

# TRIGLAVSKI NARODNI PARK

## TRIGLAV NATIONAL PARK

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VODNIK ZA OBISKOVALCE BIOSFERNEGA OBMOČJA JULIJSKE ALPE • ZIMA 2022/2023  
BIOSPHERE RESERVE JULIAN ALPS VISITOR GUIDE • WINTER

SKRIVNOSTNE SILE NARAVE • ZA OBISKOVALCE NARODNEGA PARKA • USMERJENO OBISKOVANJE NARAVE • KRANJSKA GORA, JESENICE, ŽIROVNICA, RADOVLJICA • ZEMLJEVID • BOHINJ, BLED, GORJE, POKLJUKA • TOLMIN, KOBARID, BOVEC, TRENTA, LOG POD MANGRTOM • BIOSFERNA OBMOČJA SO ZRCALO SOŽITJA LJUDI IN NARAVE • ZNAK KAKOVOSTI TRIGLAVSKEGA NARODNEGA PARKA • KOLUMNA: PRIPRAVLJENI NA ZIMSKO NARAVO

THE MYSTERIOUS FORCES OF NATURE • FOR NATIONAL PARK VISITORS • VISITOR MANAGEMENT IN NATURE AREAS • KRANJSKA GORA, JESENICE, ŽIROVNICA, RADOVLJICA • MAP • BOHINJ, BLED, GORJE, POKLJUKA • TOLMIN, KOBARID, BOVEC, TRENTA, LOG POD MANGRTOM • BIOSPHERE RESERVES REFLECT THE COEXISTENCE OF PEOPLE AND NATURE • TRIGLAV NATIONAL PARK QUALITY MARK • COLUMN: READY FOR THE WINTER NATURE



JULIJSKE ALPE  
TRIGLAVSKI NARODNI PARK



unesco

Biosferno območje

### 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.

- 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 in se sprehodite okrog jezera.
- Obiščite zamrznjen slap Peričnik in Slovenski planinski muzej.
- 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 and take a walk around the lake.
- Visit the ice-locked Peričnik Fall and the Slovenian Alpine Museum.

### CEL DAN FULL DAY

- Opravite smučarski tečaj na enem izmed številnih smučišč.
- Prehodite primorski del daljinske pohodniške poti Juliana Trail.
- Spoznajte kulinarčne posebnosti Triglavskega narodnega parka.
- V družbi gorskega vodnika obiščite čaroben, a hkrati nevaren gorski svet.
- Občudujte Julijske Alpe na štiridnevni vodeni turno-smučarski odpravi.
- Take skiing lessons at one of the region's many ski resorts.
- Hike the sunny-side of the long-distance hiking trail - the 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.
- Admire the Julian Alps on a four-day guided ski touring expedition.

### NEKAJ DNI SEVERAL DAYS

- 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
- Bovški krafi
- Ajdovi krapi
- 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.
- Bovški krafi, a delicious dessert with Bovec pears.
- Ajdovi krapi, a traditional buckwheat dumplings filled with a flavorful mixture of cottage cheese and millet porridge.

### LAČNI? HUNGRY?





## Skrivnostne sile narave

### The mysterious forces of nature

MAJDA ODAR  
vodja informacijsko izobraževalne službe  
Head of Information, Education Service

**N**ihče zares ne ve, kakšna bo letošnja zima. Bela? Zelena? Suha? Deževna? Zagotovo pa drži, da je zimsko vreme polno presenečenj, ki segajo do veličastnih razgledov do dramatičnih pojavov in okoliščin, mnogo bolj tveganih od tistih v poletnih mesecih. Naši predniki so zato do zime vedno imeli spoštljiv odnos.

Zdrava kmečka pamet je v zimskih razmerah narekovala primerno opremo in ravnanje. Večplastna oblačila, pretežno ali v celoti volnena, debeli zimski »zokni«, nepremočljivi čevlji in rokavice na palec so bili nepogrešljivi in dragoceni. Na delo ali obisk so ljudje odhajali ob prvem svitu in se domov vračali krepko pred že sicer zgodnjo nočjo.

Zima je bila v alpskih dolinah čas počitka. V času ustvarjanja ličnih ročnih del za domačo kmečko pečjo so otroci odprtih ust poslušali povedke odraslih, ki so imeli do zadnjega zrna in posušenega kosa mesa preračunano ozimnico in do slehernega kota senika natačene zaloge sena. Sečnja dreves, furanje lesa in sena so bila glavna zimska zunanja opravila. Debeli snežna odeja je pomenila tudi zaključek lovne sezone, saj žival v ostrem mrazu potrebuje mir.

Ljudje pa so se vedno znali tudi poveseliti in iz nujnih opravil narediti praznik. Najbolj okusen običaj so koline. Najbolj težko pričakovano miklavževo. Najbolj družinski je božič. Za živino najbolj pomembno je štefanovo. Najbolj skrivnostno

otepanje. Najbolj prisrčno koledovanje. Najbolj šegavo pustovanje - slovo od zime in pozdrav pomladi.

Čustvovanje in uživanje prirode je tesno vezano na spoznavanje njenih moči. Sile prirode so bile prvotnemu človeku tajinstvene. Kakor nastopi spoznavanje, tajinstvena priroda izgublja svojo moč in vpliv na človeka, namesto tega nastopa spoštovanje in ljubezen do prirode.

