji
- Cheese varieties of protected designation of origin: Tolminc, Bovški sir, Mohant
- Assorted cold meat platter of local Bohinj delicacies
- A jar of honey as a souvenir
- Grilled trout
- Schnapps as an aperitif or digestif
- Frika, a potato-cheese omelette from Tolmin area
- Kobariški štruklji, a delicious dessert made from dough stuffed with walnuts, raisins and such like

LAČNI? HUNGRY?

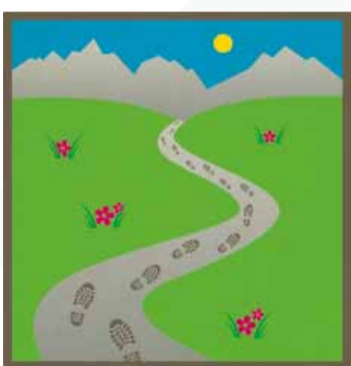


Za obiskovalce narodnega parka

For national park visitors

**VAŠ KORAK JE
POMEMBEN.
NE ZAHTEVA VELIKO,
POMENI OGROMNO.**

**YOUR STEP
MATTERS.
IT DOESN'T TAKE
MUCH, BUT MAKES
A GREAT DIFFERENCE.**



Hodite po označenih poteh Stay on trails
Varujmo tla Protect the soils

Ostre podnebne razmere, mlada in plitva prst ter krušljiva apnenčasta skala vsako poletje pogojujejo rast alpske flore. Vegetacija ob planinskih in drugih poteh je prilagojena negostoljubnim razmeram gorskega sveta. Hoja zunaj poti ni priporočljiva - naravovarstveni, upravljavski in estetski vidik obiskovanja občutljivega gorskega območja zahteva pozornega obiskovalca, ki spoštuje krhkost življenja v gorah.

Harsh climate, young and shallow soil, and crumbly limestone rocks foster the growth of Alpine flora. The sturdy vegetation along mountain and other trails is adapted to the demanding conditions of this high-altitude terrain. Attentive visitors who appreciate and respect the sensitive and fragile mountain environment observe the nature conservation, management, and aesthetic guidelines of mountain visitation and refrain from walking outside designated paths.

TRIGLAVSKI NARODNI PARK

TRIGLAV NATIONAL PARK

Vaša pot v Triglavskem narodnem parku naj bo pot, ki se je boste z veseljem spominjali. Naj bo razlog, da se boste v TNP vedno znova vračali in domov odhajali z novo zgodbo. Le-ta naj bo enkratna in neponovljiva.

We hope that the paths you take in Triglav National Park will leave you with lasting memories and encourage you to come back again, for another story, just as exciting and unique as this one.

Svoje vozilo pustite na označenih parkiriščih. Na območju parka jih je dovolj.

Please leave your vehicle in one of the many designated car parks.

Priporočamo, da hodite po označenih poteh. Ne povzročajte hrupa. Živali vam bodo hvaležne.

Stay on the trails. Keep your noise level down and avoid disturbing the animals.

Spoštujte življenjski prostor rastlin in živali. Občudujte jih tako, da s svojo prisotnostjo ne boste motili njihovih zgodb, ki so prav tako edinstvene kot vaša.

Respect the habitats of plants and animals. Admire them, but make sure your presence does not disturb their lives, as unique and magical as yours.

Jasne noči, posute z zvezdami, doživljajte na klopeh planinskih koč, zavetišč in bivakov. Taborjenje in bivakiranje zunaj za to določenih mest ni dovoljeno.

Enjoy clear starry nights from a bench outside the mountain huts and lodges, shelters and bivouacs. Camping or bivouacking outside designated areas is not permitted.

Bodimo nemoteči obiskovalci, ki v prostor ničesar ne prinašamo in iz njega ničesar ne odnašamo. Ničesar, kar ni shranjeno v nas samih ali na spominski kartici.

Be considerate visitors who take nothing except for memories and data stored on memory sticks.

Upoštevanje pravil in priporočil ravnanja v zavarovanem območju je dobro sprejeto, saj pripomore k osnovnemu poslanstvu narodnega parka – za potomce ohraniti izjemno naravo tega neprecenljivega gorskega sveta. Pravila in priporočila ravnanja in vedenja v narodnih parkih so povsod po svetu zelo pomembna. Varovati in ohraniti izjemnost, prvobitnost in edinstvenost pojavov, ki jih država prepoznava kot tiste, ki jih je treba nujno ohraniti za prihodnje rodove. Velika večina obiskovalcev Triglavskega narodnega parka ta pravila razume in jih tudi dosledno spoštuje.



The code of conduct for protected area visitors is well accepted as it will help the national park achieve its primary objective – to preserve the exceptional nature of this priceless mountain area for the generations to come. The rules and recommendations considering the code of conduct in national parks are of key importance in protected areas worldwide: to protect and conserve exceptional, pristine and unique nature's phenomena and preserve them for the future generations. A large majority of Triglav National Park visitors abide by these rules.



Kjer je tako lepo, da zastane dih

Where beauty takes your breath away



PARKOVNE POTI TRIGLAVSKEGA NARODNEGA PARKA TRIGLAV NATIONAL PARK TRAILS

Veličastni vrhovi Triglavskega narodnega parka so paša za oči in izziv za hribolazce. Povezujejo jih globoke doline, bogate z gozdovi in kristalno čisto vodo. Bogastvo voda na območju parka je izjemno. Skoraj vsaka izmed dolin ima svojo bistrico, ki že od nekdaj predstavlja osrednje gonilo življenja in razvoja alpskih vasic. Številne izmed teh dolin so danes priljubljene izletniške točke, saj so reke ustvarile čudovite površinske hidrogeomorfološke oblike, ki privabljajo lepote in (v polni vročini) hladu željne obiskovalce. Parkovne poti na različnih delih narodnega parka so namenjene spoznavanju posebnosti teh dolin. Raznovrstne v dolžini in zahtevnosti imajo skupno lastnost – poleg veličastnih razgledov pozornemu obiskovalcu ponujajo drobna čudeša narave. Da jih boste doživeli, se v globoke gozdove in prijeten hlad alpskih rečic podajte peš.

Parkovne poti so načeloma nezahtevne (lahke) pohodniške poti. Bodite pozorni na njihovo dolžino, saj nekatere lahko prehodite v eni uri, za druge pa boste potrebovali cel dan.



The magnificent summits of Triglav National Park are a feast for the eyes and a challenge for mountaineers. They are separated by valleys rich in forests and crystal-clear waters. The park abounds in water sources. Nearly every valley has a stream, or a river, which is and has always been the lifeline and pulse of Alpine villages. Today these valleys are popular with tourists who are drawn here by the diversity of the rivers' hydrological and geomorphological forms and the promise of beautiful and pleasantly cool environment (in summer). Park trails in various parts of the national park are designed to inform visitors about specific features of these valleys. Although varying in length and difficulty, all trails have one thing in common: besides magnificent views, they show an attentive visitor nature's many tiny miracles. If you wish to see and experience them, set off into deep forests and pleasantly cool shade of Alpine rivers on foot.

Park trails are generally of easy to moderate difficulty. When choosing your trail, consider the duration as the hike may take from one hour to a whole day.



POT TRIGLAVSKE BISTRICE TRIGLAVSKA BISTRICA TRAIL

i info mesta TNP, www.tnp.si, www.kranjska-gora.si
TNP Info Points, www.tnp.si, www.kranjska-gora.si



V naročju Triglava pokuka na dan, nato ponikne in šumi pod gruščem ledeniške doline. Kot bi se sprva sramovala svoje majhnosti v senci tako mogočne gore nekoliko nižje, napojena z vodami sosednjih vrhov začenja svojo površinsko pot.

IZHODIŠČE: Slovenski planinski muzej, Mojstrana

DOLŽINA: 11 km

VIŠINSKA RAZLIKA: 375 m

ČAS HOJE: 3 ure (v eno smer)



In the lap of Triglav a tiny river springs to surface but soon disappears, rumbling onwards under the gravel floor of the glacier valley. As if ashamed of its insignificance in the shadow of the majestic mountain, it resurfaces lower downstream, having fed on the waters flowing in from the neighbouring summits.

STARTING POINT: Slovenian Alpine Museum, Mojstrana

DISTANCE: 11 KM

ELEVATION GAIN: 375 M

DURATION: 3 HOURS (one way)



SOŠKA POT SOČA TRAIL



i info mesta TNP, www.tnp.si, www.dolina-soce.si
TNP Info Points, www.tnp.si, www.dolina-soce.si



V sivem apnencu turkizno modra barva zaznamuje reko Sočo, ki si je utrla izjemno pot od izvira do izliva. Njena energija nas navdihuje s prvinsko močjo narave.

IZHODIŠČE: Koča pri izviru Soče

DOLŽINA: 25 km (od izvira do Bovca)

VIŠINSKA RAZLIKA: 433 m

ČAS HOJE: odvisno od izbranega odseka; celotna pot 7 ur (v eno smer)

VODENJE SKUPIN izven urnika po dogovoru v Domu Trenta.



Emerald blue-green water against grey limestone is the signature feature of the Soča River, which cut a spectacular course from its source to the sea. The river's energy displays the pristine power of nature.

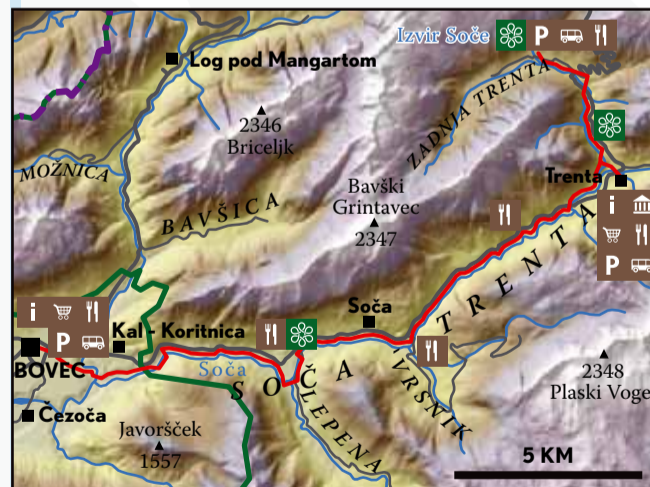
STARTING POINT: Koča pri izviru Soče (Hut at the source of the Soča)

DISTANCE: 25 KM (from source to Bovec)

ELEVATION GAIN: 433 M

DURATION: Depending on the section, total trail 7 HOURS (one way)

FOR GUIDED TOURS by special appointment contact Dom Trenta.



Z VODNIKOM TNP PO SOŠKI POTI WITH A TNP GUIDE ALONG THE SOČA TRAIL



KDAJ: vsak četrtek od 27. 6. do 29. 8. 2019 ob 9. uri
WHEN: every Thursday from 27.6. to 29.8.2019, at 9. a.m.

ZBORNO MESTO: Koča pri izviru Soče
MEETING POINT: Hut at the source of the Soča

CENA NA OSEBO: 6 EUR
PRICE PER PERSON: 6 EUR

UČNA POT GORELJEK GORELJEK NATURE TRAIL

i info mesta TNP, www.tnp.si
TNP Info Points, www.tnp.si



Kot bi se ne zavedala svoje pomembnosti, se šotna barja skrivajo v nedrjih mogočnih poključskih gozdov. Na krožni učni poti jih lahko spoznamo do obisti.

IZHODIŠČE: Hotel Jelka, Pokljuka

DOLŽINA: pribl. 1 KM

VIŠINSKA RAZLIKA: zanemarljiva

ČAS HOJE: 45 MINUT (pot je krožna)



Oblivious of their own importance, raised bogs are nestled in the bosom of dense Pokljuka forests. Take this circular trail and unlock their secrets.

STARTING POINT: Penzion Jelka, Pokljuka

DISTANCE: approx. 1 KM

ELEVATION GAIN: negligible

DURATION: 45 MINUTES (circular trail)



KORITA MOSTNICE MOSTNICA GORGE

i info mesta TNP, www.tnp.si, www.bohinj.si
TNP Info Points, www.tnp.si, www.bohinj.si



V svojem kratkem toku je reka Mostnica ustvarila toliko posebnosti, da nam zastaja dih. Z vsakim korakom nam pokaže drugačen obraz.

IZHODIŠČE: Stara Fužina

DOLŽINA: 5,5 KM

VIŠINSKA RAZLIKA: 250 M

ČAS HOJE: 2 URI (v eno smer)

VODENJE SKUPIN izven urnika po dogovoru.
Več na www.tnp.si.



In its short course the Mostnica River has carved a breathtaking array of fantastic formations. The face it shows to the visitors is different at every step.

STARTING POINT: Stara Fužina

DISTANCE: 5.5 KM

ELEVATION GAIN: 250 M

DURATION: 2 HOURS (one way)

FOR GUIDED TOURS by special appointment.
More on www.tnp.si.



Z VODNIKOM TNP PO KORITIH MOSTNICE WITH A TNP GUIDE THROUGH THE MOSTNICA GORGE

KDAJ: vsak torek od 2. 7. do 27. 8. 2019 ob 9. uri
WHEN: every Tuesday from 2.7. to 27.8.2019, at 9 a.m.

ZBORNO MESTO: vstopna točka v korita Mostnice
MEETING POINT: Entrance to the Mostnica Gorge

CENA NA OSEBO: 1 EUR + VSTOPNINA
PRICE PER PERSON: 1 EUR + ENTRANCE FEE

TOLMINSKA KORITA TOLMIN GORGES

i info mesta TNP, www.tnp.si, www.dolina-soce.si
TNP Info Points, www.tnp.si, www.dolina-soce.si



V Tolminskih koritih smo na najnižji točki parka. Obdajajo nas visoke prepadne stene in šumenje dveh rek, ki nas vabi, da spoznamo veličastne mojstrovine narave.

IZHODIŠČE: Zatočmin

DOLŽINA: 3 KM

VIŠINSKA RAZLIKA: < 100 M

ČAS HOJE: 90 MINUT (pot je krožna)

VODENJE SKUPIN izven urnika po dogovoru.
Več na www.tnp.si.



The Tolmin Gorges mark the lowest point of the national park. Explore this magnificent nature's masterpiece, listening to the roar of two rivers winding their way amidst steep precipitous rock faces.

