

TRIGLAVSKI NARODNI PARK

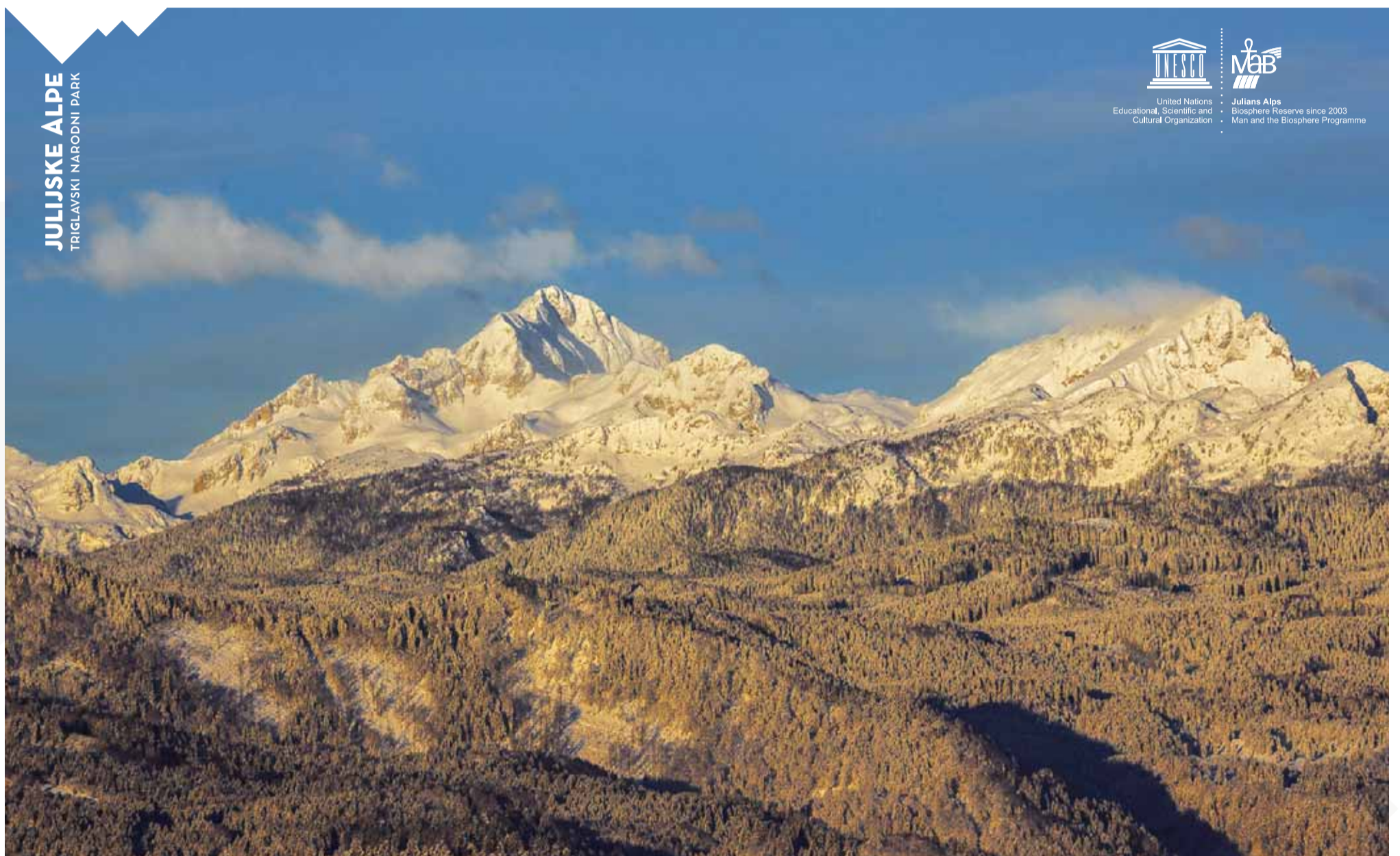
TRIGLAV NATIONAL PARK

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VODNIK ZA OBISKOVALCE BIOSFERNEGA OBMOČJA JULIJSKE ALPE • ZIMA 2019/2020
BIOSPHERE RESERVE JULIAN ALPS VISITOR GUIDE • WINTER 2019/2020

ZA OBISKOVALCE NARODNEGA PARKA • KAJ POČETI • SPOŠTLJIVO IN
ODGOVORNO OBISKOVANJE ZIMSKE NARAVE • ZEMLJEVID • KJER JE TAKO
LEPO, DA ZASTANE DIH • PR' PSNAK • ZA NAJMLAJŠE • KOLUMNA: K'BO
ANKRET PRTISNOV MRAZ

FOR NATIONAL PARK VISITORS • WHAT TO DO • RESPECTFULLY AND RESPONSIBLY
VISITING NATURE IN WINTER • MAP • WHERE BEAUTY TAKES YOUR BREATH AWAY •
PR' PSNAK • FOR OUR YOUNGEST VISITORS • COLUMN: WHEN THE COLD COMES



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

4 URE 4 HOURS

- Naužite se zimskih razgledov s sončnega smučišča Vogel.
- Sprehodite se okoli Blejskega jezera, privoščite si kosilo v starem mestnem jedru Radovljice.
- Obiščite Pokljuko, preizkusite tekaške smuči.
- Sprehodite se po Drežnici, fotografirajte mogočni Krn.
- Raziščite Informacijsko središče Dom Trenta na Logu, obiščite zimsko Trento.
- Enjoy winter views from sunny Ski Resort Vogel.
- Walk around Lake Bled and have lunch in the old town centre of Radovljica.
- Visit the Pokljuka plateau and try out some cross-country skis.
- Walk through the village Drežnica and take photos of majestic Mt. Krn.
- Visit the TNP Info Centre Dom Trenta at Na Logu and explore the Trenta Valley in winter.

CEL DAN FULL DAY

- Raziskujte Kolovrat, muzej 1. svetovne vojne na prostem.
- Uživate v zimskem pohodu v Tamar, občudujte mogočni Jalovec.
- Občudujte zimsko milino Bohinjskega jezera z razgledne Peči.
- Obiščite zamrznjen slap Peričnik in Slovenski planinski muzej.
- Opravite kuharski tečaj v Centru Triglavskega narodnega parka Bohinj v Stari Fužini.
- Explore the Kolovrat range and the First World War outdoor museum.
- Enjoy a winter hike to the Tamar Valley and marvel at the majestic view of Mt. Jalovec.
- Admire the winter bliss of Lake Bohinj from the Peč viewpoint.
- Visit the ice-locked Peričnik Fall and the Slovenian Alpine Museum.
- Take a cookery class at Center TNP Bohinj in Stara Fužina.

NEKAJ DNI SEVERAL DAYS

- Opravite smučarski tečaj na enem izmed številnih smučišč.
- Prehodite prisojen primorski del daljinske pohodniške poti Juliana.
- Spoznajte kulinarčne posebnosti Triglavskega narodnega parka.
- V družbi gorskega vodnika obiščite čaroben, a hkrati nevaren gorski svet.
- Take skiing lessons at one of the region's many ski resorts.
- Hike the sunny-side of the long-distance hiking Juliana Trail
- Learn about the culinary highlights of Triglav National Park.
- Visit the beautiful but also dangerous mountains in the company of a mountain guide.

LAČNI? HUNGRY?

- Siri z zaščiteno označbo porekla: Tolminc, Bovški sir, Mohant
- Domač bohinjski narezek
- Kozarec medu za spomin
- Pečena postrv
- Domač zeliščni čaj
- Tolminska frika
- Kobariški štruklji
- Ajdovi krapji (recept na strani 11)
- 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.
- Homemade herbal tea.
- Frika, a potato-cheese omelette from Tolmin area.
- Kobariški štruklji, a delicious dessert made from dough stuffed with walnuts, raisins and such like.
- Ajdovi krapji, a traditional buckwheat dumplings filled with a flavorful mixture of cottage cheese and millet porridge (recipe on page 11).



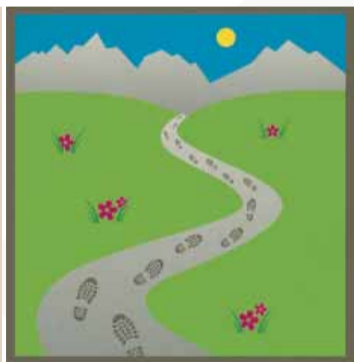


Za obiskovalce narodnega parka

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 v toplem delu leta pogojujejo rast alpske flore. Vegetacija ob planinskih in drugih poteh je prilagojena negostoljubnim razmeram gorskega sveta. Četudi ni snega – hoja izven poti v hladnem delu leta 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 in the warm part of the year. Sturdy vegetation along mountain and other trails is adapted to the demanding conditions of 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, even in the absence of snow.

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.

Taborjenje in bivačenje nista dovoljena.

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.

Raba motornih sani v naravnem okolju zavarovanega območja ni dovoljena.