DR. HENRIK TUMA (1858-1935),  
alpinist, jezikoslovec, odvetnik, politik, publicist

Tudi danes je tako. Prazniki v vaseh pod Triglavom združujejo in navdušujejo sorodnike, prijatelje in obiskovalce. Suhe prekajene mesnine, podkorenski parkelj Trentar, koledniške pesmi, bohinski otepavci, drežniški pust – namigi so vam na voljo v časopisu. Povedke – zbrane v knjigi ali pripovedovane, ubrano božično petje ob idiličnih jaslicah v vaških cerkvah in lični rokodelski izdelki so hrana za dušo in njihova bogata ponudba vas ne bo pustila ravnodušnih.

Sončne zimske dneve preživite na prostem. Naučite se svežega zraka na urejenih smučičih in tekaških progah, dobro shojenih (in varnih!) pohodniških poteh. Z ustrezno zimsko opremo (in znanjem!) bodo vašemu imunskemu sistemu slu-

žili kot zdravilo in poživilo.

Če pa se kljub bogati ponudbi doživetij v dolinah odpravite v visokogorski svet, imejte v mislih ne le lastno varnost in udobje, pač pa tudi varstvo in težke življenjske razmere živali, ki so v gorah doma. Belina snega in modrina neba sta neprepeljiva vizualna kompozicija, v kateri pa ob spremembi jakosti in smeri vetra že naslednji dan diha in brije ledeni mraz.

Bodisi za toplo kmečko pečjo ali v zimski krajini – obisk narodnega parka naj bo vam v zadovoljstvo, domačinom v ponos, Naravi pa spoštljiva mimobežnica.

**Noone really knows what this winter will be like. White? Green? Dry? Rainy? We can be sure, however, that it will be unpredictable, with stunning views as well as dramatic weather phenomena and conditions much riskier than any we encounter in summer. That is why our ancestors always had a special reverence for winter.**

For them it was a matter of common sense to provide themselves with winter gear and adapt their activities to winter conditions. Layered clothing, made mostly or entirely of wool, thick socks, waterproof boots, and mittens were essential parts of winter wardrobe. People usually set off for work or visit at dawn

and returned before it was time for the early night to set.

In alpine valleys, winter was a time for rest. During long hours of doing handicrafts next to the warmth of the tiled stove, children listened open-mouthed to the tales told by grownups, who made sure that their preserves were strictly rationed down to a grain of wheat and chunk of dried meat and their hayracks filled to the brim with hay. The main outdoor activities in the winter were timber harvesting and logging, and hay transport. Thick snow brought an end to the hunting season, as animals needed peace to sustain the severe cold.

Clearly, people always made time for joy and celebration, turning ordinary tasks into festive events. Traditional pig-slaughter is the tastiest, St. Nicholas' Eve the most anticipated, Christmas is the central family event, St. Stephen's Day the biggest day for the cattle and horses, 'otepanje' as Christmas caroling by masked young lads is the most mysterious, and 'koledovanje' of children carolling and making rounds is the cutest. The funniest tradition is the Carnival, which bids farewell to winter and welcomes the arrival of spring.

Enjoyment and appreciation of nature is closely connected with the understanding of its powers. The forces of nature were a mystery to an ancient man. With knowledge, however, mysterious nature began to lose its hold on man, and fear and awe were replaced by respect and love.

DR. HENRIK TUMA (1858-1935),  
alpinist, linguist, attorney, politician, publicist

It is the same today. In the villages at the foot of Triglav holidays bring together families, friends, and visitors. Cured meats, Trentar – the leader of the devilish creatures 'parkeljini' from Podkoren, Christmas carols, masked young lads making rounds and collecting gifts, the Drežnica Carnival – browse this newsletter for more tips.

Tales, whether collected in a book or passed from mouth to mouth, Christmas carols sang at the nativity scene in idyllic village churches and the cute handicrafts will nurture your soul.

Spend the sunny winter days outdoors. Breathe in the fresh air on the well-kept ski slopes and cross-country skiing tracks, and well-trodden (and safe!) hiking trails. With a proper winter gear (and skill!) they will boost your immune system and your spirit.

If despite the vast range of experiences on offer in the valley you still cannot resist the appeal of high-altitude mountains, bear in mind that you are responsible for your own safety and for the protection of the animals who make mountains their home and for their survival in harsh conditions. The whiteness of snow and the blue of the sky create a stunning visual composition, which may turn into biting cold at just a minor change in the strength and direction of the wind.

Be it next to the warm tiled stove or in the winter countryside, we hope that your visit to the national park is an enjoyable experience for you, a source of pride to the local people, and a respectful but fleeting encounter for Nature.



## Za obiskovalce parka

### For national park visitors

**P**ravila 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 rodo-ve. Velika večina obiskovalcev Triglavskega narodnega parka ta pravila razume in jih tudi dosledno spoštuje.

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.



ODPRTOST PLANINSKIH KOČ  
OPENING TIMES OF MOUNTAIN HUTS



PRAVILA OBNAŠANJA  
CODE OF CONDUCT



SNEŽNE RAZMERE IN NEVARNOST PLAZOV  
SNOW CONDITIONS AND AVALANCHE ALERTS



PREVERI AKTUALNE ZIMSKJE RAZMERE  
CHECK THE CURRENT WINTER WEATHER CONDITIONS



PRIPOROČAMO  
WE RECOMMEND

VAŠ KORAK JE POMEMBEN  
YOUR STEP MATTERS



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



FURANJE SENA  
HAY TRANSPORT



OTEPANJE V BOHINJU  
'OTEPANJE IN BOHINJU' AS CHRISTMAS CAROLING BY MASKED YOUNG LADS



## Usmerjeno obiskovanje narave

### Visitor management in nature areas

**V**si navdušenci nad snegom bi si želeli ogromne količine snega, ki bi zapadel na predvečer Miklavža in se obdržal vse tja do marca. Ali še poznamo take zime? Starejši ljudje verjetno še, mlajši pa morajo imeti že veliko sreče, da zimske počitnice preživijo na snežnih poljanah.