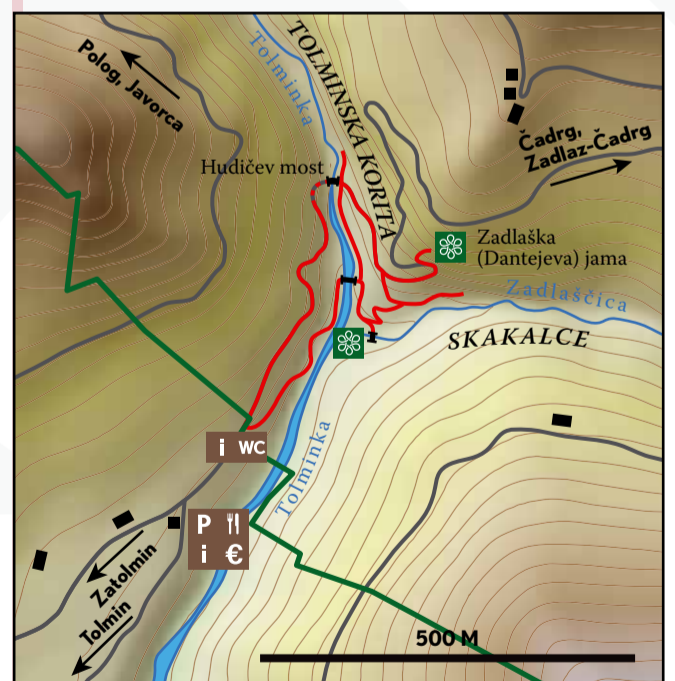
STARTING POINT: Zatočmin

DISTANCE: 3 KM

ELEVATION GAIN: < 100 M

DURATION: 90 MINUTES (circular trail)

FOR GUIDED TOURS by special appointment.
More on www.tnp.si.



Z VODNIKOM TNP PO TOLMINSKIH KORITIH WITH A TNP GUIDE THROUGH THE TOLMIN GORGES

KDAJ: vsak ponedeljek od 1. 7. do 26. 8. 2019 ob 13. uri
WHEN: every Monday from 1.7. to 26.8.2019, at 1 p.m.

ZBORNO MESTO: vstopna točka v Tolminska korita
MEETING POINT: Entrance to the Tolmin Gorges

CENA NA OSEBO: 1 EUR + VSTOPNINA
PRICE PER PERSON: 1 EUR + ENTRANCE FEE

PLANICA TAMAR PLANICA TAMAR

i info centri TNP, www.tnp.si, www.kranjska-gora.si
TNP Info Points, www.tnp.si, www.kranjska-gora.si



V **tipično alpsko dolino** vstopimo takoj za urejenim »svetom«. Vodo le slutimo, saj je globoko pod nami. Lahko pa uživamo v pogledu na prepadne stene, ki se na koncu doline zaključijo s kristalom – Jalovcem.

IZHODIŠČE: Nordijski center Planica

DOLŽINA: 4 KM

VIŠINSKA RAZLIKA: 150 M

ČAS HOJE: 1 URA (v eno smer)



Where urban areas end starts a typical Alpine valley. Water can only be sensed as it flows deep beneath the path. We can enjoy stunning views of steep rock faces that flank the path until they culminate in the crystal-shaped summit of Jalovec.

STARTING POINT: Planica Nordic Centre

DISTANCE: 4 KM

ELEVATION GAIN: 150 M

DURATION: 1 HOUR (one way)



POCARJEVA DOMAČIJA POCAR HOMESTEAD

i info centri TNP, www.tnp.si, www.kranjska-gora.si
TNP Info Points, www.tnp.si, www.kranjska-gora.si



V **idilični dolini**, v Zgornji Radovni, v muzeju Pocarjeva domačija, le streljaj od hrumečih cest, lahko spoznamo življenje, ujeto v čas. Kjer iz senikov diši po senu, kjer se iz dimnikov smuka prijeten vonj po lesu.

IZHODIŠČE: Krnica/Mojstrana

ODPRTO

sobota, nedelja, prazniki, 25. 6. – 1. 9., 11.00–18.00

Več na www.tnp.si.



In this idyllic valley in Zgornja Radovna, in museum Pocar Homestead, only a stone's throw from the roaring roads, time has come to a halt. The scent of hay from the hayracks blends in with the scent of wood burning from chimneys.

STARTING POINT: Krnica/Mojstrana

OPEN

Saturday, Sunday, Public Holidays, 25. 6. – 1. 9., 11 a.m. – 6 p.m. More on www.tnp.si.



VARNOST V GORAH SAFELY TO THE MOUNTAINS

Pri aktivnostih v Triglavskem narodnem parku – hoji, plezanju, kolesarjenju, vodnih športih ali v zraku je vaša varnost odvisna od vaše presoje, telesne pripravljenosti in pozornosti.



Pursuit of any activity in Triglav National Park (e.g. walking, climbing, cycling, water or air sport) is at your own risk.



Bodite nemoteči obiskovalci. Ne povzročajte hrupa. Uporaba dronov ni dovoljena.

As visitors, be respectful and quiet. The use of drones is prohibited.



VREME v gorah je spremenljivo. S seboj vzemite rezervna topla oblačila, oblačite se v slojih.

WEATHER in the mountains is very changeable. Bring a change of clothes, and dress in layers.



ZDRAVJE – na turo se podajte primerno telesno in psihično pripravljene z zadostno količino vode.

HEALTH – when venturing on a tour, make sure it is suitable to your physical and mental fitness. Also, carry an adequate supply of liquid.



POTI – zaradi grušča na poteh je velika možnost zdrsa, predvsem na izpostavljenih delih in v deževnem vremenu. Na zavarovanih plezalnih poteh uporabljajte samovarovalne komplete, plezalne pasove in čelade, ter primerno obutev.

PATHS – gravel increases the possibility of slipping, in particular in exposed places and in wet conditions. Demanding secured routes require the use of self-belaying kits, harnesses and helmets, as well as suitable climbing footwear.



OPREMA – uporabljajte le opremo namenjeno za hojo v gore. Obujte primerne planinske čevlje, ki segajo čez gleženj.

EQUIPMENT – only use mountaineering equipment. Wear good quality high mountaineering boots with sturdy soles.



INFORMACIJE – pred odhodom na turo pridobite čim več aktualnih informacij o stanju na poteh, odprtih kočah in bivakih ter vremenu.

INFORMATION – before setting off, obtain the relevant information on the conditions of paths and trails, available mountain huts and bivouacs, and the weather.

112

V primeru nesreče kličite 112.

In case of an accident call 112.



VZPON V SPREMSTVU GORSKEGA VODNIKA je zagotovilo za varnost in lepo doživetje. Gorskega vodnika (IFMGA) lahko najamete na info mestih Triglavskega narodnega parka in na spletni strani www.tnp.si.



A CLIMB IN THE COMPANY OF A MOUNTAIN GUIDE is a safe and memorable experience. You can book your IFMGA-certified mountain guide at any Triglav National Park information point or at www.tnp.si.



Slovenija, od kod lepote tvoje?

Slovenia, whence thy beauty?

DAVORIN TOME

Nacionalni inštitut za biologijo – LIFE NATURAVIVA
National Institute of Biology – LIFE NATURAVIVA

Slovenija je dežela gozdov. Več kot polovica površine je gozdnate. V dobršem delu gozdov smo se izognili gospodarjenju na način velikih posek, zato imamo veliko prostoživečih gozdnih živali. Kmetijska krajina Slovenije je intenzivno obdelana. Pa vendar ne povsod, tako da nas spomladi marsikje očarajo travniki s široko paleto pisanih cvetic, med katerimi do prve košnje brenčijo in poskakujejo številne žuželke. Več kot polovica Slovenije je na kraški podlagi, kjer je bilo do sedaj odkritih že več kot 12.000 podzemnih jam. Od pokončnih do vodoravnih, od suhih do potopljenih, s kapniki ali brez, v njih pa, za tako ekstremno okolje, zavidljivo število različnih jamskih živali. Okoli petina površine je visokogorje. To so najvišji predeli gora, kjer podnebne razmere onemogočajo rast gozdov, in kjer preživijo le posebej prilagojene gorske rastline ter živali. Za povrhu je Slovenija na stičišču štirih velikih evropskih regij; alpske, panonske, dinarske in sredozemske. Vse naštetu so naravni dejavniki, zaradi katerih je Slovenija bogata dežela s pestro biotsko raznovrstnostjo. Obiskovalce iz vseh držav Evrope pa še posebej presune, da je vsa ta pestrost v tako majhni državi, da lahko v enem dnevu obišejo visokogorje, se sprehodijo skozi dinarske pragoz-



dove, se prepustijo opoju eteričnih vonjav sredozemskih travnikov in se še pred večerom potopijo med ribe v Jadranskem morju.

Od vseh ekosistemov velja visokogorje za najbolj odmaknjena od civilizacije – kot je v Evropi to sploh še mogoče. Zato je visokogorje na prvi pogled varno pred spremembami, ki jih človek povzroča naravi. A vendar ni tako. Potrebe turizma in

rekreacije se tudi tu stopnjujejo in vedno bolj izpodrivajo domorodne rastline in živali. Visokogorje je, kljub temu, da tu ni stalnih naselbin in tovarn, pod močnim pritiskom daljinskih vplivov, ki pridejo z vetrovi iz industrializiranih in prometnih dolin. Spremembe morda res niso tako intenzivne kot v nižinah, a za občutljive gorske živali in rastline je že malo lahko preveč. Ne pozabimo, življenje v visokogorju je podobno zahtevno kot življenje v polarnem pasu. Za hranjenje in razmnoževanje je organizmom na razpolago le poletje. V preostalih letnih časih preživijo od tega, kar so nabrali poleti. Še tako majhna sprememba, ki jo v okolju naredi človek, jim hitro spremeni ustaljen način življenja. Posledica tega je, da bodo poleti nabrali premalo za preostanek leta, pozimi pa bodo porabili preveč, nakopičenih zalog pa do naslednjega poletja ne bo dovolj. Zato spoštljivo do stalnih prebivalcev visokogorja, ko se jim povabimo v goste.



Slovenia is a land of forests, which cover more than half of its territory. We have avoided using major cutting as a means of management in a large part of the forests so there are many wild forest animals living here. The agricultural landscape of Slovenia is intensively processed. But not everywhere, thus in spring we can be amazed by meadows covered with a wide variety of colourful flowers, where insects are buzzing and jumping until the first mowing. More than half of Slovenia's territory lies on karst ground, where more than 12,000 underground caves have been discovered so far. From vertical to horizontal, dry or under water, with or without stalactites. This extreme environment also has an enviable number of different cave animals. Around one fifth of Slovenia's surface is covered by high mountains. These are the highest parts of the mountain world where climate conditions prevent forests from growing and where only specially adapted mountain plants and animals live. Slovenia is also located at the crossroad of four large European regions: Alpine, Pannon-



ian, Dinaric and Mediterranean. All of the above present natural factors that impact Slovenia's rich biodiversity. Visitors from all over Europe are especially astounded by the fact that Slovenia is such a small country, where they can visit the high mountain area, walk through dinaric forests, enjoy the scent of Mediterranean meadows and before nightfall dive among the fish in the Adriatic Sea – all this in one day.

Of all ecosystems, the high mountain area is as most remote from civilisation as can seem possible in Europe. Thus, the high mountain area seems safe from impacts caused by humans on nature. Un-

fortunately, this is not the case. The needs of tourism and recreation are increasing and affecting indigenous flora and fauna. Despite the fact that there are no permanent settlements or factories there, the high mountain area is under strong pressure caused by remote factors brought to this area by the winds from industrialised valleys burdened by traffic. The changes may not seem as intensive as in the plains area, but it can be too much for sensitive mountain animals and plants. Don't forget that life in the high mountain area is demanding in much the same way as living in the polar region. Summer is the only season when organisms can reproduce and eat. In other seasons they mostly live off what they pick in summer. Even the slightest change caused in the environment by humans can rapidly change their way of life. This causes them to gather too little food for the remaining part of the year and they use too much in winter, thus the accumulated stock will not last until the next summer. So please respect other living beings in the high mountain area when you visit. •



RJAVI MEDVED IN VOLK V TRIGLAVSKEM NARODNEM PARKU

THE BROWN BEAR AND THE WOLF IN TRIGLAV NATIONAL PARK



Rjavi medved je največji predstavnik zveri v Evropi in pomemben pokazatelj dobre ohranjenosti okolja. Je karizmatična vrsta, ki pri ljudeh na splošno vzbuja spoštovanje. Medveda le redko srečamo na območjih Dinaridov in Alp, čeprav velja za pogosto vrsto, tudi v Triglavskem narodnem parku. Gre namreč za previdno žival, ki človeka praviloma dojema kot nevarnost in se mu zato izogiba.

Volk je za rjavim medvedom največji predstavnik velikih zveri v Evropi. V preteklosti je poseljeval celoten evropski prostor, v 19. in 20. stoletju pa je človek volka v severnem in osrednjem delu stare celine praktično iztrebil. V zadnjih desetletjih njegova številčnost narašča in posamezne živali se po naravni poti postopoma širijo v območja, od koder so bile nekoč pregnane. Slednje velja tudi za širši alpski prostor, vključno s Triglavskim narodnim parkom. Tako kot medved se tudi volk človeka izogiba.



The brown bear is one of the largest living members of carnivores in Europe and an important indicator of environment preservation. It is quite a charismatic species that in general raises a high level of respect in people. The brown bear is only rarely met on the territory of the Dinarides and the Alps, although it is quite a common species, including in Triglav National Park. This is a cautious animal that normally perceives people as a danger and therefore avoids them.

After the brown bear, the wolf is the second largest member of the carnivore order in Europe. It inhabited the entire European territory in the past, but in the 19th and 20th centuries, man practically exterminated the wolf in the northern and central parts of the old continent. In recent decades, its population has increased and individual animals are naturally expanding to areas from where they were once chased away. This also applies for the wider alpine area, including Triglav National Park. Like the brown bear, the wolf also avoids people. •

VSE, KAR POTREBUJEMO, DOBIMO IZ NARAVE.

Sledi črtam na sliki in ugotovil boš, kako smo odvisni od narave: rastlin, živali, vode, mineralov, nafte. Iz česa je naša obleka, igrače, knjige, pohištvo? Mogoče kakšna povezava tudi manjka in jo lahko tudi sam narišeš.



ALL WE NEED, WE GET FROM NATURE.

Follow the lines on the picture and find out how we depend on nature: plants, animals, water, minerals and oil. What are our clothes, toys, books, and furniture made of? Perhaps there is a link missing, so you can draw it yourself.



Za najmlajše

For our youngest visitors

V NARAVI JE VSE POVEZANO

Zraven številki na sliki poišči skrito črko. Ugotovi, s kom so povezane živali in rastline ob številkah. Ob njih so druge črke parov. Vse pare črk vpiši v okvirčke in dobil boš izraz, ki z eno besedo opisuje raznolikost živega sveta.

1	2	3	4	5	T	E	T	A



EVERYTHING IS CONNECTED IN NATURE.

Find a hidden letter besides the numbers on the picture. Find out with whom the animals and plants next to the numbers are connected. There are also other letters of pairs. Write all pairs of letters in the boxes and get an expression that describes the diversity of the living world with one word.