Pojdite raje peš, nadihajte se svežega zraka.

Snowmobiles are not permitted in the natural environment. Decide to walk instead and breathe in the fresh air.

Droni so moteči – ne samo za mimoidoče – predvsem za živalski svet, ki v zimskem času varčuje z energijo. V zavarovanem območju so zaradi navedenega prepovedani.

Drones are a disturbance for the passers-by and, in particular, for the animals as they have to preserve their energy in order to survive the winter. For this reason, the flying of drones is prohibited in the natural environment.

Pravila in priporočila ravnanja v zavarovanem območju so med obiskovalci načeloma dobro sprejeta, kar pripomore k osnovnemu poslanstvu narodnega parka – za potomce ohraniti izjemno naravo tega neprecenljivega gorskega sveta. Varovati in ohraniti moramo izjemnost, prvobitnost in edinstvenost pojavov, ki jih prepoznavamo 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.

Compliance with the rules of conduct and recommendations on how to behave in a protected area is generally well-received because it supports the primary mission of the national park, i.e. to preserve outstanding areas of mountain nature for the future generations. Most visitors to Triglav National Park understand these rules and abide by them.



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.

V letu 2019 bilo tudi območje Julijskih Alp v Italiji prepoznano kot UNESCO območje, Človek in biosfera. Naslednji korak je pridobitev priznanja za celotne Julijske Alpe, h kateremu bosta upravljavca pristopila v prihodnosti.

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 normally rank among favourite 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 intergovernmental programme Man and Biosphere, which proclaimed the Julian Alps as the first biosphere reserve in Slovenia in 2003.

In 2019 the Julian Alps in Italy were also designated a UNESCO Man and Biosphere site. The next step will be to acquire this recognition for the entire area of the Julian Alps, and both managing authorities are already getting ready to take action.

Man and Biosphere 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.




















United Nations
Educational, Scientific and
Cultural Organization



Julians Alps
Biosphere Reserve since 2003
Man and the Biosphere Programme

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 www.tnp.si	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 www.tnp.si	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 www.tnp.si	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>
 BLEJSKI GRAD BLED CASTLE	Bled	Simbol Bleda <i>A symbol of Bled</i>	<ul style="list-style-type: none"> Razgledna ploščad / <i>Panoramic terrace</i> Muzej / <i>Museum</i> Restavracija / <i>Restaurant</i>
  SLOVENSKI PLANINSKI MUZEJ SLOVENIAN ALPINE MUSEUM www.planinskimuzej.si	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>
 GORNJESAVSKI MUZEJ MUSEUM www.gmj.si	Jesenice	Zgodovina železarstva in planinstva kot tudi etnološko izročilo Zgornjesavske doline <i>History of iron making and mountaineering, as well as ethnological heritage of the Upper Sava region (Zgornjesavska dolina)</i>	<ul style="list-style-type: none"> Železarska in paleontološka zbirka, Jesenice / <i>Iron making and paleontological collection, Jesenice</i> Etnološka zbirka, Jesenice / <i>Ethnological collection, Jesenice</i> Kosova graščina, Jesenice / <i>Kos Manor, Jesenice</i> Triglavska muzejska zbirka, Mojstrana / <i>Triglav Museum Collection, Mojstrana</i> Liznjekova domačija, Kranjska Gora / <i>Liznjek House, Kranjska Gora</i> Kajžnekova hiša, Rateče / <i>Kajžnek House, Rateče</i>
 OPLENOVA HIŠA IN STUDORSKI KOZOLCI OPLEN HOUSE AND TOPLAR HAYRACKS IN STUDOR www.bohinj.si	Bohinj / Studor	Muzej bivalne kulture Bohinjcev s konca 19. stoletja in slikovita skupina kozolcev / <i>Living culture museum of 19th century Bohinj, and a group of hayracks</i>	<ul style="list-style-type: none"> Črna kuhinja / <i>Black smoke kitchen</i> Gručasta vas Studor / <i>Clustered village of Studor</i>
 MUZEJ TOMAŽA GODCA TOMAŽ GODEC MUSEUM www.bohinj.si	Bohinj/Bohinjska Bistrica	Muzej celotne zgodovine Bohinja <i>Museum of the complete history of Bohinj</i>	<ul style="list-style-type: none"> Bohinj od poselitve do druge svetovne vojne / <i>Bohinj from the first settlements to the Second World War</i> Usnjarska razstava / <i>Leather-making exhibition</i> Kulturna dediščina Bohinja / <i>Cultural heritage of Bohinj</i>
 CERKEV SV. JANEZA KRSTNIKA CHURCH OF ST. JOHN THE BAPTIST www.bohinj.si	Bohinj/Ribčev Laz	Preko 700 let stara cerkev <i>The church is more than 700 years old</i>	<ul style="list-style-type: none"> Najlepši primerki slovenskega srednjeveškega stavbarstva in stenskega slikarstva / <i>Medieval Slovenian architecture and wall painting at its best</i>
 PLANŠARSKI MUZEJ ALPINE DAIRY FARMING MUSEUM www.bohinj.si	Stara Fužina/Bohinj	Tradicija življenja na planini v avtentičnem okolju <i>The life of herdsmen in the Bohinj's pastures in an authentic environment</i>	<ul style="list-style-type: none"> Sirarska delavnica z originalnimi predmeti <i>Cheese making shop with original making tools</i> Lesen planšarski stan s planine Zajamniki iz leta 1849 <i>Wooden interior of a shepherd's hut from high pasture Zajamniki from 1849</i>
 STARO MESTNO JEDRO RADOVLJICE Z OKOLICO RADOVLJICA'S OLD TOWN WITH SURROUNDINGS www.radolca.si	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, Radovljica / <i>Museum of Apiculture, Radovljica</i> Cerkev sv. Petra, Begunje / <i>St. Peter's Church, Begunje</i> Kovaški muzej, Kropa / <i>Iron Forging Museum, Kropa</i> Muzej Avenik, Begunje / <i>Avenik Museum, Begunje</i> Alpski smučarski muzej Elan, Begunje / <i>Elan Alpine Skiing Museum, Begunje</i> Lekarniški in alkimistični muzej, Radovljica / <i>Pharmacy and Alchemy Museum, Radovljica</i> Muzej talcev, Begunje / <i>Museum of Hostages, Begunje</i> Lectarski muzej in delavnica, Radovljica / <i>Lectar Workshop and Museum, Radovljica</i> Etnološki muzej, Mošnje / <i>Ethnological Museum, Mošnje</i> Galerija Šivčeva hiša, Radovljica / <i>Šivec House Art Gallery, Radovljica</i> Muzejska hiša Mežnarija, Kamna Gorica / <i>The Sextons' Museum House, Kamna Gorica</i>
 POT KULTURNE DEDIŠČINE ŽIROVNICA ŽIROVNICA CULTURAL HERITAGE PATH visitzirovnica.si	Žirovnica	Ena najlepših in najstarejših slovenskih tematskih poti povezuje rojstne hiše velikanov slovenske književnosti in čebelnjak pionirja sodobnega evropskega čebelarstva Antona Janše <i>One of the oldest and most beautiful Slovenian thematic routes connects the birth houses of the greatest Slovenian literary masters and the apiary of the pioneer of European beekeeping, Anton Janša</i>	<ul style="list-style-type: none"> Prešernova rojstna hiša, Vrba / <i>Prešeren's Birth House, Vrba</i> Čopova rojstna hiša, Žirovnica / <i>Cop's Birth House, Žirovnica</i> Jalnova rojstna hiša, Rodine / <i>Jalen's Birth House, Rodine</i> Spominski čebelnjak Antona Janše, Breznica / <i>Anton Janša's Memorial Apiary, Breznica</i> Zasebni Muzej preteklosti v zavetju Stola, Zabreznica / <i>Private Museum of the Past in the shelter of Mt. Stol, Zabreznica</i>
 KOBARIŠKI MUZEJ / KOBARID MUSEUM www.kobariski-muzej.si	Kobarid	Najbolj prepoznana in celovita zbirka dediščine Soške fronte / <i>The best-known and most comprehensive collection of the Isonzo Front heritage</i>	<ul style="list-style-type: none"> Pripoved o soški fronti, gorskem bojevanju v Julijskih Alpah in 12. soški bitki / <i>The tale of the Isonzo Front, mountain battles in the Julian Alps and the 12th Isonzo Battle</i>
 KOLOVRAT www.potmiru.si	Kobarid / Tolmin / Čedad (Cividale)	Panoramski razgledi na grebenu Kolovrata <i>Panoramic views from the Kolovrat ridge</i> Dostopno z avtomobilom / <i>Accessible by car</i>	<ul style="list-style-type: none"> Muzej prve svetovne vojne na prostem / <i>Open-air WWI Museum</i> razgledne točke na dolino Soče, Julijske Alpe in Jadransko morje / <i>Viewpoints of the Soča Valley, the Julian Alps and the Adriatic Sea</i>
 TOLMINSKI MUZEJ TOLMIN MUSEUM www.tol-muzej.si	Tolmin	Hrani arheološko, zgodovinsko in etnološko bogastvo Zgornjega Posočja / <i>Archaeological, historical and ethnological heritage of the Upper Soča Valley</i>	<ul style="list-style-type: none"> Nemška kostnica, Tolmin / <i>German Ossuary, Tolmin</i> Gregorčičev muzej, Vrsno / <i>Simon Gregorčič Museum, Vrsno</i>

UGODNOSTI
ZA
OBISKOVALCE
BENEFITS FOR
VISITORSKARTICA JULIJSKE ALPE:
BOHINJ

S kartico Julijske Alpe: Bohinj raziskujete in potujete brezplačno! Zimska BASIC kartica Julijske Alpe: Bohinj je na voljo vsem gostom partnerskih ponudnikov Turizma Bohinj **BREZPLAČNO**.