V gorah je drugače. Kljub temu, da je tudi v gorah povprečno vse manj snega, je pozimi vsaka dejavnost tam težja in bolj nevarna. Na zimski obisk gora se moramo dobro pripraviti z ustrezno opremo in znanjem. Poleg tega pa je potrebno tudi spoštljivo obnašanje, ki je za gorske prebivalce pozimi še bolj pomembno. Zanje je zima čas boja za obstanek. Nenehno iskanje hrane po zamrznjeni pokrajini, umikanje vetrovom in iskanje zavetja so aktivnosti, ki zahtevajo veliko energije. Narava je to rešila na več načinov. Nekatere živali zimo preprosto prespijo, druge otrpnejo, tretje se odselijo. So pa tudi vrste, ki ostanejo in se prilagodijo

na ostre življenjske pogoje. Koconoge kure ždijo v snežnih luknjah, kozoroge in gamse pred mrazom varujejo debeli kožuhi. Nekatere vrste pred plenilci varuje bela obarvanost, ki pa se v zimah brez snega lahko izkaže za nevarno. Narava ohranja svoje ritme in se ne prilagaja tako hitro kot človek, ki s svojimi vplivi spreminja okolje.

Zimsko naravo v gorah najbolj zaznamuje mir. V preteklosti so gore samevale dolge mesece in njeni prebivalci niso po nepotrebnem izgubljali energije z begom ali izogibanjem človeku. S povečanim obiskom gora pozimi pa raste tudi potreba po spoštljivem in usmerjenem obiskovanju. Po dolgoletnem spremljanju razširjenosti posameznih vrst in ob poznavanju njihovih ekologije smo v narodnem parku določili območja, kjer je nujno potrebno, da se ohranja mir za ohranitev vrste. Imenujemo jih »mirna območja«. To so območja, kamor se vrste zatekajo, prehranjujejo ali pari. Razumeti moramo, da so to kraji, kjer naša prisotnost ni zaželena oziroma je celo škodljiva.



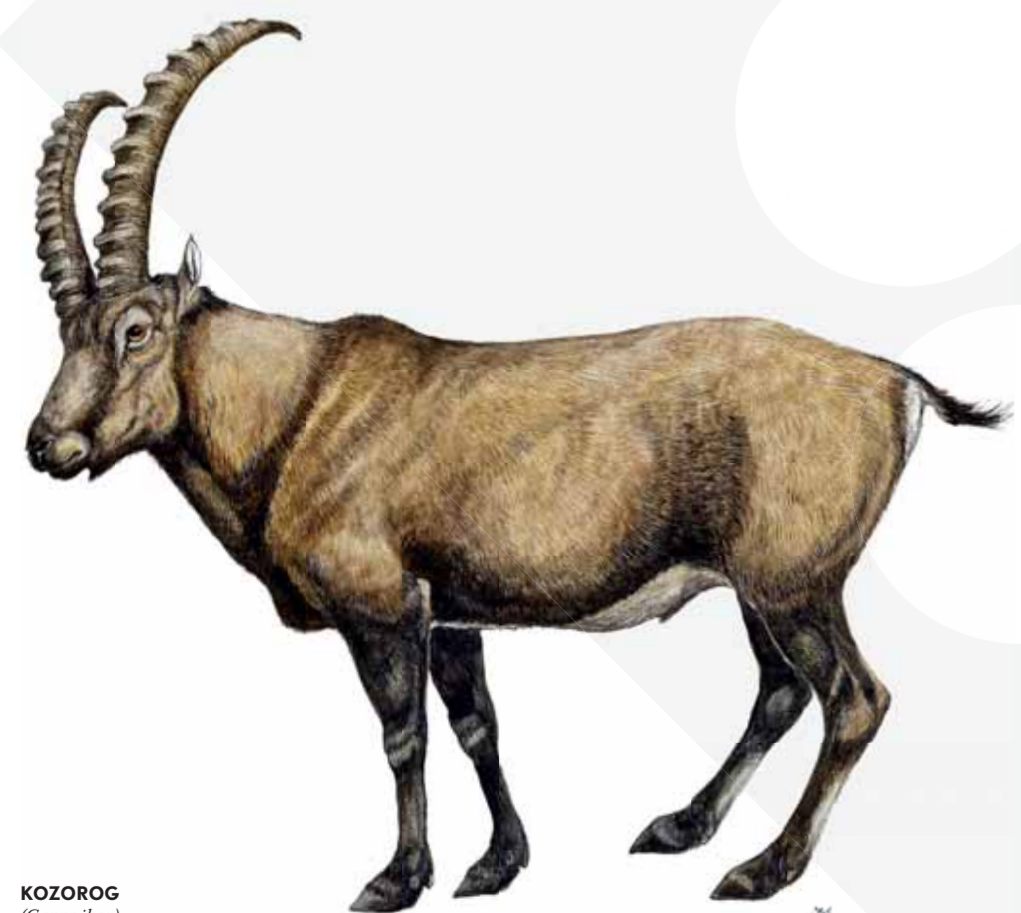
Zato se je pred vsakim obiskom Triglavskega narodnega parka treba pozanimati ne le o razmerah, temveč tudi o tem, kje so mirna območja, ki se jim moramo izogniti, da ne bi motili živali. Sliši se kot še en napor več, vendar je to znak, da smo pravi ljubitelji narave in ne samo iskalci instagram fotografij ter dokazovalci svojih podvigov. Narava se nam bo oddolžila na tisoč načinov.