1	2	3	4	5	S	T	Y



ANIMIRANI FILMI
TRIGLAVSKEGA
NARODNEGA PARKA
TRIGLAV NATIONAL PARK
ANIMATED FILMS



ASTRONOMSKI VEČERI V POLETJU 2019

(predavanje in opazovanje nočnega neba):

5. 7. – Življenje v vesolju (Center TNP Bohinj), ob 20.00, cena: 3,5 EUR odrasli, 1,5 EUR otroci

27. 7. – Alternativni načini potovanja po Vesolju (Vogel, zgornja po-

staja nihalka), ob 20.00, cena skupaj z nihalko: 8 EUR odrasli, 6 EUR otroci

24. 8. – Črne luknje v vesolju (Vogel, zgornja postaja nihalka), ob 20.00, cena skupaj z nihalko: 8 EUR odrasli, 6 EUR otroci

31. 8. – Klimatska kriza (Center TNP Bohinj), ob 20.00, cena: 3,5 EUR odrasli, 1,5 EUR otroci

ASTRONOMIC SUMMER NIGHTS 2019

(lecture and stargazing):

5 July – Life in Space (Center TNP Bohinj), at 8 p.m., price: EUR 3.50 adults, EUR 1.50 children

27 July – Alternative Space Travel Modes (Vogel, upper cable car station), at 8 p.m., price with cable car

ticket: EUR 8.00 adults, EUR 6.00 children

24 August – Black Holes in Space (Vogel, upper cable car station), at 8 p.m., price with cable car ticket: EUR 8.00 adults, EUR 6.00 children

31 August – Climate Crisis (Center TNP Bohinj), at 8 p.m., price: EUR 3.50 adults, EUR 1.50 children •



Biosferno območje Julijske Alpe

Julian Alps Biosphere Reserve



Narodni parki upravičeno spadajo med najbolj privlačna območja za obiskovalce, tako tudi Triglavski narodni park. Izjemnost območja, evropska pomembnost z vidika ohranjanja narave in kulturne dediščine ter pomen zavarovanega območja za znanstvene, kulturne, estetske in rekreacijske namene pa so bili opaženi tudi širše. Med najbolj prestižnimi priznanji območju Julijskih Alp je priznanje Organizacije ZN za izobraževanje, raziskovanje in kulturo – UNESCO, katere medvladni raziskovalni program Človek in biosfera je leta 2003 Julijske Alpe razglasil za prvo biosferno območje v Sloveniji. Gre za medvladni raziskovalni program, ki vzpostavlja svetovno mrežo biosfernih območij, kjer se ohranja ravnotežje med ljudmi in naravo, med biotsko pestrostjo in trajnostnim razvojem z ohranjanjem kulturnih vrednot. Za obiskovalce je biosferno območje Julijske Alpe eno izmed najbolj priljubljenih v Sloveniji.

National parks are top visitor destinations, and Triglav National Park is no exception. The area's outstanding features, its natural and cultural heritage of European importance, as well as the park's importance for scientific, cultural, aesthetic and recreational purposes soon caught the attention of the international community. One of the most prestigious awards received by the Julian Alps was UNESCO's Man and Biosphere in 2003, which proclaimed the Julian Alps as the first biosphere reserve in Slovenia. It is an intergovernmental research programme that aims to establish a global network of biosphere reserves which strive to uphold the balance between people and nature, biodiversity and sustainable development, and upkeep of cultural values. In terms of visitation, the Julian Alps Biosphere Reserve ranks among the most popular destinations in Slovenia.

MUZEJ NA PROSTEM

1. SVETOVNE VOJNE

KOLOVRAT

WWI

OUTDOOR MUSEUM

KOLOVRAT

ERIKA KAPITAN

Je ena izmed najbolj obiskanih in najlažje dostopnih točk na **Poti miru od Alp do Jadrana**. Greben, ki se razteza vse od Kobarida do Brd, ponuja izjemne poglede na smaragdno Sočo, Julijske Alpe, Benečijo, Furlansko nižino in Jadransko morje. Privlačen je za pohodnike in kolesarje, družine, šolske skupine. Danes tu obiskovalci lahko uživajo v miru in lepota narave, med prvo svetovno vojno pa je bil Kolovrat pričevalec uničevalne fronte. Pot miru povezuje dediščino 1.

svetovne vojne, naravne znamenitosti, kraje in ljudi vse od Triglavskega narodnega parka do Jadranskega morja. Umirja ritem časa in vabi k oddihu ali razmisleku – več kot 100 let po soški fronti in njenih bitkah ob Soči in na Krasu.

V muzeju na prostem Kolovrat je moč raziskati nekdanjo italijansko obrambno črto s še danes ohranjenimi poveljniškimi mesti, strelskimi položaji, mrežo jarkov in kavern. Kolovrat je bil za Italijane ena ključnih obrambnih točk v 12. soški bitki, ki je pri Kobaridu pred stotimi leti preobrnila potek soške fronte. Ta nekdanja ločevalna črta je danes izraz združevalne moči spomina, saj se obiskovalci med odkrivanjem zgodovine sprehodijo po današnjem ozemlju slovenske in italijanske države.

Fundacija Poti miru v Posočju ponuja vodene izlete po Poti miru skozi celo leto. V juliju in avgustu bo vsak petek ob 10.00 in 12.00 organiziran voden ogled muzeja na prostem.



This is one of the most popular and easily accessible sites along the Walk of Peace from the Alps to the Adriatic. The ridge stretching from Kobarid to Goriška Brda offers exceptional views of the emerald Soča River, the Julian Alps, the Veneto region, the Friuli Lowlands

and the Adriatic Sea. It is interesting for hikers, cyclists, families and school groups. Visitors can enjoy the peace and the beauties of nature. During the First World War, Kolovrat was witness to the destructive front.

The Walk of Peace links the heritage of the First World War with natural sites, places and people of the area from Triglav National Park to the Adriatic Sea. It calms the rhythm of time and invites you to relax or think – more than 100 years after the Isonzo Front and its battles along the Soča River and in the Karst area.

The Kolovrat Outdoor Museum is a venue where you can explore the former Italian defence line and preserved command points, shooting positions, and the network of trenches and caverns. For Italians, Kolovrat was one of the key defence points during the 12th Isonzo Battle, which changed the course of the Isonzo Front near Kobarid one hundred years ago. This former line of separation is now the expression of the uniting power of memory, because while discovering history, visitors walk on the territory of the Slovenian and Italian states.

The Walk of Peace in the Soča Region Foundation offers guided tours along the Walk of Peace throughout the year. Every Friday at 10 a.m. and 12 a.m. in July and August, you can join a guided tour of the outdoor museum.

KOLOVRAT

Muzej na Poti miru od Alp do Jadrana

KOLOVRAT
Museum on the Walk of Peace from the Alps to the Adriatic



Tu vas bo najprej prevzel mir, ki za te kraje ni bil vedno samoumeven. Idealen teren za aktivno preživljanje prostega časa, ki z odkrivanjem zgodovine 1. svetovne vojne postane še bolj vznemirljiv.

This is the place where you are immediately taken over by peace, which has not always been self-evident in this area. The ideal terrain for actively spending your free time, which is even more exciting while discovering the history of the First World War.

TRAJNOSTNA MOBILNOST:

Avtobus HOP ON HOP OFF iz Kobarida (vsak dan, 1.7.-1.9.)
SUSTAINABLE MOBILITY:
HOP ON HOP OFF from Kobarid (every day, 1.7. - 1.9.)

IZHODIŠČE: Kobarid ali Tolmin oziroma parkirišče pri info točki na Kolovratu / **START:** Kobarid or Tolmin, car park at the info point at Kolovrat

ČAS, KI GA POTREBUJETE ZA OGLLED MUZEJA: pribl. 1,5 ure
MUSEUM VISIT TIME: approx. 1.5 hours

ČAS VOŽNJE Z AVTOM DO VSTOPNE TOČKE: iz Kobarida 30 min.; iz Tolmina 20 min.
DRIVING TIME TO THE ENTRY POINT: 30 minutes from Kobarid, 20 minutes from Tolmin.

POLETNO VODENJE: julij in avgust, vsak petek ob 10.00 in 12.00. / **SUMMER GUIDED TOURS:** July and August, Fridays at 10 a.m. and 12 a.m.

INFORMACIJE / INFORMATION:

T: + 386 (0)31 586 296
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www.potmiru.si



BOHINJ, V ZAVETJU JULIJSKIH ALP

BOHINJ, IN THE EMBRACE OF THE JULIAN ALPS

MARKO VIDUKA

Velik del Bohinja leži v Triglavskem narodnem parku, kjer si delimo prostor z okoli 7.000 različnimi živalskimi vrstami in 1.600 vrstami rastlin. Vse to je objeto z mogočnim skalovjem Julijskih Alp, prepredenih s težko dostopnimi soteskami s kristalno čisto vodo, širnimi gozdovi, ledeniški jezeri in sledmi, ki so jih pustile generacije delovnih rok in nemalokrat lačnih ust. Življenje se je usidrilo in ohranilo v surovem okolju Julijskih Alp, kjer je kot triglavska roža med skalami svoj prostor našel človek, ki je s spoštovanjem do naravnih virov živel, preživel in ohranil naravno pestrost bohinjskih dolin in planin. Bohinj je kot član izbranih alpskih destinacij odličnosti Alpine Pearls trajnostno zavezan ohranjanju okolja, biološki pestrosti ter tradicionalnemu načinu življenja. Turistična

sil najboljša kopaljšča v Evropi in izmed 21.000 krajev je Bohinj prišel med tri najboljše, po kakovosti vode v Bohinjskem jezeru in Savi Bohinjki pa je zasedel prvo mesto.

- Bohinj je član združenja Alpine Pearls.



A large part of Bohinj is in Triglav National Park, where we share our environment with around 7000 animal species and 1,600 types of plants. All this life is embraced by the rocks of the Julian Alps, not easy to access canyons with crystal clear water, vast forests, glacier lakes and the traces left by generations of working hands and often hungry mouths. The life has anchored and preserved itself in the harsh environment of the Julian Alps, where, like the Triglav rose, man has found a place among the rocks, and who has lived, survived and maintained the biodiversity of the Bohinj valley by respecting natural resources. Bohinj, a member of selected Alpine Pearls destinations, is sustainably oriented and committed to preserving the environment, biodiversity and the traditional way of life. Tourist infrastructure follows the trends of sustainable mobility, with minimum impact on the natural environment and traditional agriculture. The officially adopted Sustainable Development Strategy 2025+ of Bohinj Municipality is also considered on our every step.

And our generation does not want to be the one that has wasted every-

PEČ IN RUDNICA PEČ AND RUDNICA



IZHODIŠČE / START: Stara Fužina

TRAJNOSTNA MOBILNOST: Avtobus Hop-On Hop-Off Pokljuka in organizirani prevozi do Bohinjskega jezera: postaja Bohinjsko jezero; redni avtobusi po Bohinju: postaja Stara Fužina

SUSTAINABLE MOBILITY: Hop-On Hop-Off Pokljuka bus and organised transport to Lake Bohinj: Bohinjsko jezero bus stop; regular buses in Bohinj: Stara Fužina bus stop

Peč in Rudnica (pot št. 13), začetek poti pri avtobusni postaji Stara Fužina (TIC Bohinj, Stara Fužina)

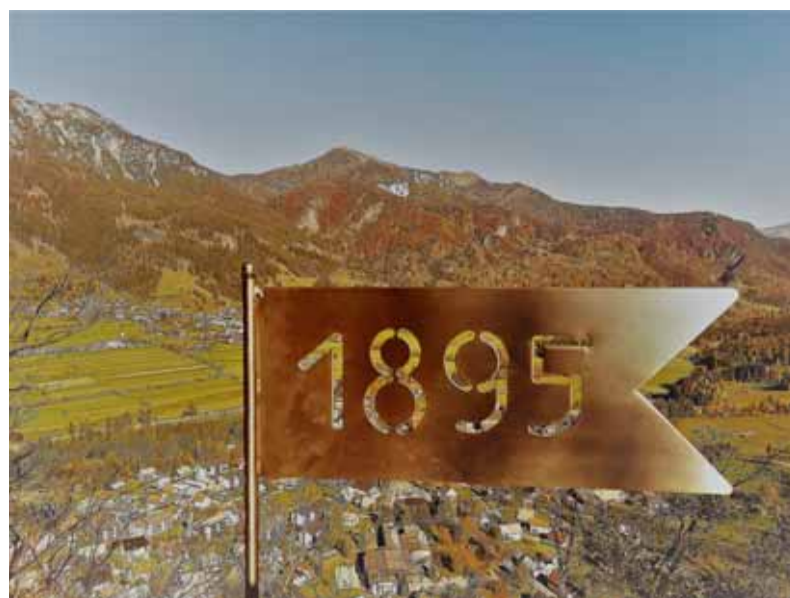
Peč and Rudnica (trail no. 13), the trail starts at Stara Fužina bus stop (TIC Bohinj, Stara Fužina)

ČAS HOJE: 4 ure, krožna zahtevna označena pot

HIKING TIME: 4 hours, designated circular marked trail

VIŠINSKA RAZLIKA: 510 metrov
DIFFERENCE IN ALTITUDE: 510 metres

INFORMACIJE / INFORMATION:
T: +386 (0) 57 47 590
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www.bohinj.si



la. Izpred nekdanje gostilne Pr' Katr se lahko napotite v Karavanke, ki predstavljajo naravno pregrado med Slovenijo in Avstrijo, ponujajo pa tehnično nezahtevne pohode in izjemno lepe poglede na Julijce.

V bližnji Zgornji Radovni so še ohranjeni grbinasti travniki. Tukaj najdete več kot 400 let staro Gogalovo lipo, muzej Pocarjeva domačija, Psnakov mlin in žago, v gostilni Psnak pa tudi kaj dobrega za pod zob. Najbolj zahodna vas pod Triglavom je Belca, ki nima ne gostilne ne cerkve, ima pa »olimpijsko ulico«.



VASI POD TRIGLAVOM VILLAGES BENEATH TRIGLAV

MATJAŽ PODLIPNIK

Pod najvišjo slovensko goro in simbolom slovenstva, pod 2864 m visokim Triglavom, ležijo čudovite alpske vasice Mojstrana, Dovje, Zgornja Radovna in Belca. Ponujajo izjemno naravno in kulturno dediščino, tu so doma triglavske pravljice in prijazni, a trmasti ljudje, ki znajo preživeti v lepem in hkrati neizprosno alpskem svetu.

V Mojstrani se je pričel razvoj slovenskega gornštva. V gostilni Pri Šmercu je dr. Julius Kugy najemal gorske vodnike, ki so mu pomagali na poti proti Triglavu. Tu je nemški pesnik Rudolf Baumbach upesnil slovensko pripovedko o Zlatorogu. Morda je prav zato pri nas našel svoje mesto Slovenski planinski muzej, ki predstavlja interaktivno doživetje človeka, ki se napoti v hribe, tam vpija lepote alpskega sveta, čakajo pa ga tudi nevarnosti, ki jih prebrodi in se vrne domov poln vtisov, ki ga spodbujajo k umetniškemu ustvarjanju.