Če bivate pri partnerskem ponudniku Turizma Bohinj vsaj dve noči, vam priporočamo nakup Zimske PREMIUM kartice Julijske Alpe: Bohinj. Ponuja veliko več!

JULIAN ALPS CARD: BOHINJ

The Julian Alps Card: Bohinj enables you to explore and travel for free! The Winter Basic Julian Alps: Bohinj Card is available FREE OF CHARGE for all the guests staying with any of the Bohinj Tourist Board partner service providers.

If you are staying with a partner of the Bohinj Tourist Board for at least two nights, you should consider purchasing the Winter Premium Julian Alps Bohinj Card. It offers much more!

KARTICA JULIJSKE ALPE:
BLED - ZIMA

Z zimske kartice mobilnosti raziskujete in potujete brezplačno! Ugodnosti za imetnike kartice:

- Neomejena uporaba Blejskega zimskega shuttla do Kranjske Gore, Krvavca, Pokljuke in Vogla.
 - Brezplačno drsanje na Drsališču z razgledom – 1 vstop v času bivanja
- Kartico gostje, ki so nastanjeni pri partnerskem ponudniku Turizma Bled in prenočijo na Bledu najmanj tri noči, lahko prejmejo brezplačno. Kartica je na voljo od 20. decembra 2019 do 20. marca 2020.

JULIAN ALPS CARD: BLED - WINTER
The winter mobility card enables you to explore and travel for free! Benefits for card holders:

- Unlimited use of Bled winter shuttles to Kranjska Gora, Krvavec, Pokljuka and Vogel ski centres
 - Ice skating at the Bled ice rink with a view – 1 entrance
- The guests who are staying with one of the Bled Tourist Board partner service providers for at least three nights are entitled to the card free of charge. The card is available from 20 December 2019 to 20 March 2020.

SMUČARSKA VOZOVNICA
JULIJSKE ALPE

- Ena smučarska vozovnica / *One ski pass*
- 14 smučišč / *14 ski resorts*
- 3 države / *3 countries*
- Več kot 260 km urejenih prog / *More than 260 km of ski runs*

Smučišča Julijskih Alp so idealna za vse, ki se želijo izogniti množici in iščejo edinstveno smučarsko doživetje. Primerna so za začetnike kot tudi za izkušene smučarje. Proge so razmeroma mirne in nudijo več prostora za smučanje, čakalne vrste pa so krajše kot na drugih, bolj znanih smučiščih.

JULIAN ALPS INTERNATIONAL SKI
PASS

The ski resorts of the Julian Alps are ideal for those looking to escape the crowds and seeking a unique skiing adventure. Perfect for beginners and experienced skiers. Ski runs are often relatively quiet and provide plenty of space for skiing, lift queues are shorter than in other more popular resorts. Ski with a view of the Adriatic Sea and the highest peaks of the Julian Alps.

SMUČIŠČA / SKI RESORTS:

- Slovenija / *Slovenia*: Kranjska Gora, Krvavec, Cerklje, Kanin/Sella Nevea, Soriška planina
- Italija / *Italy*: Trbiž, Sella Nevea/Kanin, Zoncolan, Piancavallo, Forni di Sopra, Sauris
- Avstrija / *Austria*: 3Laendereck, Innerkrems, Goldeck

VEČ INFORMACIJ O NAKUPU VOZOVNICE / MORE INFO ABOUT TICKET:

- www.skislovenia.si,
- Infocenter Triglavsko roža Bled,
- hoteli/hotels Bled, Bohinj

JAVNI PREVOZ DO SMUČIŠČ / PUBLIC
TRANSPORT TO SKI RESORTS:

Iz Bleda / *From Bled*: www.bled.si
Iz Bohinja / *From Bohinj*: www.bohinj.si



Spoštljivo in odgovorno obiskovanje zimske narave

Respectfully and responsibly visiting nature in winter

Poletje je v naravi čas obilja. Razkazuje razkošje barv in ponuja bogastvo hrane na vsakem koraku.

Jesen je za živali čas priprave na dolgo zimo. Rastline so odcvetele, njihova semena in korenine pa čakajo, da spomladi sonce ponovno ogreje zemljo in jih prebudi. Nekateri živali nabirajo še zadnje zaloge hrane, ki jo skladiščijo na skritih mestih ali kar v lastnem maščevju, druge si iščejo toplo in varno mesto, kjer bodo pozimi spale ali hibernirale. Vse je urejeno, vsako živo bitje zna poskrbeti za svoj obstoj v manj prijaznem delu leta, ko primanjkuje hrane in toplote. V gorah je to pomanjkanje še bolj izrazito. Priprava na zimo zahteva še več energije in tudi za preživetje je potreben večji napor. Alpski svizec si vse poletje nabira podkožno maščevje, ki ga bo hranilo med zimsko hibernacijo.

Gamsi in kozorogi postanejo debelejši, njihova dlaka pa gostejša. Planinski zajci, hermeline in belke se odenejo v belo varovalno barvo, da jih plenilci težje opazijo.

Pozimi je res težko priti do hrane in vsaka nepotrebna izguba energije je lahko za živali usodna. Na prvi pogled zasnežena zimska pokrajina deluje prazno, vendar ni. Živali so še vedno tam, le skrivajo se v svojih pribežališčih. Belke in ruševci v snežni luknji le nekaj centimetrov pod snežno odejo, planinski zajci in hermeline v skalah, gamsi v grmovju in na sončnih strminah. Nikjer jih ni videti, vendar jih stopinje v globokem snegu izdajajo. Tam so in ta čudoviti, a hkrati zahtevni zasneženi svet, je njihov dom.

Nekoč je bila zima tudi za človeka čas, ko se je nekoliko umiril. Polja so počivala, delo je bilo omejeno na najnujnejše stvari. V zimsko naravo so se odpravili le lovci, ki jih je tja gnala potreba po hrani, ali pa logarji, ki so spravljali les. Svet pa se spreminja.

Obisk zasneženih gozdov, sprehod skozi alpsko dolino ali iskanje sončnih žarkov na prisojnih planinah veljajo za vrhunsko doživetje zimskega alpskega sveta. Iskalci svežega zraka in lepih razgledov z veseljem obiskujejo zimsko idilo Julijskih Alp.

S spremembo načina življenja in z razvojem opreme je vse več ljudi, ki pozimi zahajajo



RUŠEVEC
(*Tetrao tetrix*)
BLACK GROUSE

tudi više, v visokogorje. S primerno opremo, kot so dereze, cepini, turne smuči ali krplje, lahko človek osvaja še ne dolgo nazaj mirne predele gora.

Narava in njeni ritmi pa ostajajo enaki. Še vedno sta tam ruševci, ki čepi v svoji luknji, in gamsi, ki se s težavo premika v globokem snegu. Zato sta pozornost in previdnost do naravnega sveta nujna. Osnovno pravilo je – bodite čim manj moteči. Prebivalci, vajeni zahtevnih zimskih razmer, vam bodo hvaležni.



Summer is the time of abundance for nature, the time when nature proudly displays its colours and offers food at every step.

In autumn, animals begin to prepare for the long winter months. Flowers have shed their bright petals, and their seeds and roots are patiently waiting for the sun to warm up the soil again in the spring and wake them up. Some animals are saving up food for the winter, storing it in hidden places or in their body as fat, others seek warm and safe shelters to sleep or hibernate through the winter. In nature, perfect order is in place, and every living



KOZOROG
(*Capra ibex*)
ALPINE IBEX



GAMS
(*Rupicapra rupicapra*)
CHAMOIS



BELKA
(*Lagopus muta*)
ROCK PTARMIGAN



DIVJI PETELIN
(*Tetrao urogallus*)
WESTERN CAPERCAILLIE

organism ensures its own survival in the harsh part of the year when food and warmth are in low supply. This harshness of nature is even more expressed in the mountains. Preparing for and surviving the winter requires even more energy. In the summer, the alpine marmot builds up its subcutaneous fat, which it will use during hibernation. Chamois and ibexes put on some weight and their fur becomes thicker. Mountain hares, stoats and rock ptarmigans turn white in winter, which makes them harder to spot by the predators.