**What will this winter bring? Snow lovers are keeping their fingers crossed for lots of snow that would fall on St. Nicholas' Eve and stay well into March.** But do we still get winters like that? If you are older, you might remember them, but the young are very lucky if they can spend their winter holidays on snow.

*Mountains are different. Even with less and less snow, everything is harder and more*

*dangerous there. We need to make sure we have the right equipment and skills to visit the mountains in winter. In wintertime our responsible behaviour is even more important for mountain animals. For them winter is a time of struggle and fight for survival. Constant searching for food on snow-covered land, seeking shelter from winds and rough weather requires a lot of energy. Nature has provided animals with many options to resolve this challenge: some sleep through winter, others go into brumation, or migrate. Still, many species stay and adapt to harsh weather conditions. Grouse winter in holes in the snow, ibexes and chamois have thick fur to keep them warm. Some animals turn white in winter to be protected from predators but in green winters this may be risky. Nature always keeps its rhythms; it does not adapt as fast as people who are changing the environment with our actions.*

*The word that best describes winter nature in the mountains is – peace. In the past mountains were secluded for months and their resi-*



**KOZOROG**  
(*Capra ibex*)  
ALPINE IBEX

## 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 gozdnem 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.



**RUŠEVEC**  
(*Tetrao tetrix*)  
BLACK GROUSE



**BELKA**  
(*Lagopus muta*)  
ROCK PTARMIGAN

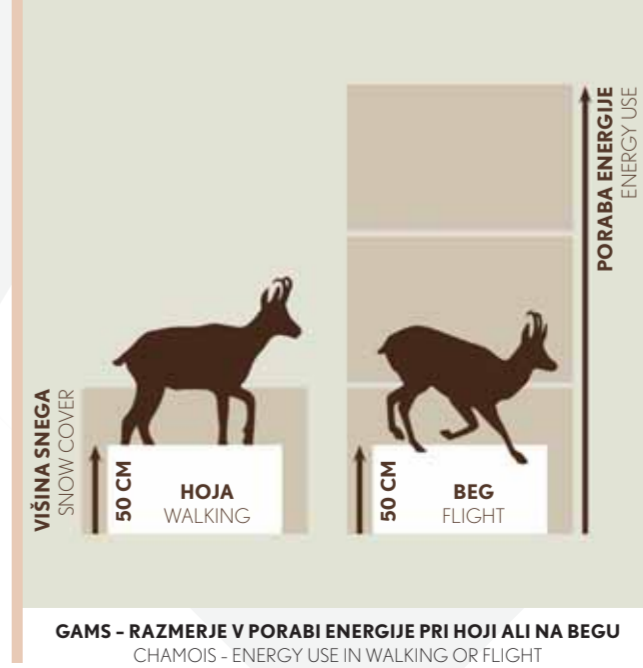


**DIVJI PETELIN**  
(*Tetrao urogallus*)  
WESTERN CAPERCAILLIE

Animals did not need to waste energy trying to flee or avoid humans. With the number of mountain visitors increasing also during winter, there is a greater need for responsible and controlled visitation. After years of monitoring the distribution of certain species and their ecology, the national park has designated 'quiet zones', where animals can go to breed or find shelter and food. We need to understand that in these areas peace is vital for the preservation of the species and that human presence there is unwanted or even potentially harmful. Before you set off to the Triglav National Park in winter, check the weather conditions as well as the existence of any 'quiet zones' to avoid disturbing the animals. This may sound like one more rule to follow, but observing it is a proof that you are a true nature lover and not just there for another achievement or a beautiful Instagram photo. Nature will repay you many times over.



**PLANINSKI ZAJEC**  
(*Lepus timidus*)  
MOUNTAIN HARE



## VARNO V GORE

### SAFELY TO THE MOUNTAINS



Triglavski narodni park je edini narodni park v Sloveniji. V tem čudovitem in občutljivem naravnem okolju in kulturni krajini smo obiskovalci le gostje. Dobrodošli!

Triglav National Park is the only national park in Slovenia. Visitors are only guests in this beautiful and sensitive natural environment and cultural landscape. Welcome!

Bodite nemoteči obiskovalci. Mir in tišina naj bosta privilegij prebivalcev in obiskovalcev. Pes mora biti na povodcu.

As respectful visitors, make sure the area remains a place of peace and quiet for residents and visitors. Dog must be on a leash.

Vreme je lahko 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.

Svoje vozilo pustite na označenih parkirnih mestih. Uporabljajte javni prevoz.

Leave your vehicle in a designated car park. Use public transport.

Občutljivo naravno okolje zahteva pozornega obiskovalca, zato hoja zunaj označenih poti ni priporočljiva. Na izpostavljenih delih je velika možnost zdrsra. Za vzpone v visokogorje priporočamo spremstvo gorskega vodnika.