Mojstrana je izhodiščna točka za vstop v čudovite alpske doline Vrata, Radovna, Kot in Krma. V dolino Vrata se odpravite peš. Na poti proti mogočni Severni triglavski steni boste našli čudovit 52 metrov visok slap Peričnik. Ko boste v Vratih, se boste zagotovo ustavili v Aljaževem domu, ki nosi ime dovškega župnika in narodnega buditelja, Jakoba Aljaža, ki je pred več kot 120 leti odkupil vrh Triglava in na njem postavil stolp. Sosednja vas Dovje je zares lepa kmečka vas, kjer vas bodo še danes pozdravile domače živali, našli boste vaška korita, izjemno lepe kmetije in cerkev svetega Mihae-

The beautiful alpine villages Mojstrana, Dovje, Zgornja Radovna and Belca are located beneath the 2864-metre-high Triglav, the highest Slovenian mountain and the symbol of Slovenehood. They feature exceptional natural and cultural heritage, and are home to the Triglav fairy tales and to kind, but stubborn people who know how to survive in a beautiful but at the same time ruthless alpine world.

The development of mountaineering in Slovenia began in Mojstrana. At the Pri Šmercu Inn, Dr. Julius Kugy hired mountain guides who helped him climb Triglav. Here is where the German poet Rudolf Baumbach wrote the first Slovenian tale about Zlatorog. Perhaps these are all reasons why the Slovenian Alpine Museum was founded in this area. It features an interactive experience of a man who hikes in the mountains, admires the beauties of the alpine world and overcomes all dangers, before returning home full of impressions that motivate him to express his feelings in art.

Mojstrana is the starting point for entering the beautiful Vrata, Radovna, Kot and Krma alpine valleys. Walk to the valley of Vrata. The 52-metre-high Peričnik Waterfall can be found on the way towards the mighty Triglav North Face. When in Vrata, you will most certainly stop at the Aljažev dom alpine hut named after the Dovje priest and national awakener, Jakob Aljaž, who more than 120 years ago bought the



GRANČIŠČE NAD MOJSTRANO GRANČIŠČE ABOVE MOJSTRANA



IZHODIŠČE: Slovenski planinski muzej, Mojstrana

START: Slovenian Alpine Museum, Mojstrana

TRAJNOSTNA MOBILNOST: Turistični avtobus vozi v Mojstrano med 29. 6. in 1. 9. 2019

SUSTAINABLE MOBILITY: Tourist bus goes to Mojstrana between 29 June and 1 September 2019

Pot na Grančišče, Slovenski planinski muzej, Mojstrana
Trail to Grančišče, Slovenian Alpine Museum, Mojstrana

ČAS HOJE: 30 minut, lahka označena pot / **HIKING TIME:** 30 minutes, easy marked trail

MOŽNOSTI: zavarovana pezalna pot (Via Ferrata): Aljaževa smer (zahtevnost B) in smer Mojstranskih veveric (zahtevnost C, deloma D) / **OPTIONS:** secured climbing trail (via ferrata): Aljaž course (difficulty B) and the Mojstrana Squirrels' course (difficulty C, partially D)

ČAS PLEZANJA: 45 minut
CLIMBING TIME: 45 minutes

VIŠINSKA RAZLIKA: 180 metrov
DIFFERENCE IN ALTITUDE: 180 metres

INFORMACIJE / INFORMATION:
T: +386 (0)8 380 67 30
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www.kranjska-gora.si

peak of Triglav and set a tower on it. The neighbouring village of Dovje is a very nice rural village where you will be greeted by the sight of domestic animals, view the village troughs, exceptionally beautiful farms, and St Michael's Church. Start your hiking tour to the Karavanke mountain range, a natural border between Slovenia and Austria, from the Pr' Katr Inn. The hikes in the Karavanke mountains are technically undemanding and they provide beautiful views of the Julian Alps.

Hummocky meadows are still preserved in Zgornja Radovna. This village has the 400-year-old Gogala's linden tree, Pocar Homestead, and the Psnak mill and saw mill, while the Psnak Inn offers great things to eat. The most western village beneath Triglav, i.e. Belca, has no inn and no church, but it has the "Olympic street".



infrastruktura je zavezana trajnostni mobilnosti, z minimalnimi učinki na naravno okolje in tradicionalno kmetijstvo. Tudi v Bohinju nad vsemi našimi koraki bdi uradno sprejeta Strategija trajnostnega razvoja Občine Bohinj 2025+.

In naša generacija ne želi biti tista, ki bo vse to zapravila, zato s številnimi ukrepi umirjamo promet na najbolj občutljivih in obleganih predelih Bohinja, predvsem okoli Bohinjskega jezera. V iskanju najboljših možnosti za okolje in ljudi, ki tu živimo ali ki obiščejo Bohinj, vas spodbujamo, da jih zagrabite in sodelujete.

Bohinj se lahko pohvali – Bohinj je bil izbran za najboljšo destinacijo 2018 v Evropi – European Best Destination 2018.

- Lonely Planet je postavil Julijske Alpe med 10 najboljših evropskih destinacij.
- Založba potovalnih vodnikov Pocket Guide je lani postavila Bohinj na seznam desetih destinacij, ki naj bi po njihovem mnenju najbolj presenetile popotnike po Evropi.
- Evropski parlament je lani razgla-

thing, therefore, we are doing everything to calm traffic on the most sensitive and visited part of Bohinj, especially around Lake Bohinj. By searching the best opportunities for the environment and people who live here or who visit Bohinj, we motivate you to take them and participate.

Bohinj has something to brag about – it was selected as European Best Destination 2018.

- Lonely Planet ranked the Julian Alps among the 10 best European destinations.
- Last year, Pocket Guide published a list of ten destinations recommended for visiting; destinations that would in their opinion most certainly be worth visiting all over Europe.
- The European Parliament announced the Best bathing places in Europe and among 21,000 places, Bohinj ranked among the top three, by the evaluation of the quality of water in Lake Bohinj and in Sava Bohinjka, it ranked first.
- Bohinj is the member of the Alpine Pearls Association.



Odkrijte okuse Naravnega parka Julijsko predgorje

Discovering the flavours of the Prealpi Giulie Nature Park

Naravna biotska raznovrstnost Čezmejnega območja Ekoregija Julijske Alpe je prav tako prisotna v kmetovanju. Številne vrste in pasme so se ohranile navkljub negativnim vplivom industrializiranega kmetovanja in standardizacije, zato zdaj predstavljajo izjemno bogastvo, ki ga lahko opazujejo vsi obiskovalci.

Bogastvo Naravnega parka Julijsko predgorje pa spodbuja tudi projekt z naslovom »Parkovna košarica (Il Paniere del Parco)«. Projekt se je začel pred nekaj leti z namenom promocije značilnih lokalnih izdelkov in pomagati kmetom pri njihovih dnevniških trajnostnih, a težavnih dejavnostih.

Na tem območju izdelujejo in pridelujejo pet živih oziroma izdelkov, ki so značilni za posamezne občine: česen Resia, jed Il Brovadâr di Moggio Udinese, buča iz Venzone, fižol Fiorina iz Lusevera, in sir Malga Montasio. Vsa ta živila in izdelki so zelo posebni, pristni in okusni.

Če jih želite poskusiti, izberite kraj, ga obiščite in povprašajte po njih pri kmetih ali v restavracijah. Paziti pa morate na pravi čas.

Il Brovadâr di Moggio Udinese

lahko poskusite od novembra do pomladi: je tradicionalna gastronomska specialiteta, glavna sestavina jedi pa je sorta majhne, pozno posejane poljske repe. Uporablja se za značilne juhe ali kot priloga.

Na gorski kmetiji Malga Montasio, ki se nahaja ob vznožju gore Montaž in zre proti Kaninu, lahko sir poskusite od junija do septembra. Zanj so značilni tipična slamnato rumena barva, blag okus in izjemna aroma.

Julij in avgust pa sta meseca, ko lahko poskusite česen Resia. Izjemen česen rožnato rdeče barve kmetje vzgajajo le v dolini Reziji na način, ki se prenaša z generacije na generacijo. Česen je zelo znan po celi Italiji, saj je že leta 2004 prejel nagrado Slow Food Presidium.

Dve vrsti zelenjave pa sta značilni za oktober: buča Venzone in fižol Lusevera Fiorina. Buča je zelo priljubljena in se uporablja v jedeh, značilnih za Venzone, še zlasti na letnem tradicionalnem festivalu buč Festa della Zucca. Fižol je dobil ime po gospe, ki je izbrala in ohranila to sorto fižola. Prav tako se uporablja kot sestavina za jed *stak* (pretlačen fižol s krompirjem in slanino).

Vsi, ki bi želeli okusiti vse te jedi, to lahko storite na kmetijskem sej-

mu Festa dell' agricoltura v Resiutti. Vsako prvo nedeljo v oktobru so na tem sejmu na voljo vsi navedeni izdelki ter druge posebne in zanimive jedi s tega območja. Medtem pa se lahko pogovorite s proizvajalci o pridelavi in pripravi teh avtentičnih naravnih in kulinarčnih zakladov.



In all the Transboundary Ecoregion Julian Alps nature biodiversity has also produced biodiversity in farming. Several species and breeds had been preserved by the negative impacts of industrialised farming and standardisation and are now an extraordinary treasure available to those coming to visit the area.

This richness of Prealpi Giulie Nature Park area is enhanced through a specific project named "The Park basket (Il Paniere del Parco)". It started some years ago with the goal to promote a few local typical products and to help farmers in their everyday sustainable but difficult activities.

There are five highlights of the area, one in each Municipality: Resia Garlic, Brovadâr of Moggio Udinese, Pumpkin in Venzone, Fiorina Bean of Lusevera, and Malga Montasio Cheese. Some are vegetables, some others processed food products, but all of them are very special: genuine and tasty.

If you want to discover them just select the place, go there and ask the farmers or in the restaurants. However, be careful to choose the right time.

From November to springtime you can taste Brovadâr in Moggio Udinese: it's a traditional gastronomic preparation, the main ingredient is a variety of small, late-sown field turnip. Used for typical soups or as side dish.

Malga (Mountain farm) Montasio, located at the feet of Mount Montasio and facing Mount Canin, is ready to offer from June to September its typical cheese. It is characterized by a straw yellow colour and mild and tasty flavour.



July and August are the months of Resia Garlic. A real special pink – reddish garlic cultivated only in Resia Valley and preserved by local people from generation to generation. It's very famous all over Italy because it has been named Slow Food Presidium since 2004.

Two are the October products: Venzone Pumpkin and Lusevera Fiorina Bean. The first dominates the scene and is widely used in dishes served every year in Venzone, especially during the traditional "Festa della Zucca (Pumpkin Festival)". The latter got its name from a lady who selected and preserved the bean. It's also used as ingredient for the "Stak" (a typical puree made from beans, potatoes and lard).

For those who want to experience all of them there's a great opportunity at the "Festa dell'agricoltura (Agriculture feast)" in Resiutta. There, the first Sunday in October, you can find all these products and several special other from the area. While having an interesting talk with the producers who day after day preserve the wise knowledge of the cultivation and preparation of these authentic natural and culinary treasures. •

CENTER ZA OBISKOVALCE

Piazza del Tiglio, 3
Prato di Resia (UD), Italija

DELOVNI ČAS:
od 29. marca do 15. oktobra
vsak dan od 9.00 do 13.00 in od
14.00 do 17.00.

T: 0039(0)43353534
E: info@parcoprealpigiulie.it
www.parcoprealpigiulie.it

VISITORS' CENTRE OF THE PARK

Piazza del Tiglio, 3
Prato di Resia (UD), Italy

OPENING TIMES:
From 29 March to 15 October
Everyday: 9.00 to 13.00
and 14.00 to 17.00








PHONE: 0039(0)43353534
MAIL: info@parcoprealpigiulie.it
www.parcoprealpigiulie.it



Transboundary Parks. Following nature's design





SPREHODI WALKS

POT / VRT DESTINATION	OBMOČJE / IZHODIŠČE AREA / STARTING POINT	DOLŽINA DISTANCE	ČAS TIME	OPIS DESCRIPTION	POSEBNOSTI ATTRICTIONS
 TOLMINSKA KORITA TOLMIN GORGES*	Tolmin / Zatoľmin	3 km	2 uri / hrs	Pot ob Tolminskih koritih <i>Trail along the Tolmin Gorges</i>	<ul style="list-style-type: none"> Medvedova glava / <i>Bear's head</i> Dantejeva jama / <i>Dante's cave</i> Najnižja točka TNP (180 m) / <i>The lowest point of TNP (180 m)</i>
 ALPSKI BOTANIČNI VRT JULIANA JULIANA ALPINE BOTANICAL GARDEN	Trenta / Pri Cerkvih	Botanični vrt <i>Botanical Garden</i>	2 uri / hrs	Edini alpski botanični vrt v Sloveniji, kjer uspeva več kot 600 rastlin iz alpskega sveta <i>Slovenia's only Alpine botanical garden, home to over 600 Alpine plant species from all over the world</i>	<ul style="list-style-type: none"> Leta 2016 je vrt praznoval 90 let <i>Celebrated its 90th anniversary in 2016</i>
 UČNA POT GORELJEK GORELJEK PEAT BOG EDUCATIONAL TRAIL	Pokljuka / Penzion Jelka	1 km	1 ura / h	Učna pot ob visokem (šotnem) barju <i>Raised (peat) bog trail</i>	<ul style="list-style-type: none"> Spada med najjužnejša visoka barja v Evropi <i>One of the southernmost raised bogs in Europe</i>
 BOHINJSKO JEZERO, SEVERNA OBALA LAKE BOHINJ, NORTHERN SHORE	Bohinj / Ribčev Laz / Ukanc	6 km	1,5 ure / hrs	Pot po severni obali jezera <i>Along the northern shore of Lake Bohinj</i>	<ul style="list-style-type: none"> Možnost povratka / peš/avtobus/turistična ladja <i>Return on foot, by bus or tourist boat</i>
 KORITA MOSTNICE MOSTNICA GORGE*	Bohinj / Stara Fužina	2,5 km	1 ura / h	Pot ob koritih Mostnice <i>Trail along the Mostnica troughs</i>	<ul style="list-style-type: none"> Hudičev most / <i>Devil's Bridge</i> Kamnita skulptura slonček / <i>Elephant-shaped rock formation</i>
 SLAP SAVICA SAVICA WATERFALL*	Bohinj / Parkirišče slap Bohinj / <i>Waterfall car park</i>	800 m	30 min	Kraški izvir v strmih pobočjih Komarče <i>Karst spring in the steep slopes of the Komarča Face</i>	<ul style="list-style-type: none"> Spada med najbolj znane slovenske slapove <i>One of Slovenia's most popular waterfalls</i>
 SOTESKA VINTGAR VINTGAR GORGE*	Gorje / Blejska Dobrava	3,2 km	2 uri / hrs	Pot ob soteski Vintgar <i>Vintgar Gorge Path</i>	<ul style="list-style-type: none"> Spada med najbolj znane slovenske soteske <i>One of Slovenia's best-known gorges</i> Slap Šum / <i>Šum Waterfall</i>