In winter food is hard to find and any loss of energy may prove fatal for the animals. At first glance, the winter countryside seems empty and bleak, but it is not. Animals are still there, but they have retreated to their hideaways. Rock ptarmigans and black grouse retire to their snow burrows just a few centimetres under snow cover, mountain hares and stoats in the rocks, chamois in the bushes and on south-facing slopes. They are nowhere to be seen, but the traces in the snow give them away. They are there and they call this beautiful but unforgiving snow-covered area their home.

In the past, winter was the time when also people slowed down a little. The fields were resting and work was limited to most urgent tasks. Resting nature was only stirred by hunters seeking food or loggers harvesting wood. Since then, however, the world has changed.

A walk in a snow-covered forest, a hike through an alpine valley or pursuit of sunshine on south-facing pastures is considered a superior experience of mountains in wintertime. Visitors seeking fresh air and stunning views are keen to return to the idyllic winter countryside of the Julian Alps.

As a result of changing lifestyles and equipment development, people now also go to high-altitude mountains in winter. With appropriate gear such as crampons, icepicks, touring skis and snowshoes, people can now conquer once undisturbed parts of the mountains.

However, nature and its rhythms do not change. The black grouse still rests in its snow burrows, and chamois struggle in deep snow. That is why it is our responsibility to be attentive to the natural environment. The basic rule is: minimise your disturbance. The inhabitants of the natural environment that are used to the harsh winter conditions will be grateful. •



PLANINSKI ZAJEC
(*Lepus timidus*)
MOUNTAIN HARE

PRIPOROČILA ZA OBISKOVALCE ZIMSKE NARAVE RECOMMENDATIONS FOR WINTER VISITORS

V gozdu se gibajte po gozdnih poteh ali markiranih stezah – izogibajte se gozdnih robov, saj se tam živali najraje zadržujejo.
Stay on designated forest trails and marked paths. Stay away from footpaths along forest edges because these are popular spots for animals.

Ne povzročajte nepotrebnega hrupa, kot je vriskanje, kričanje ali glasna glasba. Navdušenje izrazite na drugačen način.

Do not make unnecessary noise, e.g. yelling, shouting, or playing loud music. There are other, more positive, ways you can express your enthusiasm.

Če opazite žival, se mirno odmaknite.
If you spot an animal, move away quietly.

Izogibajte se predelom, ki jih živali uporabljajo za skrivanje in prehranjevanje. To so skalni in nezasneženi predeli ali razpoke.
Avoid the animals' hideaway spots and feeding grounds, such as rocks and unsnowed areas and crevices.

Pse vodite na povodcu.
Keep your dog on a leash.

Hodite in smučajte po ustaljenih planinskih poteh in turnosmučarskih trasah.

Walk or ski along frequented mountain trails and ski touring routes.

Pogosteje ste na gozdnatem terenu, večja je verjetnost, da boste preplašili živali – zato v gozdu ne delajte velikih ovinkov in svoje območje gibanja čim bolj omejite.

The deeper in the forest you go, the greater the chance you will disturb forest animals. To avoid this, keep your movements in the forest to the minimum.

**Z UPOŠTEVANJEM TEH NAPOTKOV BO OBISK ZIMSKE NARAVE
V ZADOVOLJSTVO TUDI NJENIM PREBIVALCEM.**

**IF YOU FOLLOW THESE GUIDELINES, NATURE'S RESIDENTS
WILL BE PLEASED WITH YOUR VISIT TO THEIR ENVIRONMENT.**



GAMS - RAZMERJE V PORABI ENERGIJE PRI HOJI ALI NA BEGU
CHAMOIS - ENERGY USE IN WALKING OR FLIGHT

VARNOST V GORAH SAFELY TO THE MOUNTAINS

Vaša varnost je pri zimskih aktivnostih v naravnem okolju odvisna od vaše presoje, telesne pripravljenosti in pozornosti. Bodite nemoteči obiskovalci.

As you pursue winter activities, your safety depends on your judgement, fitness level, and attention. Pursuit of any activity in Triglav National Park (e.g. walking, climbing) is at your own risk. •

	Bodite nemoteči obiskovalci. Ne povzročajte hrupa. Uporaba dronov ni dovoljena.	<i>As visitors, be respectful and quiet.</i>
		<i>The use of drones is prohibited.</i>
	VREME je lahko spremenljivo. S seboj vzemite rezervna topla oblačila, oblačite se v slojih.	<i>WEATHER in the mountains is very changeable. Bring a change of clothes, and dress in layers.</i>
	ZDRAVJE – na turo se podajte primerno telesno in psihično pripravljene z zadostno količino tekočine.	<i>HEALTH – When venturing on a tour, make sure it is suitable to your physical and mental fitness. Also, carry an adequate supply of liquid.</i>
	POTI – uporabljajte dobro uhojene in obiskane zimske poti.	<i>TRAILS – Use well-maintained and frequented winter trails.</i>
	OPREMA – uporabljajte zimsko opremo za obisk gora.	<i>EQUIPMENT – Use appropriate winter gear.</i>
	INFORMACIJE – pred odhodom na turo pridobite čim več aktualnih informacij o stanju na poteh, odprtih kočah in vremenu.	<i>INFORMATION – Before setting off, obtain the relevant information on the conditions of paths and trails, available mountain huts and bivouacs, and the weather.</i>
	DNEVI SO KRATKI – upoštevajte zimsko dolžino dneva.	<i>SHORT DAYS – Take into account the length of the daytime period in winter.</i>
112	V primeru nesreče kličite 112.	<i>In case of an accident call 112. •</i>



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.

CLIMBING A MOUNTAIN OR HIKING IN THE COMPANY OF A MOUNTAIN GUIDE

provides for a safe and memorable experience. IFMGA mountain guides can be booked at any TNP information centre or at www.tnp.si.

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 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



5. 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

6. INFO CENTER POT MIRU

WALK OF PEACE VISITOR CENTRE
Gregorčičeva ulica 8, Kobarid
T: +386 (0)5 38 90 167 • E: info@potmiru.si
www.potmiru.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. INFO TOČKA: PREŠERNOVA ROJSTNA HIŠA/ INFO POINT: PREŠEREN'S BIRTH HOUSE

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

12. INFO TOČKA: ČOPOVA ROJSTNA HIŠA/ INFO POINT: ČOP'S BIRTH HOUSE

Žirovnica 14, Žirovnica
T: 386 (0)4 580 15 03 • E: info@visitzirovnica.si
www.visitzirovnica.si

13. TIC JESENICE

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

14. TIC KRANJSKA GORA

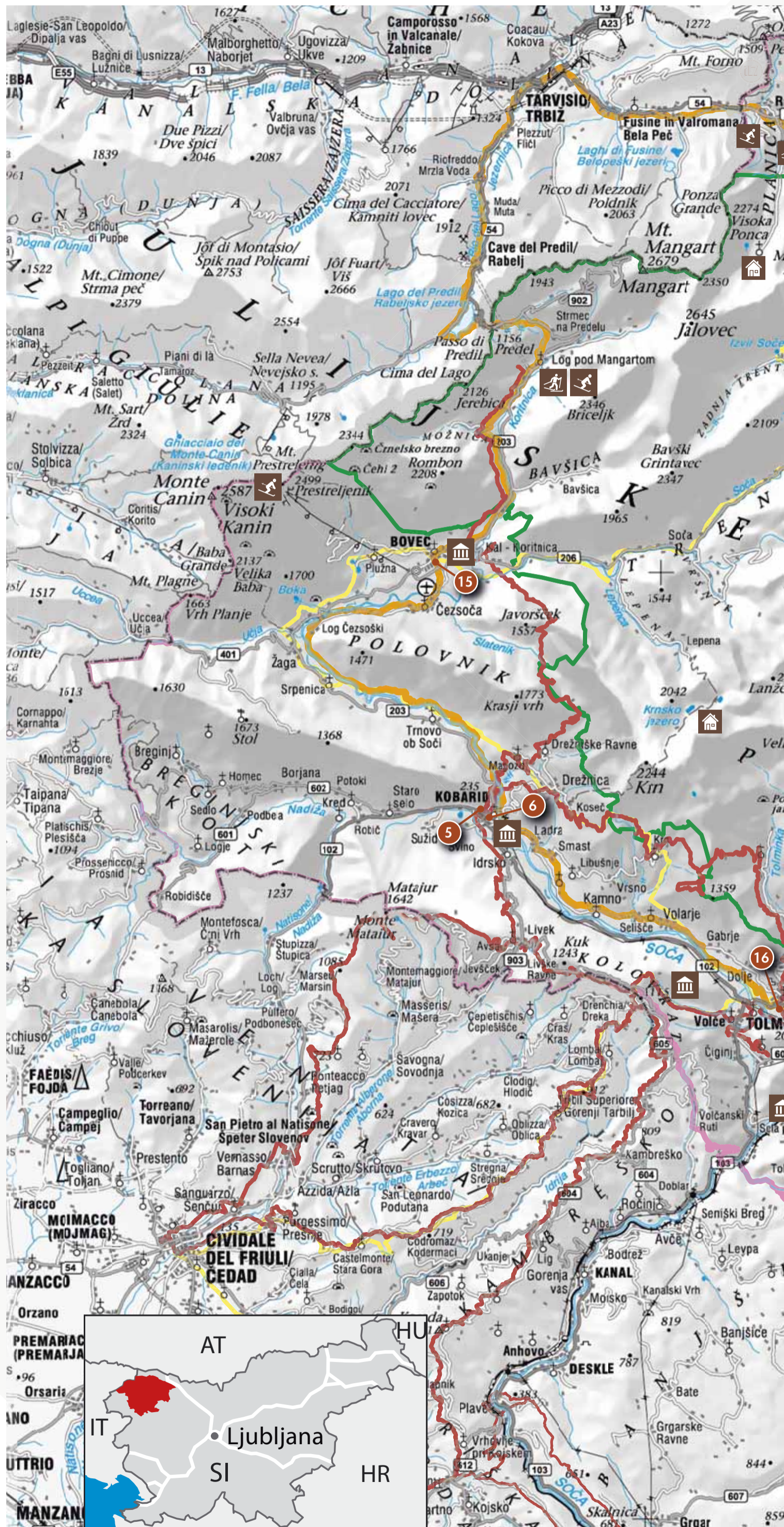
Kolodvorska ulica 1c, Kranjska Gora
T: +386 (0)4 580 94 40 • E: info@kranjska-gora.eu
www.kranjska-gora.si