Attentive visitors appreciate the fragile natural environment and keep to designated trails. High risk of slipping on steep terrain. Hiring a mountain guide is recommended for high-altitude hikes.

Prenočevanje izven za to določenih mest ni dovoljeno.

Visitors are not allowed to spend the night outside designated areas.

Drnanje na visokogorskih jezerih je prepovedano.

Ice skating on frozen alpine lakes is forbidden.

Dnevi so kratki – upoštevajte zimsko dolžino dneva.

Short days – Take into account the length of the daytime period in winter.

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

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

# Kranjska Gora, Jesenice, Žirovnica, Radovljica

»Prihajate v edinstveno Biosferno območje Julijske Alpe. Veselimo se vašega obiska in vam odpiramo naša srca. Spoštujte življenja lokalnega prebivalstva in ravnajte pazljivo z neokrnjeno naravo, ki nas obdaja. Le tako boste tudi naslednjim generacijam omogočili, da doživijo tako lepe trenutke v našem gorskem svetu, kot jih doživljate ta trenutek vi.«

"You are entering the unique Julian Alps Biosphere Reserve. We are welcoming you with open hearts. Please respect the local people and their way of life as well as the pristine nature that surrounds you – only with your support, the following generations will be able to enjoy such memorable moments in these mountains as you are experiencing today."

**MATJAŽ PODLIPNIK**

vodja Slovenskega planinskega muzeja in predsednik TD Dovje-Mojstrana  
 Head of Slovenian Alpine Museum and President of the Dovje-Mojstrana Tourist Association



Escape muzej Kajženkova hiša / *Escape Museum Kajženk's House*

Muzej Kranjska Gora, Liznjekova domačija / *Kranjska Gora Museum, Liznjek Homestead*

Muzej Planica / *Planica Museum*



Slovenski planinski muzej Mojstrana in info točka Triglavskega narodnega parka / *Slovenian Alpine Museum Mojstrana and Triglav National Park Info Point*

Pocarjeva domačija, Zgornja Radovna / *Pocar Homestead, Zgornja Radovna*

Muzej Kosova graščina, Jesenice / *Kos Manor Museum, Jesenice*

Muzej delavske kulture, Jesenice / *Worker's Culture Museum, Jesenice*

Prešernova rojstna hiša, Vrba / *Prešeren's Birth House, Vrba*

Finžgarjeva rojstna hiša, Doslavce / *Finžgar's Birth House, Doslavce*



Čebelarški muzej, Radovljica / *Museum of Apiculture, Radovljica*

Lekarniški in alkimistični muzej Radovljica / *Pharmacy and Alchemy Museum*

Alpski smučarski muzej Elan, Begunje / *Elan Alpine Skiing Museum, Begunje*

Muzej Avsenik, Begunje / *Avsenik Museum, Begunje*



**V NARAVO IN NA SMUČANJE  
Z JAVNIM PREVOZOM**  
 NATURE AND SKIING BY PUBLIC  
 TRANSPORT



**IZHODIŠČE**  
STARTING POINT



**DOLŽINA**  
DISTANCE

**VIŠINSKA RAZLIKA**  
ELEVATION GAIN

**ČAS HOJE**  
DURATION



**TEŽAVNOST**  
DIFFICULTY



**SNEŽNE RAZMERE IN  
NEVARNOST PLAZOV**  
SNOW CONDITIONS AND  
AVALANCHE ALERTS



**PRAVILA OBNAŠANJA**  
CODE OF CONDUCT



KUPIJ  
LOKALNO  
BUY LOCAL



**3 PO ETAPAH 1, 2, 3, IN 4  
POHODNIŠKE POTE  
JULIANA TRAIL**  
STAGES 1, 2, 3 AND 4 OF THE  
JULIANA TRAIL



JULIANA TRAIL



**4 NARAVNI REZERVAT ZELENCI**  
ZELENCI NATURAL RESERVE



**5 KRNICA**  
KRNICIA VALLEY



**6 NARAVOSLOVNA IN  
RUDARSKA UČNA POT  
TRILOBIT, JAVORNIŠKI ROVT**  
TRILOBIT NATURE AND MINING  
THEMED TRAIL, JAVORNIŠKI ROVT



**7 SVETI LOVRENC NAD  
ZABREZNICO**  
SVETI LOVRENC ABOVE  
ZABREZNICA



**8 POT KULTURNE DEDIŠČINE  
ŽIROVNICA**  
ŽIROVNICA PATH OF CULTURAL  
HERITAGE



**9 JEZERO ZAVRŠNICA**  
ZAVRŠNICA LAKE



**10 TURŠKA JAMA, ŽIROVNICA**  
TURKISH CAVE, ŽIROVNICA



**11 IZ KROPE NA JAMNIK**  
FROM KROPA TO JAMNIK



**12 POT NA SVETEGA PETRA  
NAD BEGUNJAMI**  
ST. PETER ABOVE BEGUNJE



**13 VODIŠKA PLANINA**  
VODIŠKA PLANINA MOUNTAIN  
PASTURE



**14 PEŠ ČEZ TRI SAVE**  
SAVA RIVER TRAIL



**BAZEN / SWIMMING POOL: HOTEL ŠPIK,  
WELLNESS LARIX**

**SMUČIŠČA / SKI RESORTS: KRANJSKA GORA,  
MOJSTRANA, ŠPANOV VRH**

**TEK NA SMUČEH / CROSS COUNTRY SKIING: PLANICA,  
TAMAR, RATEČE, KRANJSKA GORA, GOZD  
MARTULJEK, MOJSTRANA, ZGORNJA RADOVNA**