* Vstopnina / entrance fee




POHODI HIKING TOURS

POT / DOLINA / VRH DESTINATION	OBMOČJE / IZHODIŠČE AREA / STARTING POINT	DOLŽINA DISTANCE	ČAS TIME	OPIS DESCRIPTION	POSEBNOSTI ATTRICTIONS
  SOŠKA POT SOČA TRAIL*	Trenta / Izvir Soče <i>Trenta / Source of the Soča</i>	25 km	Po izbiri <i>By choice</i>	Parkovna pot po dolini reke Soče, del mednarodne poti Alpe Adria Trail <i>Park trail along the Soča river, part of the international Alpe-Adria Trail</i>	<ul style="list-style-type: none"> Kot pohod lahko izberete samo del poti <i>Possibility to hike only a section of the trail</i> Informacijsko izobraževalno središče Dom Trenta <i>Dom Trenta Information Education Centre</i>
 MARTULJSKI SLAPOVI MARTULJEK FALLS	Kranjska Gora / Gozd Martuljek	5 km	3 ure / hrs	Slapova potoka Martuljek <i>Waterfalls on the Martuljek stream</i>	<ul style="list-style-type: none"> Pot do prvega slapu poteka skozi sotesko <i>The path to the lower waterfall runs through a gorge</i>
 DOLINA VOJE VOJE VALLEY **	Bohinj / Stara Fužina	5 km	2 uri / hrs	Senožetna planina nad koriti Mostnice <i>Hay meadows on a pasture above the Mostnica Gorge</i>	<ul style="list-style-type: none"> Ena izmed najlažje dostopnih planin <i>One of the most easily accessible pastures</i>
 POT TRIGLAVSKE BISTRICE IN SLAP PERIČNIK TRIGLAVSKA BISTRICA TRAIL AND PERIČNIK WATERFALL	Kranjska Gora / Mojstrana	11 km (v eno smer / one way)	3 ure / hrs	Pot ob potoku Triglavska Bistrica skozi dolino Vrat <i>Trail along the Triglavska Bistrica stream through the Vrata valley</i>	<ul style="list-style-type: none"> Slap Peričnik / <i>Peričnik Waterfall</i> Severna Triglavska stena / <i>Triglav North Face</i> Bližina Slovenskega planinskega muzeja <i>Proximity of the Slovenian Alpine Museum</i>

* Vodenje (plačljivo): vsak četrtek v juniju, juliju in avgustu, zborna mesto: kočna pri izviri Soče ob 9.00 / *Guiding (payable): every Thursday in June, July and August, starting point: Hut at the source of the Soča, at 9 a.m.*

** Vstopnina / entrance fee

RAZGLEDNIKI BEST VIEWS

TOČKA / CESTA DESTINATION/ROAD	OBMOČJE / IZHODIŠČE AREA / STARTING POINT	DOLŽINA DISTANCE	OPIS DESCRIPTION	POSEBNOSTI ATTRICTIONS
 RUSKA/VRŠIŠKA CESTA RUSSIAN/VRŠIČ ROAD	Bovec / Kranjska Gora	25 km	Panoramska cesta iz Kranjske Gore do doline Trente <i>Panoramic road from Kranjska Gora to the Trenta valley</i>	<ul style="list-style-type: none"> Ruska kapelica – kulturni spomenik državnega pomena <i>The Russian Chapel – a cultural monument of national importance</i> Kamnita Ajdovska deklica / <i>'Pagan Girl' rock formation</i>
 MANGRTSKA CESTA MANGRT ROAD*	Bovec / Predel / Log pod Mangartom	12 km	Panoramska cesta pod vnožjem Mangrta <i>Panoramic road along the foot of Mangrt</i>	<ul style="list-style-type: none"> Najvišja cesta v Sloveniji (2072 m) <i>The highest-lying road in Slovenia (2072 m)</i>
 SMUČARSKI CENTER VOGEL VOGEL SKI RESORT	Bohinj / Ukanc	–	Športno-rekreacijski center nad Bohinjskim jezerom <i>Sport and recreation centre above Lake Bohinj</i>	<ul style="list-style-type: none"> Osrednji bohinjski razglednik / kabinska žičnica <i>Best mountain views of the Bohinj area / cable car</i>
 SV. PETER NAD BEGUNJAMI / ST. PETER'S CHURCH ABOVE BEGUNJE	Radovljica / Begunje	4 km	Razgledna vzpetina s srednjeveško cerkvico <i>Panoramic hill with a medieval church</i>	<ul style="list-style-type: none"> Gostišče in Muzej Avsenik v Begunjah/ <i>Avsenik Inn and Museum in Begunje</i>
 BLEJSKI GRAD BLEED CASTLE*	Bled	–	Simbol Bleda in Slovenije <i>A symbol of Bled and Slovenia</i>	<ul style="list-style-type: none"> Razgledna ploščad / <i>Viewing platform</i> Muzej / <i>Museum</i> Restavracija / <i>Restaurant</i>
  KOLOVRAT	Kobarid / Tolmin / Čedad (Cividale)	27 km	Panoramski razgledi na grebenu Kolovrata. <i>Panoramic views from the Kolovrat ridge.</i>	<ul style="list-style-type: none"> Muzej prve svetovne vojne na prostem / <i>WWI Outdoor Museum</i> razgledne točke na dolino Soče, Julijske Alpe in Jadransko morje / <i>View points of the Soča Valley, Julian Alps and Adriatic Sea</i>

* Vstopnina / entrance fee

INFO SREDIŠČE/MUZEJ/MESTNO JEDRO/KULTURNI SPOMENIK INFORMATION CENTRE/MUSEUM/TOWN CENTRE/CULTURAL MONUMENT

IME NAME	OBMOČJE / IZHODIŠČE AREA / STARTING POINT	OPIS DESCRIPTION	POSEBNOSTI ATTRICTIONS
   DOM TRENTA TRENTARSKI MUZEJ TRENTA MUSEUM*	Trenta / Na Logu	Informacijsko izobraževalno središče Triglavskega narodnega parka <i>Triglav National Park Information Education Centre</i>	<ul style="list-style-type: none"> Stalna razstava TNP / <i>TNP's permanent exhibition</i> Trentarski muzej / <i>Trenta Museum</i> Trgovina / <i>Shop</i>
  CENTER TNP BOHINJ	Bohinj / Stara Fužina	Center Triglavskega narodnega parka in hiša tradicionalnih znanj <i>TNP Centre and house of traditional arts and crafts</i>	<ul style="list-style-type: none"> Stalna razstava Jezero / <i>Permanent exhibition 'The Lake'</i> Naravoslovna soba / <i>Nature and science room</i> Trgovina Bohinjsko / <i>Shop 'From Bohinj'</i>
  INFOCENTER TRIGLAVSKA ROŽA BLED	Bled	Regijsko naravovarstveno turistično središče <i>Regional nature science tourist centre</i>	<ul style="list-style-type: none"> Razstava Raj pod Triglavom <i>Exhibition 'The Paradise at the Foot of Triglav'</i> Trgovina in kavarna / <i>Shop and cafe</i>
   POCARJEVA DOMAČIJA POCAR HOMESTEAD*	Dolina Radovne Radovna Valley	Domačija preurejena v muzej <i>Homestead turned into a museum</i>	<ul style="list-style-type: none"> Črna kuhinja / <i>Black (open-earth) kitchen</i> Info točka TNP / <i>TNP Info point</i>
   SLOVENSKI PLANINSKI MUZEJ SLOVENIAN ALPINE MUSEUM*	Kranjska Gora / Mojstrana	Edini planinski muzej v Sloveniji <i>Slovenia's only alpine museum</i>	<ul style="list-style-type: none"> Ponuja pravo gorsko izkušnjo za alpinistične navdušence <i>Authentic mountaineering experience for mountain enthusiasts</i>
 SPOMINSKA CERKEV SV. DUHA V JAVORCI CHURCH OF THE HOLY SPIRIT IN JAVORCA*	Tolmin / dolina Tolminke Tolmin / <i>Tolminka Valley</i>	Kulturni spomenik državnega pomena iz obdobja 1. svetovne vojne <i>World War I cultural monument of national importance</i>	<ul style="list-style-type: none"> Spominska cerkev, grajena pretežno iz lesa <i>Memorial Church, mainly made of wood</i>
 MUZEJ 1. SVETOVNE VOJNE V KOBARIDU WWI MUSEUM IN KOBARID*	Kobarid	Muzej na temo Soške fronte <i>Isonzo Front Museum</i>	<ul style="list-style-type: none"> Spada med najbolj znane in obiskane muzeje v Sloveniji <i>One of the best-known and most visited museums in Slovenia</i>
 VAS ČADRG / VILLAGE ČADRG	Tolmin / Čadrg	Slikovita vasica nad dolino Tolminke <i>Picturesque village above the Tolminka valley</i>	<ul style="list-style-type: none"> Sir Tolminc (ekološki) / <i>Tolminc Cheese (organic)</i>
 STARO MESTNO JEDRO RADOVLJICE RADOVLJICA'S OLD TOWN	Radovljica	Mestno jedro je zaščiteno kot kulturni in zgodovinski spomenik <i>The Old town is protected as cultural and historical monument</i>	<ul style="list-style-type: none"> Čebelarski muzej / <i>Museum of Apiculture</i> Cerkev sv. Petra / <i>St. Peter's Church</i>
 PREŠERNOVA ROJSTNA HIŠA - MUZEJ FRANCE PREŠEREN BIRTH HOUSE - MUSEUM*	Žirovnica / Vrba	Muzej – rojstna hiša največjega slovenskega pesnika <i>Museum – Birth house of Slovenia's greatest poet</i>	<ul style="list-style-type: none"> Črna kuhinja / <i>Traditional 'black kitchen'</i> TIC (Tourist Information Centre)
OPLENOVA HIŠA IN STUDORSKI KOZOLCI OPLEN HOUSE AND THE HAYRACKS OF STUDOR*	Bohinj / Studor	Muzej bivalne kulture Bohinjcev z začetka 20. stoletja in slikovita skupina kozolcev. / <i>Museum of local settlement culture from the early 20th century and a group of typical hayracks</i>	<ul style="list-style-type: none"> Črna kuhinja / <i>Traditional 'black kitchen'</i> Gručasta vas Studor / <i>Nucleated village Studor</i>

* Vstopnina / entrance fee

INFO MESTA

INFO POINTS

BIOSFERNO OBMOČJE JULIJSKE ALPE JULIAN ALPS BIOSPHERE RESERVE

1. INFO SREDIŠČE DOM TRENTA/ INFO CENTRE DOM TRENTA

Na Logu v Trenti, Soča
T: +386 (0)5 38 89 330 • E: dom-tnp.trenta@tnp.gov.si
www.tnp.si



2. CENTER TRIGLAVSKEGA NARODNEGA PARKA BOHINJ

Stara Fužina 37 – 38, Bohinjsko jezero
T: +386 (0)1 200 97 60 • E: info.bohinjka@tnp.gov.si
www.tnp.si



3. INFOCENTER TRIGLAVSKA ROŽA BLED

Ljubljanska cesta 27, Bled
T: +386 (0)4 57 80 205
E: info.trb@tnp.gov.si, info@dzt.bled.si
www.tnp.si, www.bled.si



4. INFO TOČKA TNP POCARJEVA DOMAČIJA / TNP INFO POINT

Zgornja Radovna 25, Mojstrana
T: +386 (0)4 57 80 200
E: triglavski-narodni-park@tnp.gov.si
www.tnp.si

5. INFO TOČKA TNP SLOVENSKI PLANINSKI MUZEJ, TIC DOVJE - MOJSTRANA / TNP INFO POINT

Triglavska cesta 49, Mojstrana
T: +386 (0)8 38 06 730 • E: info@planinskimuzej.si
www.planinskimuzej.si



6. INFO TOČKA TNP ZELENA HIŠA TIC KOBARID / TNP INFO POINT

Trg svobode 16, Kobarid
T: +386 (0)5 38 00 490 • E: info.kobarid@dolina-soce.si
www.dolina-soce.si

7. TIC BOHINJ, RIBČEV LAZ

Ribčev Laz 48, Bohinjsko jezero
T: +386 (0)4 57 46 010 • E: info@tdbohinj.si
www.tdbohinj.si

8. TIC BOHINJ, BOHINJSKA BISTRICA

Mencingerjeva ulica 10, Bohinjska Bistrica
T: +386 (0)4 5747 600 • E: darja.lazar@siol.net
www.bohinj.si

9. TIC BLED

Cesta svobode 10, Bled
T: +386(0)4 574 11 22 • E: info@td-bled.si
www.bled.si

10. TIC RADOVLJICA

Linhartov trg 9, Radovljica
T: +386 (0)4 531 51 12 • E: info@radolca.si
www.radolca.si

11. TIC: PREŠERNOVA ROJSTNA HIŠA/ PREŠEREN'S BIRTH HOUSE

Vrba 2, Žirovnica
T: +386 (0)4 580 20 92 • E: info@visitzirovnica.si
www.visitzirovnica.si

12. TIC JESENICE

Cesta maršala Tita 18, Jesenice
T: +386 (0)4 586 31 78 • E: info@turizem.jesenice.si
www.turizem.jesenice.si

13. TIC KRANJSKA GORA

Kolodvorska ulica 1c, Kranjska Gora
T: +386 (0)4 580 94 40 • E: info@kranjska-gora.eu
www.kranjska-gora.si

14. TIC BOVEC

Trg golobarskih žrtev 8, Bovec
T: +386 (0)5 302 96 47 • E: info.bovec@dolina-soce.si
www.dolina-soce.si