15. TIC BOVEC

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





Kjer je tako lepo, da zastane dih

Where beauty takes your breath away



PARKOVNE POTI TRIGLAVSKEGA NARODNEGA PARKA

PARK TRAILS OF TRIGLAV NATIONAL PARK

Veličastni vrhovi Triglavskega narodnega parka odeti v belino so paša za oči in blagodejni za dušo. Obisk globokih, v neskončno tišino potopljenih dolin ter dihanje ledeno ostrega zimskega zraka veljata za izjemno doživetje, vendar le, če zimski svet obiščemo pripravljeno. Julijske Alpe so poznane po prisojnih južnih pobočjih in strmih severnih ostenjih. Kljub sončnemu vremenu so temperature običajno nizke in v nočnem času lahko tudi življenjsko nevarne. Že majhna količina nozopadlega snega lahko zabiše utrjeno gaz v globokem snegu. Pogosta spremljevalka slabega vremena je megla, ki lahko povzroči neprijetne orientacijske težave. Vaša pot naj bo izbrana upošteva navedena pravila. S tem se boste izognili neprijetnim in ogrožajočim posledicam.

Zimski pohodi, ki jih obiskovalcu priporočamo na naslednjih straneh, so primerni za ustrezno opremljenega in psihofizično dobro pripravljene obiskovalca. Pred začetkom ture preverite zimske razmere v info središčih Triglavskega narodnega parka ali v območnih Turistično informacijskih centrih.



The majestic snow-clad summits of Triglav National Park are a sight for sore eyes and a weary soul. A visit to deep-carved valleys sunk in boundless solitude and a breath of icy-cold winter air are a memorable experience, but only if we are prepared for our winter adventure.

The Julian Alps are famous for their sun-facing slopes and steep northern faces. Even in sunny weather, temperatures are normally low, even life-threatening in the night time. Any small quantity of new snow may hide a walked-in snow trail. Poor weather is often accompanied by fog, which may cause unpleasant orienteering problems. Choose your route wisely, taking into account the above facts, and avoid unpleasant and threatening circumstances.

Winter hikes and tours described in the continuation require a fit visitor with appropriate equipment. Before setting off, check the winter conditions with Triglav National Park Information Centres or regional Tourist Information Office.

POHODNIŠKA POT JULIANA JULIANA TRAIL

i info centri/Info Points TNP in/and Julijske Alpe
www.tnp.si, www.bohinj.si/dozivetja/juliana-trail/



JULIJSKE ALPE
TRIGLAVSKI NARODNI PARK

JULIANA TRAIL 270/16

DALJINSKA POHODNIŠKA POT LONG-DISTANCE HIKING TRAIL

Na Pohodniški poti Juliana ne boste osvojili nobenega gorskega vrha. V spoštljivi razdalji in v vznožju očiakov 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.

IZHODIŠČE: začetek vsake etape. V zimskem času priporočamo prisojna pobočja oziroma, da pred odhodom na pot preverite razmere.

DOLŽINA: 270 KM

Čas hoje je različen od etape do etape. Povprečna dolžina etape je 17,5 KM oz. 4–5 UR.

Za celotno pot pohodnik potrebuje med 15–20 DNI.

Za vse informacije glede razmer na poti ali glede vodenih pohodov kontaktirajte ali obiščite bližnji TIC oz info središče Triglavskega narodnega parka.

Potek poti najdete na zemljevidu tega časopisa na straneh 6 in 7.



The Juliana Trail does not conquer mountain tops but leads you in a respectful distance of the peaks along the edge of the Julian Alps and Triglav National Park. It takes your where you will feel the true 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.

STARTING POINT: the start of a stage, in winter choose sunny slopes and check the winter warnings and conditions before setting off.

DISTANCE: 270 KM

Time of walking differs from stage to stage. Average stage length is 17.5 KM, or 4-5 HOURS.

The entire Juliana Trail can be completed in 15 to 20 DAYS.

For all information regarding the road and trail conditions and guided tours, please contact the nearest Tourist Information Office or Triglav National Park Information Centre.

Please see pages 6 and 7 of this winter guide for the trail route.



POT MIRU WALK OF PEACE

i info centri TNP / TNP Info Points,
www.tnp.si, www.potmiru.si



POT MIRU

DALJINSKA POHODNIŠKA POT LONG-DISTANCE HIKING TRAIL

Pot miru od Alp do Jadrana povezuje območja in ljudi ter bogato kulturno in naravno dediščino vzdolž nekdanje soške fronte. Pripoveduje zgodbe preteklosti in življenja danes, omogoča pristna doživetja, ohranja spomin na žrtve vojne ter spodbuja vrednoto miru.

IZHODIŠČE: Log pod Mangartom oziroma začetek vsakega odseka. V zimskem času priporočamo prisojna pobočja oziroma, da pred odhodom na pot preverite razmere.

DOLŽINA: 400 KM

Čas hoje je različen od etape do etape. V zimskem času priporočamo izbiro prisojne/kopne etape.

Za celotno pot pohodnik potrebuje med 15–20 DNI.

V zimskem času priporočamo obisk nižinskih delov Zgornjega Posočja, Goriške, Krasa in obalnih predelov.

Za vse informacije glede razmer na poti obiščite Informacijski center Pot miru ali www.potmiru.si

Potek poti najdete na zemljevidu tega časopisa na straneh 6 in 7.



The Walk of Peace from the Alps to the Adriatic connects places and people, as well as the rich cultural and natural heritage of the ww1 Isonzo Front. It tells the stories of the life in the past and now, provides unique experiences, honours the memory of the victims of the war, and promotes the value of peace.

STARTING POINT: Log pod Mangrtom, or the start of any trail stage. In winter choose sunny slopes and check the winter warnings and conditions before setting off.

DISTANCE: 400 KM

Time of walking differs from stage to stage. In winter choose south-facing/dry sections or stages.

The entire Walk of Peace can be completed in 15 to 20 DAYS.

The low-lying sections of the Upper Soča Valley (Zgornje Posočje), Goriška, Kras and coastal areas are particularly recommended for winter hiking.

For all information regarding the road and trail conditions, please contact the Walk of Peace Visitor Centre or go to www.potmiru.si

Please see pages 6 and 7 of this winter guide for the trail route.





OKROG BOHINJSKEGA JEZERA / AROUND LAKE BOHINJ

i info centri TNP / TNP Info Points, www.tnp.si, www.bohinj.si



Bohinjsko jezero je največje naravno stalno jezero v Sloveniji. Jezerska skleda premore več kot 100 milijonov m³ vode, po stari bohinjški šali pa le "za en škaf", če je ta dovolj velik.

IZHODIŠČE: Ribčev Laz

DOLŽINA: 11,5 KM

VIŠINSKA RAZLIKA: zanemarljiva

ČAS HOJE: 2 URI 30 MIN

TEŽAVNOST: lahka pot

OPOZORILO: Po dolgotrajnem deževju pot ni prehodna.

Če prehodimo samo sončni severni del poti, se lahko do izhodišča vrnemo z rednimi avtobusi, ki vozijo na relaciji Ljubljana–Ukanc ali s SKI busom (vozni red je na voljo na spletni strani arriva.si).



Lake Bohinj is Slovenia's largest permanent lake. The lake depression contains more than 100 million m³ of water, or, according to an old Bohinj tale, enough water 'to fill a wooden bucket' if only it was big enough.

STARTING POINT: Ribčev Laz

DISTANCE: 11.5 KM

ELEVATION GAIN: negligible

TIME OF WALKING: 2 HOURS 30 MIN

DIFFICULTY: easy

WARNING: the trail is impassable after extended periods of rain.