**DRSALIŠČE / ICE SKATING RINK: KRANJSKA GORA,  
MOJSTRANA, GOZD MARTULJEK, JESENICE,  
RADOVLJICA**

**SANKANJE / SLEDDING: TAMAR, KRANJSKA GORA,  
GOZD MARTULJEK, MOJSTRANA, ŠPANOV VRH**

**MUZEJI / MUSEUMS**



# INFO MESTA INFO POINTS

**BIOSFERNO OBMOČJE JULIJSKE ALPE**  
JULIAN ALPS BIOSPHERE RESERVE

### 1. INFO SREDIŠČE 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.visitbled.si  
www.tnp.si, www.bled.si



### 4. INFO TOČKA TNP SLOVENSKI PLANINSKI MUZEJ, TIC DOVJE - MOJSTRANA

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

Trg svobode 16, Kobarid  
T: +386 (0)8 38 00 490 • E: info.kobarid@dolina-soce.si  
www.dolina-soce.si

### 6. TIC BOHINJ, STARA FUŽINA

Stara Fužina 53b, Bohinjsko jezero  
T: +386 (0)31 813 363 • E: info@bohinj.si  
www.bohinj.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 57 47 600 • 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 43 • E: info@kranjska-gora.eu  
www.kranjska-gora.si



### 14. TIC MOJSTRANA

Slovenski planinski muzej / Slovenian Alpine Museum  
Triglavska cesta 49, Mojstrana  
T: +386 (0)8 380 67 30, +386 (0)41 499 029  
E: info@mojstrana.si  
www.mojstrana.si

### 15. TIC BOVEC

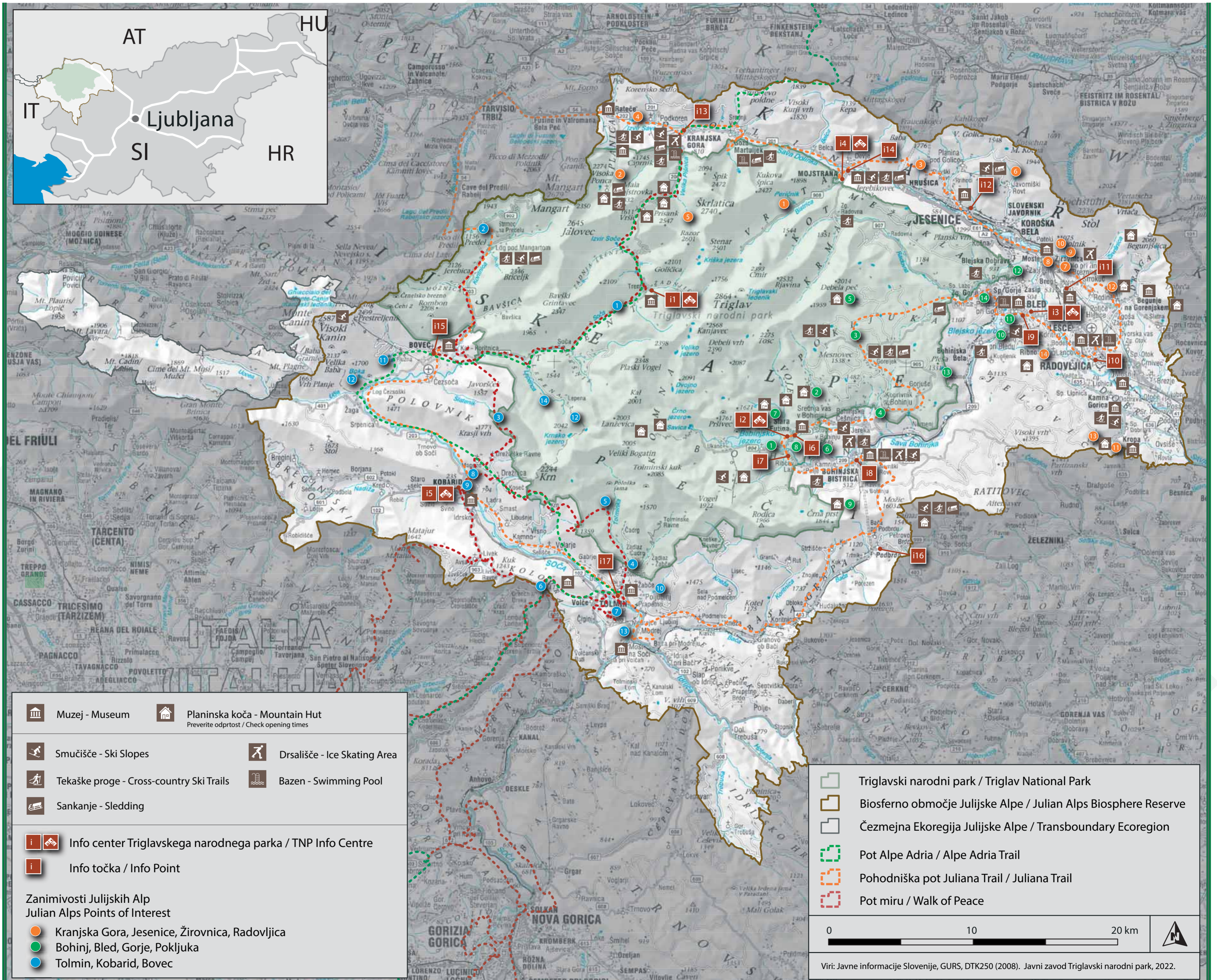
Trg golobarskih žrtev 22, Bovec  
T: +386 (0)5 302 96 47 • E: info.bovec@dolina-soce.si  
www.dolina-soce.si