15. TIC PODBRDO

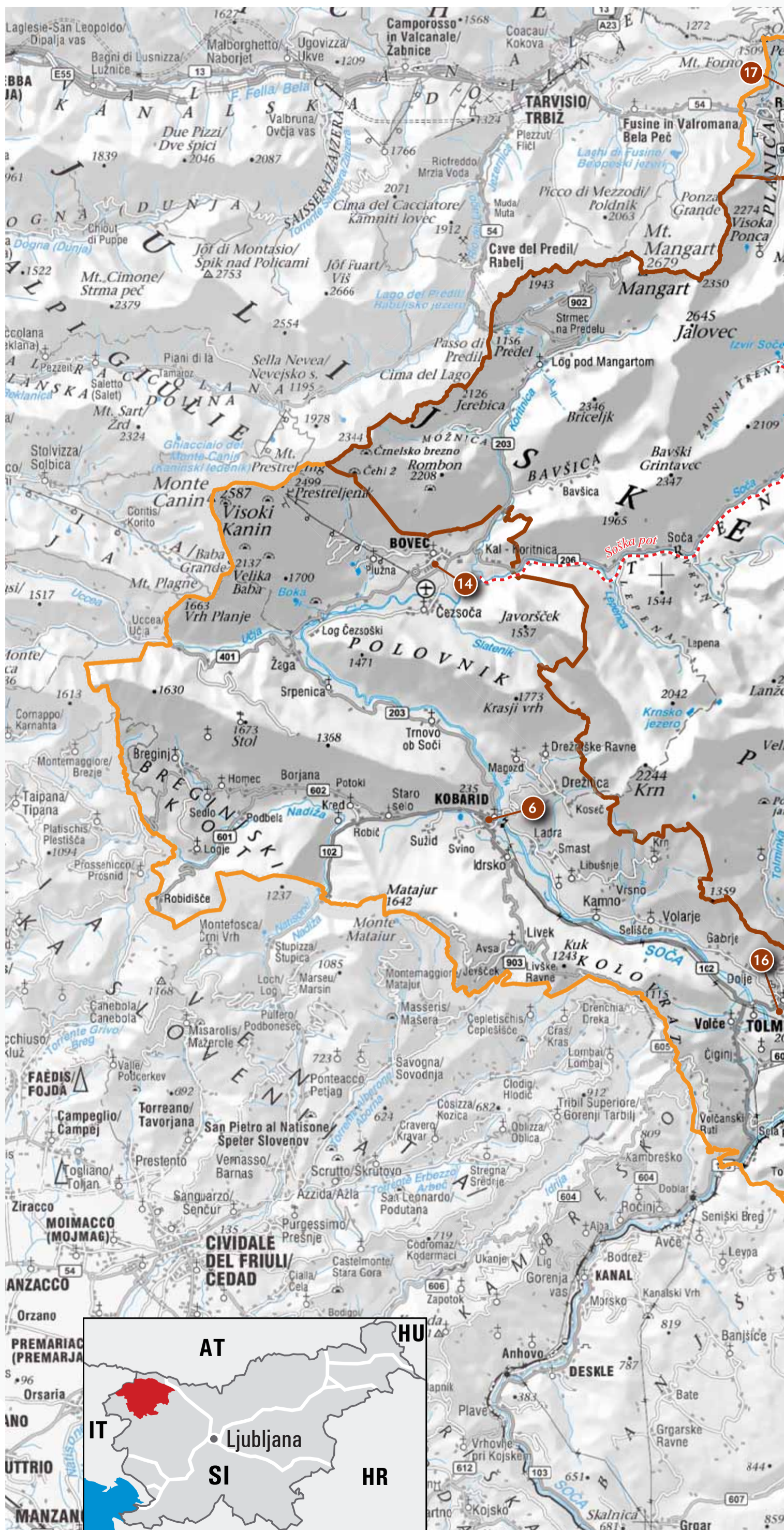
Podbrdo 18, Podbrdo
T: +386 (0)5 380 04 85 • E: info@dolina-soce.si
www.dolina-soce.si

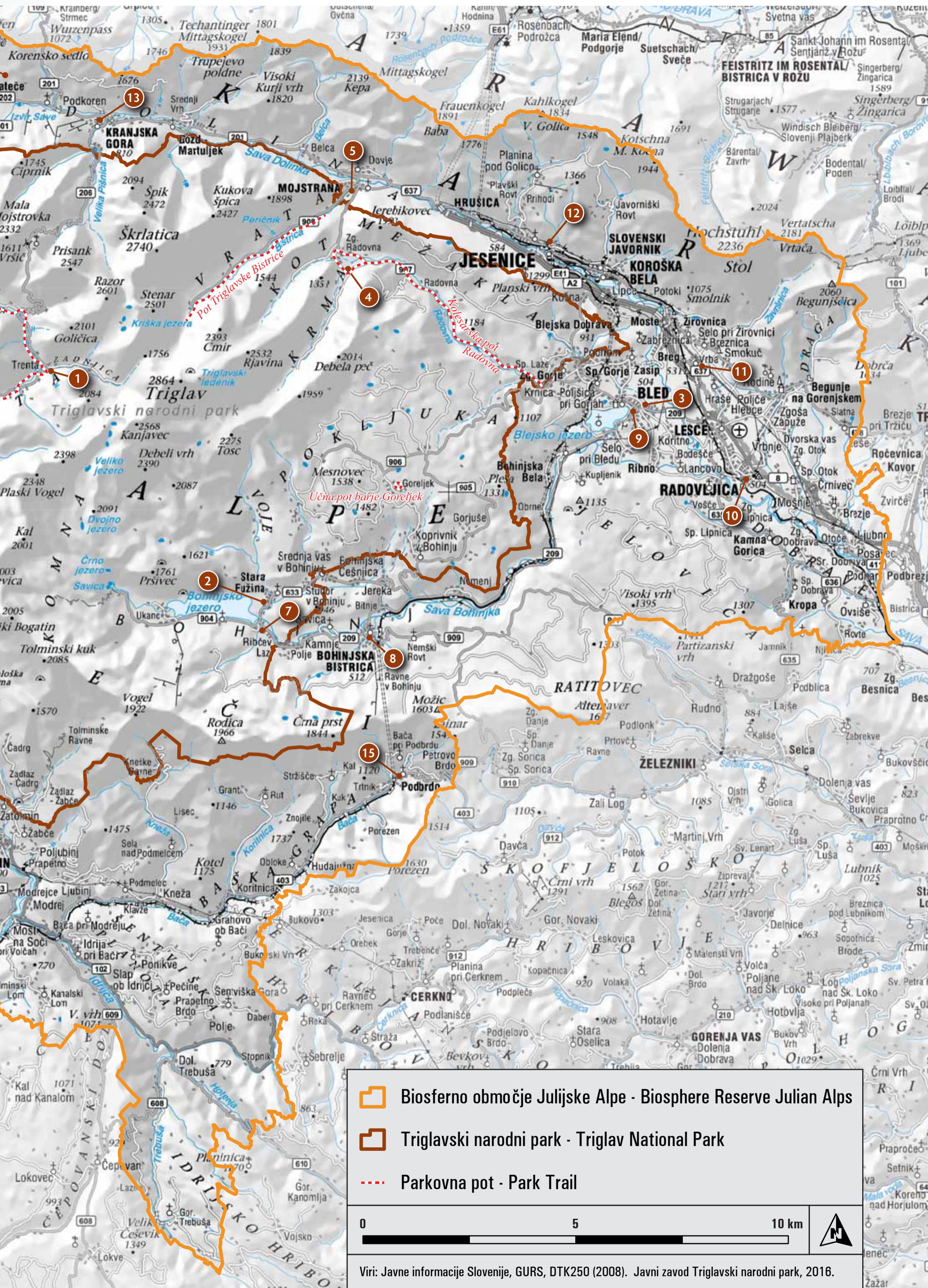
16. TIC TOLMIN

Petra Skalarja 4, Tolmin
T: +386 (0)5 380 04 80 • E: info.tolmin@dolina-soce.si
www.dolina-soce.si

17. TIC RATEČE - PLANICA

Rateče 43, 4283 Rateče - Planica
T: 04 587 61 48 • E: tic@ratece-planica.si
www.ratece-planica.si





-  Biosferno območje Julijske Alpe - Biosphere Reserve Julian Alps
-  Triglavski narodni park - Triglav National Park
-  Parkovna pot - Park Trail



Viri: Javne informacije Slovenije, GURS, DTK250 (2008). Javni zavod Triglavski narodni park, 2016.



NAJ VAS NARAVA ZAPELJE MOVED BY NATURE

Naj bo peš, s kolesom, avtobusom ali vlakom – popestrite si svoj izlet po dolinah in čez prelaze Julijskih Alp.



Give your trip of the valleys and mountain passes of the Julian Alps a new twist - travel on foot, by bus or by train.



PEŠ
ON
FOOT

Številne označene planinske in druge poti vam ponujajo nepozabna doživetja, skrita tistim, ki se vozijo po cestah. Možnosti odkrivanja najdete na info mestih (glej zemljevid).

Many designated mountaineering paths and other trails will provide you with a multitude of experience, unavailable to all who stay on roads. Check out the hiking options at information points (see the map).



KOLO
BY BIKE

Kolesarske steze so urejene na območju Kranjske Gore, Jesenic, Radovljice in Bohinja. Stranske ceste, odmaknjene od glavnih prometnic, so kolesarjem posebno ljube. V vsakem večjem turističnem centru vam je na voljo izposoja koles. Več informacij dobite na info mestih (glej zemljevid).

Cycling routes and tracks are available in the area of Kranjska Gora, Jesenice, Radovljica, and Bohinj. Side roads, away from the main transport routes, are extremely popular. Large tourist centres offer bike rental. For more information, please refer to the information point (see the map).



AVTOBUS
BY BUS

Poleg rednih avtobusnih linij, ki biosferno območje Julijskih Alp povezujejo z večjimi mesti (Kranj, Ljubljana), območje lahko dodobra raziščete s turističnimi avtobusi, ki so vam na voljo na območju Kranjske Gore, Bohinja, Bleda, Posočja in Radovljice. Vozni redi so vam na voljo na info mestih (glej zemljevid) in na spletni strani www.cipra.org.

In addition to regular bus routes connecting the Julian Alps Biosphere Reserve with large towns and cities (Kranj, Ljubljana), the area can be explored on hop-on hop-off tourist buses operating in Kranjska Gora, Bohinj, Bled, Posočje (Soča Valley), and Radovljica. Timetables can be obtained from the information points (see the map) or website www.cipra.org.



VLAK
BY TRAIN

Panoramska in zgodovinska Bohinjska železniška proga med Jesenicami in Novo Gorico ponuja doživetje dveh svetov – alpskega in submediteranskega. Posebnost proge je možnost »vkranja« z avtomobilom. Avtovlak med Bohinjsko Bistrico in Novo Gorico je za vaš avto najudobnejša povezava med obema svetovoma. Vozni red vlaka in avtovlaka vam je na voljo na info mestih (glej zemljevid) in na spletni strani www.slo-zeleznice.si

The panoramic and historical Bohinj Railway Line between Jesenice and Nova Gorica enables visitors to experience two different worlds – the Alpine and the Submediterranean. A special feature of this railway line is that your car can be loaded onto the train for a section of the route. The car train between Bohinjska Bistrica and Nova Gorica is the most comfortable option of traversing both regions. The train and car train timetables can be obtained from the information point (see the map) and web site www.slo-zeleznice.si

PLOVNI REŽIM V OBČINI BOHINJ:

Na Bohinjskem jezeru je dovoljena plovba vse leto s plovili dolžine do 8 m. Plovba v območju kopalnih voda na Bohinjskem jezeru, ki merijo 100 m od obale, ni dovoljena, razen v primeru plovbe iz/do vstopno-izstopnih mest ali pristanišč. Na Savi Bohinjki je plovba dovoljena za športne veslaške čolne do dolžine 8 m in sicer od 1. aprila do 31. oktobra; v aprilu in oktobru med 10. in 17. uro, v maju in septembru med 10. in 18. uro ter v juniju, juliju in avgustu med 9. in 19. uro. Vstop na Bohinjsko jezero in Savo Bohinjko je dovoljen samo na vstopno-izstopnih mestih in pristaniščih. Za uporabo vstopno-izstopnih mest in privezov v pristaniščih je potrebno kupiti dovolilnico. Dovolilnica mora biti nalepljena na plovilo in ni prenosljiva. Dovolilnice so na voljo v TIC-ih in pri nekaterih ponudnikih športnih aktivnosti na vodi. Informacije: Turizem Bohinj, +386 (0)4 57 47 590.

THE NAVIGATION REGIME IN THE MUNICIPALITY OF BOHINJ:

Navigation by vessel up to a maximum 8m in length is permitted on Lake Bohinj all year round. Navigation in the Lake Bohinj bathing area, which stretches 100m from the shore, is not permitted, except for navigation to/from the entry/exit points or moorings. Navigation on the Sava Bohinjka River is permitted for sport rowing boats from 1 April to 31 October, in April from 10 am to 5 pm, in May and September from 10 am to 6 pm, and in June, July and August from 9 am to 7 pm. Entry to Lake Bohinj and the Sava Bohinjka River is permitted only at the defined entry-exit points and at moorings. In order to use these entry-exit points and moorings you need to purchase a permit. The permit must be glued to the vessel and is not transferable. Permits are available from the Bohinj Tourist Information Centre and selected providers of water sports activities. Information: Turizem Bohinj (Bohinj Tourist Board), +386 (0)4 57 47 590.



PROMOCIJSKI DAN UMIRJANJA PROMETA NA MANGRTSKI CESTI IN V UKANCU 2019

SUSTAINABLE MOBILITY PROMOTION DAY
ALONG THE MANGRT ROAD AND
IN UKANC 2019



6. JULIJ JE DAN ZA SPREMEMBE! (v primeru dežja 13. julij 2019)

Promocijski dan umirjanja prometa 6. julija 2019 poteka istočasno na dveh prometno zelo obremenjenih območjih Triglavskega narodnega parka, in sicer na Mangrski cesti in v Ukancu (Bohinj). Vabimo vas, da na ta dan obe lokaciji izkusite brez osebnega vozila, da se naučite tišine in da skupaj z organizatorji podprete sodobne trende, ki spodbujajo odgovoren, trajnosten in okolju prijazen obisk Triglavskega narodnega parka.



6 JULY IS THE DAY FOR CHANGE! (in case of rain, 13 July 2019)

The Sustainable Mobility Promotion Day held on 6 July 2019 will run simultaneously in two Triglav National Park areas of heavy traffic, i.e. in Ukanc (Bohinj) and along the Mangrt road. We invite you to have a car-free experience of these two locations, breathe in the silence and, in so doing, support the contemporary trends of responsible, sustainable and environmentally-friendly visitation of Triglav National Park

Več / More:



KRANJSKA GORA

**DOLINA VRATA -
BREZPLAČNI AVTOBUS
OB VIKENDIH V AVGUSTU**
VRATA VALLEY - FREE BUS
OVER THE WEEKENDS
IN AUGUST



MOJSTRANA-ALJAŽEV DOM-
MOJSTRANA
Vozni red / Timetable: www.tnp.si
10.-11. 8., 15.-18. 8., 24.-25. 8.
od 6.00 do 18.00 / from 6 a.m. to 6 p.m.
(vsako polno uro / every full hour)

NEKDANJA ŽELEZNIŠKA POSTAJA MOJSTRANA
THE FORMER RAILWAY STATION IN MOJSTRANA
SLOVENSKI PLANINSKI MUZEJ
SLOVENIAN ALPINE MUSEUM
ROS
KOČA PRISILAPUPERIČNIK
KOČA PPRIPERIČNIKU HUT
VSTOP V GALERIE (GALLERIES) AREA
POLDOV ROVT
POLDOV ROVT PASTURE
PARKIRIŠČE ALJAŽEV DOM
ALJAŽEV DOM MOUNTAIN HUT CAR PARK

**TURISTIČNI AVTOBUS / TOURIST BUS: KRANJSKA GORA-
MOJSTRANA-KRANJSKA GORA-PLANICA-KRANJSKA GORA**
Vozni red / Timetable: www.kranjska-gora.si (vsak dan / every day, 29. 6.-1. 9.)