If you only decide to walk the sunny, northern part of the trail, you may take a Ljubljana-Ukanc bus or a ski shuttle bus to the starting point (bus schedules available on arriva.si).



PLANINA USKOVNICA USKOVNICA PASTURE

i info centri TNP / TNP Info Points, www.tnp.si, www.bohinj.si



Kraška planota Pokljuka nudi v hladni polovici leta številne možnosti za rekreacijo. Sprehod od Rudnega polja do Planinske kočice na Uskovnici navduši z izjemnimi razgledi, v koči in hotelu pa se lahko okrepite tudi z jedmi, ki nosijo certifikat Bohinjsko/From Bohinj.

IZHODIŠČE: Športni center Triglav Pokljuka, Rudno polje

DOLŽINA: 4 KM

VIŠINSKA RAZLIKA: 180 M

ČAS HOJE: 1 URA (v eno smer)

TEŽAVNOST: lahka pot

Planinska kočica na Uskovnici je odprta. V zimskem času vozi iz Bohinjske Bistrice do Rudnega polja in obratno dvakrat dnevno SKI bus. Vozni red je na voljo na spletni strani bohinj.si



A plateau of karst origin, Pokljuka provides visitors with countless possibilities for recreation in the cold part of the year. A walk from Rudno polje to the mountain hut on the Uskovnica pasture offers impressive views, while the hut and the hotel provide guests with dishes designated with the certificate of origin Bohinjsko/From Bohinj.

STARTING POINT: Triglav Pokljuka Sports Centre, Rudno polje

DISTANCE: 4 KM

ELEVATION GAIN: 180 M

TIME: 1 HOUR (one way)

DIFFICULTY: easy

The mountain hut on Uskovnica is open. During winter time a SKI shuttle runs twice daily from Bohinjska Bistrica to Rudno polje and back. Bus schedule is published on www.bohinj.si



PUSTI GRAD PUSTI GRAD

i info centri TNP / TNP Info Points, www.tnp.si, www.radolca.si



Očarljiv potep iz starega mestnega jedra Radovljice, preko Save do razvalin Pustega gradu radovednemu obiskovalcu približa bogato naravno in kulturno dediščino.

PRIPOROČILO: podaljšajte sprehod do Kamne Gorice, slikovite kovaške vasi pod Jelovico, ki jo krasijo številni vodni kanali, mostovi ter mogočne fužinarske hiše.

IZHODIŠČE: Staro mestno jedro Radovljice

DOLŽINA: 9,4 KM

VIŠINSKA RAZLIKA: 242 M

ČAS HOJE: 2 URI 45 MIN

TEŽAVNOST: lahka pot



A lovely walk from the old town centre of Radovljica, across the Sava River and further to the ruins of Pusti grad presents the rich natural and cultural heritage to a curious visitor.

TIP: extend your walk to Kamna Gorica, a picturesque iron forging village at the foot of the Jelovica plateau, famous for its many water canals, bridges and blacksmiths' workshops.

STARTING POINT: Radovljica Old Town

DISTANCE: 9.4 KM

ELEVATION GAIN: 242 M

DURATION: 2 HOURS 45 MIN

DIFFICULTY: easy



PLANICA TAMAR PLANICA TAMAR

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



V to alpsko dolino vstopimo takoj za urejenim »svetom«. Zimski oklep dolino naredi čarobno. Pogled se sprehaja po prepadnih mogočnih severnih stenah Šit, Travnika, Jalovca in Ponc.

IZHODIŠČE: Nordijski center Planica

DOLŽINA: 4 KM

VIŠINSKA RAZLIKA: 150 M

ČAS HOJE: 1 URA (v eno smer)

PLANINSKI DOM TAMAR: odprt

Ustrezna zimska obutev in topla oblačila, v primeru globokega snega gamaše.



Located just a few steps from the urban, settled area, this alpine valley is a place of magical beauty when it is clad in its winter cloak. The experience is enhanced by stunning views of the precipitous north walls of Šite, Travnik, Jalovec and Ponc.

STARTING POINT: Planica Nordic Centre

DISTANCE: 4 KM

ELEVATION GAIN: 150 M

TIME OF WALKING: 1 HOUR (one way)

PLANINSKI DOM TAMAR: open

Suitable winter footwear and warm clothes, gaiters in case of deep snow.





Pr' Psnak – ekološka kmetija

Pr' Psnak – Organic Farm



**ZNAK
KAKOVOSTI
TRIGLAVSKEGA
NARODNEGA
PARKA**
SIMBOL KAKOVOSTI,
TRADICIJE IN SOŽITJA
Z NARAVO
TRIGLAV
NATIONAL PARK
QUALITY MARK:
PROOF OF QUALITY,
TRADITION AND
SUSTAINABLE PRACTICES



Poiščite simbol Znaka kakovosti in podprite tiste, ki si z visokimi standardi kakovosti prizadevajo za ohranjanje narave in kulturne dediščine Triglavskega narodnega parka!
Look for the Quality Mark logo and support those providers whose commitment to high quality standards supports the conservation of the natural and cultural heritage of Triglav National Park.

**NOSILCI ZNKA KAKOVOSTI
TRIGLAVSKI NARODNI PARK
TOURIST FARMS CARRYING THE
TRIGLAV NATIONAL PARK
QUALITY MARK**

EKOLOŠKA KMETIJA PSNAK
www.triglav-radovna.eu

TURISTIČNA KMETIJA PLAJER
www.eko-plajer.com

TURISTIČNA KMETIJA ČERNUTA
domen.cernuta@gmail.com

TURISTIČNA KMETIJA JELINČIČ
www.kmetijajelincic.si

TURISTIČNA KMETIJA GORJUP
www.ekokmetija-gorjup.si

TURISTIČNA KMETIJA LOVRČ
www.prilovrcu.si

ALPIK CHALETS
www.alpik.com

ECO CAMP KORITA SOČA
www.camp-korita.com

Ob cesti iz Mojstrane proti Bledu, v dolini Radovna, katera je v zgornjem toku istoiemenske reke v Triglavskem narodnem parku, stoji stara gostilna s tradicijo, gostilna Psnak. V gostilni nudijo domače jedi, v njihovih apartmajih pa lahko prenočite in tako doživite dolino Radovna v zgodnjem jutru, ko se narava prebuja, ali pa jo opazujete v poznem večeru – v vseh letnih časih. Psnakovi se ukvarjajo tudi s kmetijstvom, od leta 2000 dalje kmetujejo ekološko. Ob obisku gostilne pri delu lahko opazite štiri generacije. Najstarejša je Psnakova mama, najmlajši, njeni pravnuki, pa že poprimajo za lažja dela v gostilni. Psnakovi so nosilci znaka kakovosti Triglavskega narodnega parka.

Janko Lipovec ali po domače Psnakov Janko je glava družine. Je avtoprevoznik, gostinec, kmet, čebelar, skratka mož mnogih znanj, z občutkom za gosta, s katerim rad poklepeta.

Psnakova kmetija je ena izmed prvih šestih, ki so bile stalno naseljene v tej dolini. Klima je tu ostrejša, pozimi sonca ni prav veliko, in ko ga vprašam, ali je njegova družina kdaj razmišljala o odhodu, mi odgovori: »Pravijo, da ko zgradiš hlev, si na en prostor za živino privezan tudi sam. Predniki so začrtali pot in mi ji sledimo.«

Zima je v dolini Radovna mirna, pa vseeno obiskovalcu ponuja kar nekaj aktivnosti, kot so na primer sprehodi po spluženih poteh in smučarski tek po urejenih progah. Ni pa nam potrebno iskati posebnega razloga za obisk gostilne Psnak, kjer sta v vseh letnih časih združena dobra domača hrana in lepi razgledi.

Gostilno Psnak je odprla Jankova stara mama pred drugo svetovno vojno. Gostilna je bila sprva v leseni hiši v bližini glavne hiše. Jankov oče, Psnakov Lojzek, je dejavnost prenesel v hišo, kjer je ostala do današnjih dni. Enako dolga hišna tradicija je tudi čebelarstvo. Pri Psnaku razmišljajo o prihodnosti in želijo v korak s časom z namenom, da tudi mladi najdejo priložnost in ostanejo doma.

Hrana, ki jo gostom ponudijo, je v veliki meri pridelana na njihovi kme-

tiji ali pa jo odkupijo od sosedov. Značilna jed gostilne so ajdovi krapci.