### 16. TIC PODBRDO

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

### 17. TIC TOLMIN

Mestni trg 6, Tolmin  
T: +386 (0)5 380 04 80 • E: info.tolmin@dolina-soce.si  
www.dolina-soce.si



- Muzej - Museum
- Planinska koča - Mountain Hut  
Preverite odprtost / Check opening times
- Smučišče - Ski Slopes
- Drsališče - Ice Skating Area
- Tekaške proge - Cross-country Ski Trails
- Bazen - Swimming Pool
- Sankanje - Sledding
- Info center Triglavskega narodnega parka / TNP Info Centre
- Info točka / Info Point

- Zanimivosti Julijskih Alp  
Julian Alps Points of Interest
- Kranjska Gora, Jesenice, Žirovnica, Radovljica
  - Bohinj, Bled, Gorje, Pokljuka
  - Tolmin, Kobarid, Bovec

- Triglavski narodni park / Triglav National Park
- Biosferno območje Julijske Alpe / Julian Alps Biosphere Reserve
- Čezmejna Ekoregija Julijske Alpe / Transboundary Ecoregion
- Pot Alpe Adria / Alpe Adria Trail
- Pohodniška pot Juliana Trail / Juliana Trail
- Pot miru / Walk of Peace

0 10 20 km

Viri: Javne informacije Slovenije, GURS, DTK250 (2008). Javni zavod Triglavski narodni park, 2022.



- Muzej na Blejskem gradu / *Bled Castle Museum*
- Muzej Tomaža Godca / *Tomaž Godec Museum, Bohinjska Bistrica*
- Cerkev sv. Janeza Krstnika / *Church of St. John the Baptist, Ribčev Laz*
- Planšarski muzej / *Alpine Dairy Farming Museum, Stara Fužina*



Infocenter Triglavska roža Bled



Center Triglavskega narodnega parka Bohinj / *Center TNP Bohinj, Stara Fužina*



Oplena hiša / *Oplen House, Studor*



**V NARAVO ZIMSKE POKLJUKE IN NA SMUČANJE Z JAVNIM PREVOZOM**



TO WINTER POKLJUKA AND SKIING BY PUBLIC TRANSPORT



**PREVERITE PRAVILA IN PRIPOROČILA ZA OBISK POKLJUKE**



BE SURE TO CHECK THE RULES AND RECOMMENDATIONS WHEN VISITING POKLJUKA



**SNEŽNE RAZMERE IN NEVARNOST PLAZOV / SNOW CONDITIONS AND AVALANCHE ALERTS**



**ODPRTOST PLANINSKIH KOČ / OPENING TIMES OF MOUNTAIN HUTS**



KUPLJ LOKALNO / BUY LOCAL



# Bohinj, Bled, Gorje, Pokljuka

»Kdor ljubi naravo, si ne more pomagati, da je ne bi obiskoval v vseh letnih časih in v vsakih vremenskih razmerah. Tihega, pozornega, spoštljivega obiskovalca bo vedno neprecenljivo obdarila.«  
"A person who loves nature feels the need to visit it in all seasons, in all kinds of weather. And Nature always rewards such quiet, attentive, respectful visitors with its priceless gifts."

ANA Marija KUNSTELJ  
vodja Centra Triglavskega narodnega parka Bohinj / *Head of Center TNP Bohinj*

## 1 OKROG BOHINJSKEGA JEZERA / AROUND LAKE BOHINJ



**Bohinjsko jezero** je največje naravno stalno jezero v Sloveniji. Jezerska skleda premore več kot 100 milijonov m<sup>3</sup> vode, po stari bohinjski šali pa le "za en škal", če je ta dovolj velik. 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](http://arriva.si) in [promet.bohinj.si](http://promet.bohinj.si)).  
**Opozorilo:** Po dolgotrajnem deževju pot ni prehodna.

*Lake Bohinj is Slovenia's largest permanent lake. The lake depression contains more than 100 million m<sup>3</sup> of water, or, according to an old Bohinj tale, enough water 'to fill a wooden bucket' if only it was big enough. 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](http://arriva.si) and [promet.bohinj.si](http://promet.bohinj.si)). **Warning:** the trail is impassable after extended periods of rain.*

Ribčev Laz	
11,5 KM	
zanemarljiva / <i>negligible</i>	
2 H 30 MIN	
lahka pot / <i>easy</i>	

IZHODIŠČE / STARTING POINT

DOLŽINA / DISTANCE

VIŠINSKA RAZLIKA / ELEVATION GAIN

ČAS HOJE / DURATION

TEŽAVNOST / DIFFICULTY



BLEJSKI LOKALNI IZBOR / BLEED LOCAL SELECTION



BOHINJSKO FROM BOHINJ

## 2 PLANINA USKOVNICA / USKOVNICA PASTURE



**Kraška planota Pokljuka** nudi v hladni polovici leta številne možnosti za rekreacijo. Sprehod od Rudnega polja do Planinske koče na Uskovnici navduši z izjemnimi razgledi, v koči in hotelu pa se lahko okrepcate tudi z jedmi, ki nosijo certifikat Bohinjsko/From Bohinj. Planinska koča na Uskovnici je odprta. V zimskem času vozi iz Bohinjske Bistrice do Rudnega polja in obratno ski bus.