KRANJSKA GORA AP/BUS ST
GOZD MARTULJEK
DOVJE
KAMNE
MOJSTRANA
PERIČNIK
MOJSTRANA
KAMNE
DOVJE
GOZD MARTULJEK
KRANJSKA GORA AP/BUS ST
PODKOREN
RATEČE
PLANICA
RATEČE
ZELENCI
PODKOREN
KRANJSKA GORA AP/BUS ST



**KARTICO JULIJSKE ALPE:
BOHINJ** lahko kupijo gostje, ki so nastanjeni pri partnerskem ponudniku Turizma Bohinj in prenočijo v Bohinju najmanj dve noči. Avtobus, vlak, avtovlak in ladja so samo nekatere možnosti, ki jih brezplačno ali pod ugodnimi pogoji uporabljajo imetniki kartice. Kartica je na voljo od 1. aprila do 31. oktobra.



THE JULIAN ALPS: BOHINJ CARD can be purchased by guests who are accommodated at Turizem Bohinj partner services providers and who stay in Bohinj for at least two nights. Card holders can use buses, trains, car train and the boat for free or at a discounted price. The card is available from 1 April to 31 October.



**KARTICO JULIJSKE ALPE:
BLED** gostje, ki so nastanjeni pri partnerskem ponudniku Turizma Bled in prenočijo na Bledu najmanj tri noči, prejmejo brezplačno. Avtobusni prevozi, izposoja koles v Info centru Triglavsko roža in povratna vožnja s sedežnico na Stražo so ugodnosti za imetnike kartice. Kartica je na voljo od 15. junija do 15. septembra.



THE JULIAN ALPS: BLED CARD is available free to guests who are accommodated at Turizem Bled partner services providers and who stay in Bled for at least three nights. Card holder can use bus rides, rent bikes at the Triglavsko roža Info Centre or enjoy in a return chair lift ride to Straža. The card is available from 15 June to 15 September.



**KARTICO JULIJSKE ALPE:
RADOVLJICA** gostje, ki so nastanjeni v občini Radovljica in v Radovljici prenočijo najmanj tri noči, prejmejo brezplačno. Avtobusni prevozi s Hop-on Hop-Off avtobusi, vodeni ogledi in vstopnina v letni kino ter vstopnina v izbrane muzeje so ugodnosti za imetnike kartice. Kartica je na voljo od 1. julija do 31. avgusta.



THE JULIAN ALPS: RADOVLJICA CARD is available free to guests who are accommodated in Municipality Radovljica and who stay in Radovljica for at least three nights. Card holder can use bus rides of Hop-On Hop-Off buses, guided tours, open-air cinema and selected museums. The card is available from 1 July to 31 August.

BLED, RADOVLJICA, ŽIROVNICA, TRŽIČ • Vozni red: www.bled.si, www.radolca.si

ZELENA LINIJA / GREEN LINE: BOHINJSKA BELA-RIBNO-BLED-VINTGAR-KRNICA
(vsak dan / every day, 15. 6.–15. 9.)



MODRA LINIJA / BLUE LINE: ZASIP-BLED-VINTGAR-ZATRNIK-POKLJUKA
(vsak dan / every day, 15. 6.–15. 9.)



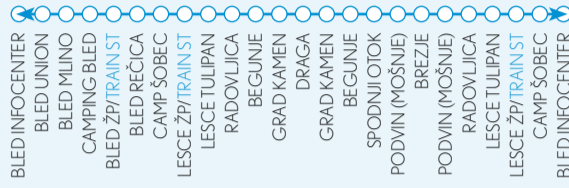
HOP ON HOP OFF BLED-RADOVLJICA-KROPA-BLED
(vsak torek / every Tuesday, 1. 7.–31. 8.)



HOP ON HOP OFF BLED-RADOVLJICA-BREZNICA-BLED
(vsako sredo / every Wednesday, 1. 7.–31. 8.)



HOP ON HOP OFF BLED-RADOVLJICA-BEGUNJE-BREZJE-BLED
(vsak četrtek / every Thursday, 1. 7.–31. 8.)



HOP ON HOP OFF BLED-BEGUNJE-TRŽIČ-BLED
(vsak petek / every Friday, 1. 7.–31. 8.)



BOHINJ • Vozni red / Timetable: promet.bohinj.si

HOP ON HOP OFF BOHINJSKO JEZERO-RUDNO POLJE-BOHINJSKO JEZERO
(vsak dan / every day, 29. 6.–15. 9., brezplačno / free)



SREDNJA VAS-BLATO
(petek–nedelja in prazniki / Friday–Sunday and Public Holidays, 22. 6.–15. 9., vsak dan / every day 1. 7.–1. 9., brezplačno / free)



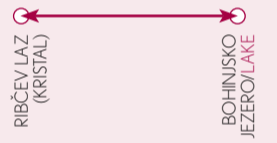
BOHINJSKA BISTRICA-SLAP SAVICA
(vsak dan / every day, 1. 7.–1. 9.)



BOH. BISTRICA-BOH. JEZERO
(vsak dan / every day: 22. 6.–15. 9., brezplačno / free)



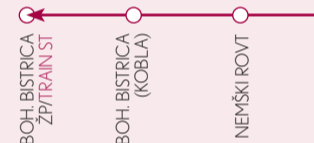
RIBČEV LAZ-BOH. JEZERO
(vsak dan / every day, 22. 6.–15. 9., brezplačno / free)



RIBČEV LAZ-UKANC
(petek–nedelja in prazniki / Friday–Sunday and Public Holidays: 1. 7.–1. 9., brezplačno / free)



BOHINJSKA BISTRICA-SORIŠKA PLANINA
(sobote, nedelje in prazniki / Saturday, Sunday and Public Holidays: 6. 7.–1. 9., brezplačno / free)



LJUBLJANA-BOHINJ UKANC
Vozni red / Timetable: www.ap-ljubljana.si



BOHINJSKA BISTRICA-PODBRDO-MOST NA SOČI-NOVA GORICA
Vozni red / Timetable: www.slo-zeleznice.si

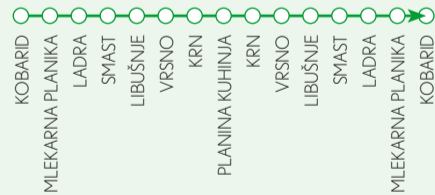


JESENICE-MOST NA SOČI-NOVA GORICA
Vozni red / Timetable: www.slo-zeleznice.si



DOLINA SOČE • Vozni red / Timetable: www.dolina-soce.si

HOP ON HOP OFF KOBARID-VRSNO-PLANINA KUHINJA-KOBARID
(vsak dan / every day, 1. 7.–1. 9.)



HOP ON HOP OFF KOBARID-DREŽNICA-MAGOZD-KOBARID
(vsak dan / every day, 1. 7.–1. 9.)



HOP ON HOP OFF KOBARID-JEVŠČEK-KOLOVRAT-KOBARID
(vsak dan / every day, 1. 7.–1. 9.)



TOLMIN-TOLMINSKA KORITA
(vsak dan / every day, 29. 6.–1. 9.)



HOP ON HOP OFF KOBARID-SVINO-ROBIČ MP-KOBARID
(vsak dan / every day, 1. 7.–1. 9.)



HOP ON HOP OFF KOBARID-ROBIČ-PODBELA-ROBIDIŠČE-KOBARID
(vsak dan / every day, 1. 7.–1. 9.)



TOLMIN-JAVORCA
(sobota, nedelja / Saturday, Sunday, 29. 6.–1. 9., vsak dan / every day, 20.–28. 7. in / and 30. 7., 1. 8., 3.–11. 8., 13. 8., 15. 8., 20. 8., 22. 8.)



BOVEC-KRANJSKA GORA
Vozni red / Timetable: www.ap-ljubljana.si



LJUBLJANA-KRANJSKA GORA-BOVEC
Vozni red / Timetable: www.ap-ljubljana.si





JULIJSKE ALPE

TRIGLAVSKI NARODNI PARK
SLOVENIJA

BLLED • BOHINJ • BRDA • DOLINA SOČE • GORJE • KRANJSKA GORA • JESENICE • RADOVLJICA • ŽIROVNICA

Edinstven evropski prostor Alp je geografski pojem, ki markantno posega v srce Evrope, naše Julijske Alpe pa v dušo kontinenta.

Od kamene dobe do danes so kulture in civilizacije sooblikovale našo gorsko krajino. V dialogu med našimi predniki in naravo smo to edinstveno okolje pripeljali do svetovno prepoznavne vrednote izjemnega pomena.

JULIJSKE ALPE in zavarovano območje TRIGLAVSKEGA NARODNEGA PARKA so pod okriljem programa UNESCO - Človek in biosfera zato, ker so Julijske Alpe zakladnica naravnih in kulturnih bogastev.

Na robu naših Julijcev so naši predniki kovali železo in jeklo, preživeli stoletja med pašo živali na visokih planinah in obstali do danes.

V skupnosti Julijskih Alp se zdaj povezujemo bolj kot kdajkoli prej in ustvarjamo novo trajnostno prihodnost zelenega turizma kot priložnost ohranitve kulturnih in naravnih vrednot tega krhkega okolja, kjer so ravnovesje med biotsko pestrostjo in načinom življenja stoletja ohranjali naši predniki.

ODGOVORNI TURIZEM JE ZDAJ PRILOŽNOST NAŠIH GENERACIJ.

The unique European area of the Alps is a geographical area that remarkably enters the heart of Europe, and our Julian Alps are the soul of the continent.

Ever since Stone Age, cultures and civilisations have together shaped our mountainous landscape. In a dialogue between our ancestors and nature, this unique environment has been elevated to a globally recognisable asset of exceptional importance.

The JULIAN ALPS and TRIGLAV NATIONAL PARK are under the auspices of the UNESCO Man and the Biosphere Programme because the Julian Alps are a treasure trove of natural and cultural riches.

On the edge of the Julian Alps, our ancestors forged iron and steel, survived many centuries while grazing animals on high pastures and persisted until today.

The Julian Alps community is now more interconnected than ever before and we are creating a new sustainable future of green tourism as the opportunity for preserving cultural and natural assets of this fragile environment, where the balance between biodiversity and lifestyle has been preserved by our ancestors for centuries.

RESPONSIBLE TOURISM IS NOW THE OPPORTUNITY OF OUR GENERATION.

JULIANA TRAIL 270/16

NOVA POHODNIŠKA POT ♦ A NEW HIKING TRAIL IN THE JULIAN ALPS

OD KONCA SEPTEMBRA 2019 ♦ FROM THE END OF SEPTEMBER 2019

Na pohodniški poti JULIANA TRAIL ne boste osvojili nobenega gorskega vrha. V spoštljivi razdalji in v vznožju oči vas bo pot vodila po robu Julijskih Alp in Triglavskega narodnega parka. Peljala vas bo tja, kjer boste začutili pravi utrip življenja v Julijskih Alpah in spoznali bogato naravno in kulturno dediščino tega čudovito osupljivega gorskega sveta z neizmernim biotskim bogastvom.

Iskati, hoditi peš, spoznavati in doživljati neznano drugačnost, ponujati in koristiti, česar drugi nimajo; to je pot, na katero vas vabimo, in s katero pozornost obračamo nazaj k izvornosti in preprostosti življenja. To je pot osebnega romanja k sebi, k prvinski naravi in njeni čudežni lepoti, krajinski in biotski raznovrstnosti, k skritim in neznanim možnostim za meditacijo ter kotičkom z magično močjo. Vodila vas bo ob bistrih rekah, jezerih, slapovih, pojočih gozdovih, izjemnih drevesih, ki visijo s previsov ali strmijo v nebo, med pisanim travniškim in gorskim cvetjem, med skalami nenavadnih oblik in neštetimi, kot z roso posutimi, biseri. Pot vas bo presenečala z lokalnimi posebnostmi in unikatnimi kulinaricnimi, kulturnimi, poselitvenimi in zgodovinskimi posebnostmi. V tem smislu imajo Julijske Alpe bogato zakladnico neizkoriščenih možnosti. Kjer je tako lepo, da vam zastaja dih, ko ste deležni prizorov, ki so namenjeni samo vam! Kjer vam dokažemo, da nismo pozabili in smo ohranili naravo tudi za vse vas, ki se boste v iskanje podali stran od vrveža turističnih gorskih poti. Nova pot vas ne bo postavila pred izzive junaških osvajanj vrhov, temveč pred osebni izziv iskanja lastne vloge v odnosu do narave in odgovornega turizma. Juliana Trail išče drugačne junake – z duhovnim napredovanjem in ne višinskim.

TEHNIČNI PODATKI:

Skupna dolžina: 270 km
Skupna višinska razlika:
 7.800 m vzpona in 7.800 m spusta
Skupno število etap: 16
Povprečna dolžina etape: 17,5 km (4–5 ur)

NA POTI JULIANA TRAIL

Triglavski narodni park
 Blejsko in Bohinjsko jezero
 Dolina Soče
 Staro mestno jedro Radovljice
 Kranjska Gora
 Pokljuška planota

TECHNICAL INFORMATION:

Total length: 270 km
Total difference in altitude:
 7.800 m ascent and 7.800 m descent
Total number of stages: 16
Average stage length: 17.5 km (4–5 hrs)

HIGHLIGHTS ON THE JULIANA TRAIL

Triglav National Park
 Lakes Bled and Bohinj
 Soča Valley
 Radovljica old town
 Kranjska Gora
 Pokljuka plateau

A TRAIL that does not just conquer mountain tops or lead you in a respectful distance of the peaks along the edge of the Julian Alps and Triglav National Park. It takes you where you will feel the real pulse of life in the Julian Alps and learn about the rich natural and cultural heritage of this magnificent and astonishing alpine world that abounds in biodiversity.