Janko zaključuje takole: »Pri nas si radi vzamemo čas za gosta in si želimo, da si tudi gost vzame čas, da pogleda okoli sebe, opazi lepe male stvari ali mogočne oddaljene gore ter uživa v miru, ki ga dolina Radovne še vedno nudi v izobilju.«



Along the road that connects Mojstrana with Bled, in the Radovna Valley, where the upper stream of the river of the same name falls within the boundaries of Triglav National Park, is a traditional inn called Gostilna Psnak. The inn offers a varied menu



of genuine home-made food, and the holiday apartments welcome weary travellers who wish to experience the Radovna Valley in the early morning, when nature wakes up, or late in the evening – in all seasons of the year. The Psnak family also practises organic farming and has been operating an organic farm since 2000. Inn guests are amazed to see the inn is still run by four generations: the most senior member of the family is the Psnak grandmother, and the youngest, her

great-grandchildren, are already big enough to handle some chores and help out at the inn. The Psnaks and their inn carry the Triglav National Park Quality Mark.

Janko Lipovec, known locally as Psnakov Janko, is the head of the family. He is a transport operator, innkeeper, farmer, beekeeper, in short, a man of many talents and trades, who, nevertheless, always finds time to exchange a few words with his guests.

The Psnak farm is one of the first six permanently settled farms in the valley. Climate is harsh and sun is scarce in the winter, but when I ask Janko whether his family has ever thought about leaving the valley, he says: "They say that when you build a stable, one stall in it is yours. My ancestors paved the way, and we are following in their footsteps."

Winter is peaceful in the Radovna Valley, and yet it provides visitors with a range of fun winter activities, such as taking a walk along snow-cleaned roads or enjoying a round of cross-country skiing. But you need not wait for a special reason to visit Gostilna Psnak, because its delicious food and beautiful views are available year round.

The inn was started by Janko's grandmother before the Second World War. The first inn was situated in the wooden cabin next to the main road. Janko's father, or Psnakov Lojzek, transferred the activity to the farmhouse where it has stayed until today. Bee-keeping is the family's another traditional activity. The Psnaks have always been open to new possibilities; they kept up with the developments and tried to ensure that their children had an opportunity to live and work in their local environment.

The food the inn serves is mostly grown on the farm or bought from neighbouring farms. The signature dish of Gostilna Psnak is buckwheat dumplings, known locally as 'krapci'.

Janko concludes: "We like to take the time for our guests and we like our guests to take time to look at what is around, notice beautiful little things and mighty summits rising in the distance, and enjoy the peace that the Radovna Valley still has in abundance." •



AJDOVI KRAPI 'KRAPI'

Psnakova Tanja nam je zaupala
recept za ajdove krape.

NADEV:

1 kg suhe skute
1 dcl kisle smetane
4 dag prosene kaše
sol, poper

TESTO:

70 dag moke
(30 dag bele moke,
40 dag ajdove moke)
voda (po občutku)
15 g kvasa
0,5 dl olja

POSTOPEK:

Nadev:

Skuhaj proseno kašo
(kuhaj jo 5 minut) in jo odcedi,
dodaj ostale sestavine za nadev in
dobro premešaj. Naredi kroglice
velikosti žogice za golf.

Testo:

Ajdovo moko popari s
slano vodo. Kvasu dodaj žličko
sladkorja in počakaj, da nastane
gosta tekoča zmes. Zmesi ajdove
moke dodaj belo moko in kvas.
Dobro zmešaj vse sestavine. Dodaj
olje in do konca zamesi testo. Nato
pusti testo počivati 15 minut.

Od testne mase odtrgaj kepico,
naredi prostor za kroglico iz
nadeva in jo obleci s testom.
Dobro zapri vse stike. Ajdove
krape kuhaj pokrite v slanem
kropu približno 25 minut. Zabeli
jih po želji, z ocvirki, praženimi
kruhovimi drobtinicami ali
kako drugače.



*Tanja from Gostilna Psnak has
shared with us her recipe for
'krapi.'*

FILLING:

1 kg dry cottage cheese
1 dcl sour cream
4 dag millet groats
salt, pepper

DOUGH:

70 dag flour
(30 dag white flour,
40 dag buckwheat flour)
water (to taste)
15 g yeast
0.5 dl oil

PROCEDURE:

Filling:

Boil millet for 5 minutes, strain
it, add other ingredients and
mix well. Shape into small
balls the size of a golf ball.

Dough:

Slowly pour boiled salted water
over the buckwheat flour. Whisk
a spoonful of sugar into the yeast
until it has dissolved into a thick
liquid. Add white flour and yeast
to the buckwheat flour. Mix all
the ingredients, add oil and
knead the dough. Let the dough
rest for 15 minutes.

Cut off a chunk of the dough and
flatten it to make space for the
filling. Stretch the dough around
the filling and seal all the edges.

Put the dumplings into boiling
salted water for about 25 minutes.

Season to taste using pork
scratchings, roasted breadcrumbs,
or any other seasoning. •

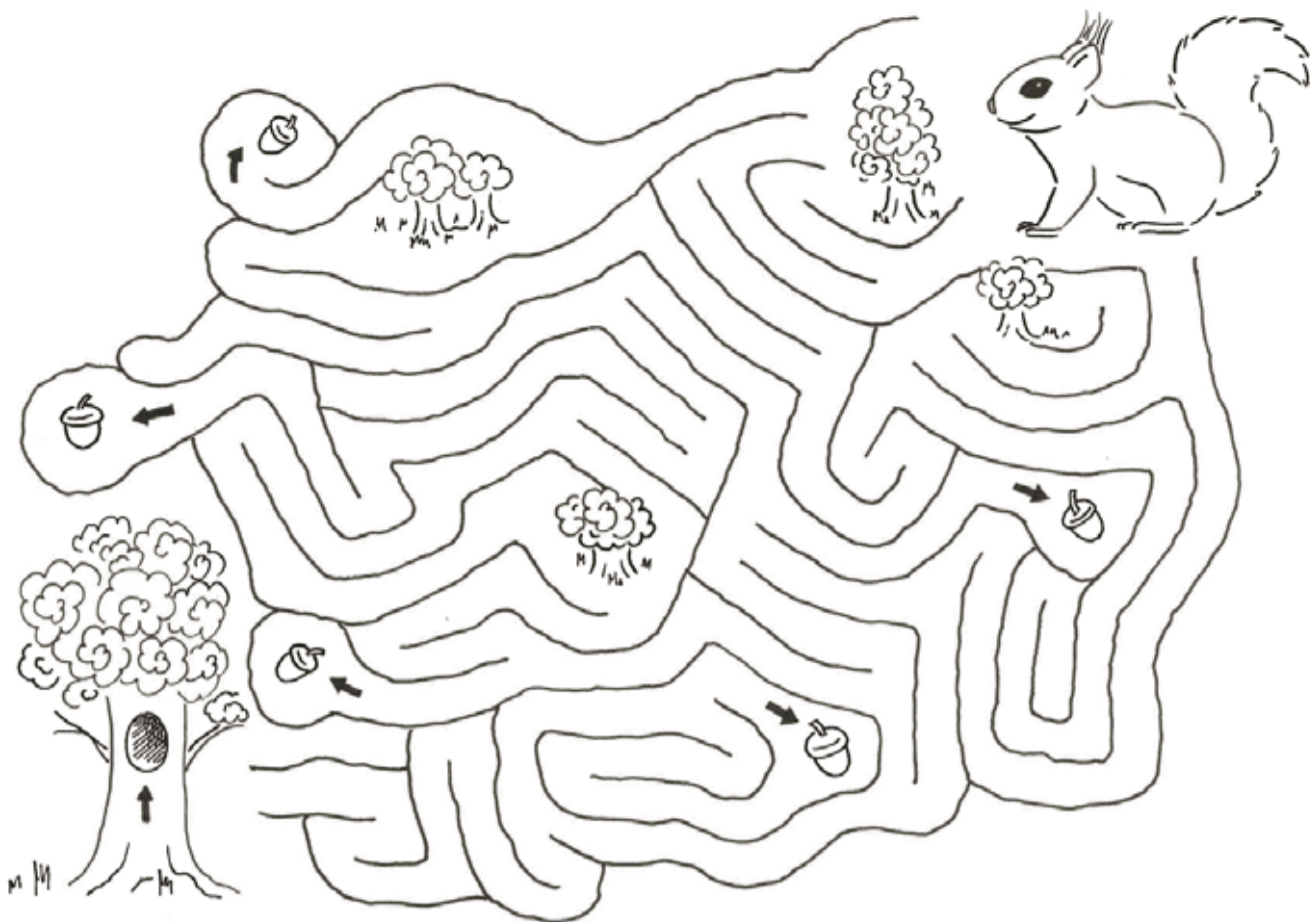
POMAGAJ VEVERICI, DA BO V DUPLO PRINESLA VSE ŽELODE.

Ker se bliža zima, se bo
odpravila po najkrajši poti.
Pomagaj ji najti najkrajšo
pot do želodov.



HELP THE SQUIRREL
BRING ALL THE ACORNS
INTO ITS NEST.

*With winter on its way,
the squirrel will take the
shortest route to the acorns.
Help her find it.*



Za najmlajše *For our youngest visitors*

ŽIVALI V SNEGU PUŠČAJO STOPINJE.

Katera žival je pustila stopnje v
snegu (poveži)?



ANIMALS LEAVE TRACES IN
THE SNOW.