To find, walk, learn and explore the unknown diversity, to offer and use what is unknown to others; this is a trail to which you are invited and which can draw your attention back to the originality and simplicity of life. This is a trail of personal pilgrimage to oneself, to pristine nature and its magical beauty, in the diversity of landscape and in biodiversity, in hidden and unknown places for meditation and in places with magical power (rivers, lakes, waterfalls, forests, exceptional trees, colourful flowers, rocks of unusual shapes), and in culinary, cultural, settlement and historical peculiarities. In this sense, the Julian Alps provide a rich cache of unexploited opportunities. Beauty that takes your breath away. A place where you can enjoy views that are meant just for you! A place where we can prove that we have not forgotten nature and we have preserved it for all of you who decide to get away from the rumble of the tourist alpine trails. This new trail will not challenge your ability to conquer mountain peaks, but it will challenge you to find your role in relation to nature and responsible tourism. The Juliana Trail seeks different heroes – those that aspire advancement in their spirit as well as altitude.



JULIANA TRAIL





JULIANA TRAIL 270/16

JULIANA TRAIL je dokaj nezahtevna, poučna, krožna pohodniška pot, ki vas bo od konca septembra 2019 vabila v odkrivanje, spoznavanje in doživljanje komaj opaznih majhnih naravnih čudežev, ki nam znajo pričarati nenavadno občutje, imenovano sreča.

JULIANA TRAIL is a fairly non-demanding, educational, circular trail that from the end of September 2019 will invite you to discover, learn and experience barely noticeable small natural wonders that can bring about an unusual feeling called happiness.



BLED

Alpski biser, ki ga krasi ledeniško jezero z otočkom in gradom na pečini. Živahen ritem majhnega objezerskega mesta umirjata blago podnebje in lepota gora, ki odseva na jezerski gladini, okolica pa ponuja odlične pogoje za prijeten oddih ali dejavne počitnice v vsakem letnem času.

The Alpine pearl on the edge of the Julian Alps with the glacier lake and thermal lake water, island and a castle on the cliff. The lively rhythm of the small lakeside town is calmed by the mild climate and the beauty of mountains reflecting on the lake's surface, and the surroundings offer excellent conditions for pleasant relaxation or an active vacation in any season.

BOHINJ

Skrita oaza miru v osrčju Triglavskega narodnega parka, kjer leži največje naravno stalno jezero v Sloveniji. Tu najdete mir in lepoto neokrnjene narave ter številne možnosti za aktiven oddih. Očarali vas bodo tudi edinstveni, s tradicijo prežeti rokodelski izdelki in kulinarčne posebnosti, združene pod blagovno znamko Bohinjsko/From Bohinj.

The hidden oasis of peace in the embrace of the Julian Alps in the heart of the Triglav National Park with the largest permanent natural lake in Slovenia. Here you can find peace and the beauty of unspoiled nature, as well as many opportunities for an active vacation in any season. You will be bedazzled by unique and traditional craft products as well as culinary specialities, combined under the Bohinjsko/From Bohinj brand.

GORIŠKA BRDA

Pravljicična pokrajina s pisanimi vasicami, ugnedena na pol poti med Alpami in Jadranom. S pridihom Mediterana slovi po odličnih vinih in gastronomskih dobrotah. Goriška Brda so po svetu dobro znana zaradi briškega sadja, vina, izvrstnega oljčnega olja in ostalih pridelkov ter dišeče, okusne briške kuhinje.

The fairytale landscape with picturesque villages, nestled half way between the Alps and the Adriatic, abounding in beauty, interesting spots and experiences. With a hint of the Mediterranean, it is well-known for its excellent wines and culinary specialities. The Goriška Brda are also known for their fruit, wine, olive oil and other products, as well as culinary specialities – a story full of experiences, memories and joyful gatherings.

DOLINA SOČE/SOČA VALLEY

Slikoviti svet smaragdne Soče vas vabi na aktiven oddih v Bovec, Kobarid in Tolmin. Navdušila vas bodo izjemna doživetja, ki uvrščajo dolino Soče med najbolj priljubljene »outdoor« destinacije v Evropi. Od raftinga, tandemskih poletov do muharjenja in glasbenih kampov, obogateno z razgledi z okoliških vrhov in odkrivanjem zgodovinske dediščine prve svetovne vojne.

The picturesque world of the Julian Alps, the Triglav National Park and the emerald Soča River invite you for an active vacation. The valley will enthuse you with exceptional active experiences that rank the Soča Valley among the most popular outdoor destinations in Europe. Unforgettable experiences are enriched with the views from the surrounding peaks and by the exploration of historical heritage.

GORJE

Vasica med Bledom in Pokljuko vas bo pritegnila s pristnim vaškim utripom, čudovito naravno krajino in bogato kulturno dediščino. Vabi vas k odkrivanju tradicionalnih gorenjskih obrti, ki jih v kraju znova oživljajo, in naravnih biserov, ki so stkali okolico. Med njimi zagotovo kraljuje soteska Vintgar.

An idyllic village at the foothills of the Julian Alps between Bled and Pokljuka, Gorje will attract you with its genuine village vibes, magnificent natural landscape and rich cultural heritage. It invites you to discover the traditional crafts of Gorenjska, and the natural pearls that have built the environment. The pearl among them is most certainly the Vintgar Gorge.

KRANJSKA GORA

Pozimi priljubljeno smučarko središče in prizorišče tekmovanj za svetovni pokal alpskih smučarjev in skakalcev. Privlačna točka za ljubitelje adrenalinskih športov ter pohodnike in kolesarje. Številne aktivnosti bodo povsem zapolnile tudi družinske počitnice.

A town nestled in the embrace of mountains, full of ethnographic jewels and modern adrenaline sports. It is a popular ski centre in winter and a racing venue for alpine skiers and jumpers. It is also an attractive spot for adrenaline sports buffs, hikers and cyclists. Kranjska Gora is the perfect place for an active family vacation.

JESENICE

Mesto jekla in cvetja, ki še priča o bogati železarski tradiciji, vas iz središča industrijske dediščine vabi v svojo okolico, kjer mesto ponuja odlično izhodišče za izlete in sprehode. Mesto vas vodi med nikoli pozabljene spomine na fužine, ki so jih strnili v okoliš Stare Save z muzejskim središčem, okolica mesta pa vabi med poljane narcis na okoliških hribih.

The city of steel and flowers, full of rich steel production tradition, invites you to explore its environs directly from the centre of industrial heritage and thus presents an excellent starting point for tours and walks. The city guides you amidst the never forgotten memories of the ironworks, which are featured in Stara Sava with its museum centre, the surrounding area of the city invites you to walk among the daffodils and to the peaks of the surrounding hills.

RADOVLJICA

Dom medu in čokolade. Pristna arhitektura s srednjeveškim središčem in pestrost muzejev odlikujeta to očarljivo zgodovinsko mesto na pragu Julijskih Alp. Središče mesta vas vabi na očarljivo srečanje s preteklostjo, prežeto s sodobnim mestnim utripom, njena okolica pa vabi v naravo.

The home of honey and chocolate. The authentic architecture with the medieval centre and the diversity of museums shape this charming historical town at the doorstep of the Julian Alps. The centre of the town invites you to meet the past, infused with the modern urban atmosphere, its surroundings invite you to nature which offers a place for active experiences with its panoramic summits, clean rivers and vast forests.

ŽIROVNICA

Slikovite vasi pod Stolom in drugimi alpskimi vrhovi na Gorenjskem izžarevajo poseben mir in domačnost. Dediščina preteklosti jih oblikuje v srce kulture in čebelarstva. Je prostor doživljanja kulture in čebelarstva kot poezije kmetijstva, dediščine preteklosti, ustvarjalnosti svojih velikih mož ter izjemne kulturne in naravne krajine.

The picturesque villages beneath Stol and other alpine summits in Gorenjska have special characteristics that display peace and homeliness. The heritage of the past shapes them in the heart of culture and bee-keeping tradition. It is a place where you can explore culture and bee-keeping as the poetry of agriculture, the heritage of the past, the creativity of great Slovenians and the exceptional cultural and natural landscape.



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V vsakem večjem kraju najdete turistične informacije.

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Tourist Information Office can be found in every town. Every town also has a Health Centre.

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FOTOGRAFIJA NA ZADNJI STRANI | LAST PAGE PHOTOGRAPHY
Dolina Loške Koritnice / The Loška Koritnica Valley • Romeo Cermuta

TRIGLAVSKI NARODNI PARK
TRIGLAV NATIONAL PARK

1. 7. – 31. 10. 2019
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Uradni vodnik za obiskovalce biosfernega območja Julijske Alpe in narodnega parka v poletni sezoni 2019.

The official guide for visitors to the biosphere reserve Julian Alps and the national park in the summer season 2019.

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Dolina Loške Koritnice

The Loška Koritnica Valley

PETER MLEKUŽ

Peter Mlekuž (po domače *Toncov*), domačin iz Loga pod Mangrtom, je izvrsten poznavalec in opazovalec slehernega kottička in dogajanja v dolini, ki očara in navdušuje s svojimi prepadnimi stenami in bistrimi vodami. Njegova vizija botruje njegovemu poklicu – povezovanju različnih deležnikov s ciljem ohraniti naravo in kulturno dediščino ter ta izreden del Triglavskega narodnega parka razvijati v domačinom prijazno in obiskovalcu pomenljivo območje.

Peter Mlekuž (house name Toncov), a local from Log pod Mangrtom, is an expert in every hidden corner and event in the valley that enthuses with its steep rocks and clear waters. His vision has influenced his profession – to connect various stakeholders with the aim of preserving nature and cultural heritage, as well as to develop this exceptional part of Triglav National Park into an area that is kind to locals and meaningful to visitors.

Je slikovita dolina v Triglavskem narodnem parku, ki jo obdaja več kot petnajst dvatisočakov.

Mangrt, Jalovec, Loška stena z Briceljkom, Veliki vrh (Rombon) in Jerebica so le glavni vrhovi, ki obdajajo naš domači (k)raj.

Marsikomu se morda zdi odmaknjena in skrita, vendar je s soncem obsijana in dostopna čez celo leto. Kogar koli pot zanese k nam, mu zastane dih. Navdušeni so tisti, ki pot skrbno načrtujejo, začudeni nad močjo in lepoto doline pa so tudi oni, ki sem zaidejo le po naključju. Vedno znova srečo, veselje in ponos čutimo tudi domačini, ko se čez prelaz Predel vračamo domov in v sončnem zahodu uzremo Mangrt in Jalovec.

Log pod Mangrtom se kot osrednje naselje doline z okolico ponaša z bogato zgodovino ter številnimi naravnimi in kulturnimi znamenitostmi. Nekateri nam to malce zavidajo, drugi nam pravijo, da domačini tega ne znamo izkoristiti, tretji pa v veliki meri to počnejo mimo nas ... Ko zavijamo rokave za lastne ideje, se spet najdejo takšni, ki nas učijo drugače ... Razlika je samo

v tem, ali tu živiš, delaš in spiš 365 dni v letu, ali si le občasni obiskovalec ob lepem vremenu, ali podjetnik, ki žanje letni dobiček v juliju in avgustu, ali uradnik v eni od pisarn iz središča Slovenije.

Ko se spomladi budi življenje in s snežišč v dolino bučijo številni slapovi, poleti, ko pokošena diši in kot mladenka vabi številne v goste in v dolini mrgoli ljudi, jeseni, ko se s planin vrača drobnica in deževje naznaja počitek, pozimi, ko se narava umiri in snujemo nove načrte, so pristni trenutki, ki jih doživljamo domačini.

V primerjavi s preteklostjo nas danes na domačih tleh vztraja le peščica. Malo, a še vedno dovolj, da lahko sami ali v sodelovanju z drugimi izvedemo vse zastavljene cilje. Pri tem nas vedno navdihuje in vzbuja spoštovanje spomin na pretekle rodove, ki so v skromnih razmerah in z lastnim znanjem ohranili življenje v dolini. Včasih razmišljam in se sprašujem, kaj ima Triglavski narodni park od nas in mi od njega? Vprašanje je morda kot o kuri in jajcu. Zagotovo pa lahko zmagamo z obojestranskim sodelovanjem in zdravo pametjo.

This is a picturesque valley in Triglav National Park, surrounded by more than fifteen mountains over two thousand metres high.

Mangrt, Jalovec, Loška stena and Bricelj, Veliki vrh (Rombon) and Jerebica are the main peaks surrounding the valley.

Many find it remote and hidden, but it is always lit by sun rays and accessible all over the year. The area takes every visitor's breath away. Those who diligently plan their tour are enthused, and those who come here by chance are overwhelmed by the power and beauty of the valley. Time and time again, locals feel happiness, joy and pride whenever coming back home over the Predel pass and seeing Mangrt and Jalovec in the beautiful sunset.

As the centre of the valley, Log pod Mangrtom and its surroundings have a rich history as well as many natural and cultural features. Some people might even envy us, others say that the locals do not know how to exploit this, and some use it without us even knowing ... When we try to bring our own ideas to life, some people want to teach us otherwise ... It differs depending on whether you live, work and sleep here 365 days a year or you are just

an occasional visitor in nice weather, or an entrepreneur profiting in July and August, or just an official sitting in an office in the centre of Slovenia.

When life awakens in spring and when waterfalls storm to the valley from snowy areas, in summer when the grass is cut and when the valley invites guests for a visit and when there are many people there, and in autumn when the cattle return from the pastures, or in winter when nature settles down and when we make new plans, these are the genuine moments experienced by the local people.

Compared to the past, only a handful of us still persist in living on this land. A few but still enough to implement all the set goals by ourselves or in cooperation with others. We are always inspired and motivated by the respect and the memory of past generations who have preserved life in the valley in modest conditions and with their own knowledge. Sometimes I think about this and wonder what we offer to Triglav National Park and vice versa? This is a bit like the question about the chicken and the egg. But we can certainly win with mutual cooperation and common sense. •

**NARAVA NAS
POVEZUJE - PARKI
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V sodelovanju s Krajskim parkom Tivoli, Rožnik in Šišenski hrib Land-scape Park, the Parks Dinarides Network and WWF Adria bo informacijske točke TNP v poletnih mesecih krasila velika fotografska razstava, ki prikazuje 58 od 92 zavarovanih območij Mreže Parki Dinaridov od Slovenije, prek Hrvaške, Bosne in Hercegovine, Srbije, Črne Gore, Kosova, Severne Makedonije in Albanije.

Enkratno mednarodno fotografski projekt nam sporoča, da narava ne pozna meja in nas vedno povezuje.



In collaboration with the Tivoli, Rožnik and Šišenski hrib Landscape Park, the Parks Dinarides Network and WWF Adria, the TNP info points will host a major photo exhibition in summer, presenting 58 of the 92 protected areas of the Parks of the Dinarides Network, stretching from Slovenia, Croatia, Bosnia and Herzegovina to Serbia, Montenegro, Kosovo, North Macedonia and Albania.

The unique international photo projects sends a message that nature has not boundaries and shall always connect us. •



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KRAJSKI PARK
Tivoli, Rožnik
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