*What animal has left these traces
in the snow (connect)?*



ANIMIRANI FILMI
TRIGLAVSKEGA
NARODNEGA PARKA
TRIGLAV NATIONAL PARK
ANIMATED FILMS

ŽELIŠ IZVEDETI VEČ?



TRIGLAVSKA
ZAKLADNICA



TRIGLAVSKA ZAKLADNICA





UPORABNE INFORMACIJE USEFUL INFORMATION

KLIC V SILI • SOS CALL

112

V vsakem večjem kraju najdete turistične informacije.

V vsakem večjem kraju se nahaja zdravstveni dom.

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

**TRIGLAVSKI
NARODNI PARK**
TRIGLAV NATIONAL PARK

www.tnp.si

Sledite nas



VREMENSKA NAPOVED
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www.vreme-si.com

RAZMERE NA CESTAH
ROAD CONDITIONS

www.promet.si

PLANINSKE KOČE IN POTI
MOUNTAIN HUTS & TRAILS

www.pzs.si

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Triglav • Aleš Zdešar

FOTOGRAFIJA NA ZADNJI STRANI | LAST PAGE PHOTOGRAPH
Bohinj z Viševnika | Bohinj from Mt. Viševnik • Boštjan Odar

TRIGLAVSKI NARODNI PARK
TRIGLAV NATIONAL PARK

15. 12. 2019 – 30. 4. 2020

letnik 9, št. 10 | Year 9, № 10

Uradni vodnik za obiskovalce biosfernega območja Julijske Alpe in narodnega parka v zimski sezoni 2019/2020.

The official guide for visitors to the Julian Alps Biosphere Reserve and the national park in the winter season 2019/2020.

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Triglav National Park Director

BLED, DECEMBER 2019 |

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10.000 izvodov | copies

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The Triglav National Park Authority reserves the right to change the programmes stated in the guide.

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K'bo ankret prtisnov mraz ... *When the cold comes...*

SIMON KRANJC

Simon Kranjc, po domače Mečnjekov iz Stare Fužine, je kot večina domačinov zaljubljen v bohinjsko naravo in običaje. Podjetni diplomirani inženir strojništva je v prostem času navdušen gornik, raziskovalec železove rude, ljubitelj kulturne dediščine, varuh gorske narave in zavzet član sveta krajevne skupnosti. Svoj odnos do dediščine z veseljem prenaša tudi na sovaščane in predvsem potomce.

Simon Kranjc, vulgo Mečnjekov from Stara Fužina, loves the nature and customs of Bohinj, like most locals. An entrepreneur by nature and a mechanical engineer by profession, Simon is also an avid mountaineer, explorer of iron ore, cultural heritage enthusiast, protector of mountain nature, and a committed member of the local community council. He is pleased to share his attitude towards cultural heritage with his fellow villagers and, most importantly, his children.

... je poved, ki sem jo kot otrok z vsem strahospoštovanjem uspel ujeti v pogovorih med staršema. Kot opomnik, da bo potrebno postoriti še zadnja jesenska opravila okoli domačije, preden nas v adventu težko pričakovane snežinke razveselijo s svojo mehko tišino. Takrat se vsa vas, vse po malem umiri. Le tu in tam ti v nosnice prhne sladkoben vonj po žganjekuhi, neke na drugem koncu vasi se slišijo koline, stara venecianka pa ob zgodnjih večerih zapoje svojo žagajočo melodijo. Še hiše se zdijo kot stare lokomotive, ki lenobno puhajoč vabijo v topel objem. Na čaj in piškote. In v suha oblčila, saj so tista na sebi med vlečenjem sank na bližnji hrib in ob izzivu lovljenja največje snežinke na jezik že malo zmrznila.

Ko se v pozni jeseni Bohinjsko-Tolminske gore odejejo v ognjene barve večerne zarje, vsi ti spomini in otroška pričakovanja vedno znova po malem oživijo. Tih pričakovanje zime, z njo prepotrebne umiritve, brez prekomernega pehanja za materialnimi dobrinami, kar se širi kot epidemija, brez obzira na zaključni račun. Potrebujemo več sožitja med ljudmi, sobivanja z naravo in upoštevanja njenih zakonitosti, saj smo vendarle del nje!

Potniki za en dan – na njenem tisočletnem potovanju.

Da se te zakonitosti spreminjajo, je dejstvo. Pred tem si ne gre zatiskati oči. Kot posamezniki moramo nekaj storiti in ne sme nam biti izgovor, da je vse le »kvazi propaganda« političnih in gospodarskih lobijev, ki s polnimi usti ekologije vidijo zgolj še eno priložnost za zaslužek. Zima in z njo za počitek narave prepotrebna snežna odeja se vse bolj odmika v višje ležeče kraje, medtem ko nižine običajno ostajajo dalj časa zelene. Za njo se selimo tudi njeni ljubitelji, potrebni umika iz vsakdanjega vrveža in prenatrpanega urnika. Zatorej spoštujmo, da v naravi nismo sami. Gibajmo se po za to označenih poteh, ne ubirajmo bližnjic in upoštevajmo mirne cone, kjer si živali obnavljajo svoje moči v težkih zimskih razmerah.

»Nato pregleda kašče ...

na pod nabije jazbeca in čuka,
nabrusi še sekiro si, zaneti ogenj
in zagodrnja ...

Tam v zraku pa po snegu zadiši.«

(odlomek iz pesmi Zima – Josip Murn Aleksandrov)

...is a sentence that always chilled me to the bone whenever I overheard my parents use it. It was a reminder that the time had come to take care of the last remaining chores around the house before the first, long-awaited snowflakes would come down in Advent, wrapping the world in a thick, puffy silence. With the first snow, the village, and everything in it, calmed down. The feathery whiteness was only occasionally interrupted by the sweet scent of schnapps cooking, the sound of traditional pig slaughter taking place on the other side of the village, or an old Venetian saw diligently roaring its favourite tune. Houses looked like old locomotives, lazily puffing smoke in the promise of a warm embrace. Tea and cookies. And the once dry clothes that have frozen solid in our many attempts to catch the largest snowflake with our tongues as we were pulling sleds up the nearest slope.

In late autumn, when the mountains between Bohinj and Tolmin begin to bask in glorious sunsets that look like sheets of flames, all these memories and childhood expectations come to life again. Quietly awaiting winter, along with its much-needed absence of haste, rather

than relentlessly pursuing material goods in an epidemic that keeps spreading regardless of the outcome. I wish for more harmony in human relationships, better coexistence with nature and respect for its laws. We are all part of nature – one-day passengers on its millennia-long journey.

The laws of Nature are changing. This is a fact and there is no sense in trying to block it out. However, quasi-propaganda of political and economic lobbies that are throwing the word 'ecology' around trying to fool us into believing that to them it is not just another source of income, should never be an excuse not to do anything. Winter and the snow it brings to help nature rest have been moving to higher elevations, keeping the valleys green for longer. As winter moves higher, so do we, its devoted admirers, eager for some recluse from the hustle and bustle of daily life. To do this, remember that we are not alone in nature. Stay on designated trails, do not take shortcuts, and respect the quiet zones which are intended to give animals the space they need to restore their strength during the harsh winter conditions. •

**INFORMACIJSKO SREDIŠČE
DOM TRENTA**

INFO CENTRE DOM TRENTA
Na Logu, Soča

T: + 386 5 388 93 30

E: dom-tnp.trenta@tnp.gov.si



27. 4.–30. 6., 1. 9.–31. 10.

vsak dan 10.00–18.00

every day from 10 a.m. to 6 p.m.

1. 7.–31. 8.

vsak dan 9.00–19.00

every day from 9 a.m. to 7 p.m.

27. 12.–26. 4.

ponedeljek–petek 9.00–14.00

Monday to Friday from 9 a.m. to 2 p.m.

November

zaprto / closed

**CENTER TRIGLAVSKEGA
NARODNEGA PARKA BOHINJ**

Stara Fužina 37-38, Bohinjsko jezero

T: +386 4 578 02 45

E: info.bohinjka@tnp.gov.si



27. 4.–30. 6. in 1. 9.–15. 10

vsak dan 9.00–17.00

every day from 9 a.m. to 5 p.m.

1. 7.–31. 8.

vsak dan 8.00 – 18.00

every day from 8 a.m. to 6 p.m.

16. 10.–26. 4.

ponedeljek–petek 10.00–15.00

Monday – Friday from 10 a.m. to 3 p.m.

sobota–nedelja 10.00–17.00

Saturday and Sunday from 10 a.m. to 5 p.m.

1. 1., 1. 11., 25. 12., velika noč / Easter

zaprto / closed

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BLED**

Ljubljanska cesta 27, Bled

T: +386 4 578 02 05

E: info.trb@tnp.gov.si



15. 4.–15. 10.

vsak dan 8.00–18.00

every day from 8 a.m. to 6 p.m.

16. 10.–14. 4.

vsak dan 8.00–16.00

every day from 8 a.m. to 4 p.m.

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DOGODKE.**

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