*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. The mountain hut on Uskovnica is open. During winter time a ski shuttle runs from Bohinjska Bistrica to Rudno polje and back.*

Športni center Triglav Pokljuka, Rudno polje / <i>Triglav Pokljuka Sports Centre, Rudno polje</i>	
4 KM	
180 M	
1 H (v eno smer / <i>one way</i> )	
lahka pot / <i>easy</i>	



## 3 PO ETAPAH 5, 6, 7 IN 8 / POHODNIŠKE POTOI JULIANA TRAIL / STAGES 5, 6, 7 AND 8 OF THE JULIANA TRAIL



JULIANA TRAIL



## 4 VODNIKOV RAZGLEDNIK, KOPRIVNIK / VODNIKOV RAZGLEDNIK VIEWPOINT, KOPRIVNIK



## 5 PLANINA LIPANCA, POKLJUKA



## 7 VOGAR IZ STARE FUŽINE / VOGAR FROM STARA FUŽINA



## 6 RUDNICA Z BRODA, BOHINJ / RUDNICA FROM BROD, BOHINJ



## 8 NA PEČ IZ STARE FUŽINE / PEČ FROM STARA FUŽINA



## 9 PLANINA ZA LISCEM, OROŽNOVA KOČA



## 10 PO HRIBČEKIH OKOLI BLEJSKEGA JEZERA / FROM HILL TO HILL AROUND LAKE BLED



## 11 OKOLI BLEJSKEGA JEZERA / AROUND LAKE BLED



## 12 ZAČARAN GOZD NA BLEDU / ENCHANTED FOREST IN BLED



## 13 GALETOVEC



## 14 RIKLIJEVA POT DO POGLEJSKE CERKVE / ALONG THE RIKLI TRAIL TO THE POGLEJSKA CERKEV CAVE



BAZEN / SWIMMING POOL: AQUA PARK, BOHINJSKA BISTRICA, WELLNES ŽIVA, BLED

SMUČIŠČA / SKI RESORTS: VOGEL, SENOŽETA, KOZJI HRBET- BOHINJSKA BISTRICA, SORIŠKA PLANINA, POKLJUKA, ZATRNİK

TEK NA SMUČEH / CROSS COUNTRY SKIING: BOHINJ, POKLJUKA, SORIŠKA PLANINA

DRŠALIŠČE / ICE SKATING RINK: BLED, BOHINJSKA BISTRICA

SANKANJE / SLEDDING: POKLJUKA, SORIŠKA PLANINA, BOHINJSKA BISTRICA, ZATRNİK

MUZEJI / MUSEUMS



AMZS PREVOZI - TAXI BOHINJ +386 (0)51819 109



# Bovec, Tolmin, Kobarid, Trenta, Log pod Mangrtom

»Čudovito naravno okolje Posočja je bilo minulo poletje izjemno obiskano in s tem tudi zelo obremenjeno. Naj bosta jesen in zima čas analiz in iskanja rešitev, kako obisk v prihodnje odgovorno usmerjati in ohraniti spoštljiv odnos do prelepe narave.«  
"This summer, the stunningly beautiful area of the Soča River Basin saw an increase in visitor numbers and related pressure on the environment. Autumn and winter should be a time when we analyse the situation and search for solutions to maintain responsible visitor management and respectful attitude towards nature."

EDVIN KRAVANJA

Informacijsko izobraževalno središče Dom Trenta / TNP Info Centre - Dom, Trenta



Kobariški muzej / *The Kobarid Museum*  
Tolminski muzej / *The Tolmin Museum*

Trdnjava Kluze in Fort Herman / *Kluže & Fort Herman*

Informacijsko središče Triglavskega narodnega parka Dom Trenta/Trentarski muzej / *Info center Triglav National Park Dom Trenta/The Trenta Museum*

Zgodovinsko etnološka zbirka Od planine do Planike / *Historical Ethnological Collection Od planine do Planike*

Arheološki muzej Most na Soči / *Most na Soči Archeological Museum*

Rojstna hiša Simona Gregorčiča, Vrsno / *Simon Gregorčič's Birth House, Vrsno*

Zasebne zbirke / *Private museum collections*

Nježna hiša, Jevšček (Matajur) / *'Nježna hiša' Homestead, Jevšček (Matajur)*

Breginjški muzej / *Breginj Museum*

Domačija Cirila Kosmača, Slap ob Idrijci / *Homestead of Ciril Kosmač, Slap ob Idrijci*



**SKI BUS IZ BOVCA DO POSTAJE NA KANIN IN V LOG POD MANGRTOM**  
SKI BUS FROM BOVEC TO STATION KANIN AND LOG POD MANGRTOM



**SNEŽNE RAZMERE IN NEVARNOST PLAZOV**  
SNOW CONDITIONS AND AVALANCHE ALERTS



**ODPRTOST PLANINSKIH KOČ**  
OPENING TIMES OF MOUNTAIN HUTS



**PRAVILA OBNAŠANJA**  
CODE OF CONDUCT



**IZHODIŠČE**  
STARTING POINT

**DOLŽINA**  
DISTANCE

**VIŠINSKA RAZLIKA**  
ELEVATION GAIN

**ČAS HOJE**  
DURATION

**TEŽAVNOST**  
DIFFICULTY

## 1 SOŠKA POT SOČA TRAIL



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

*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.*

Koča pri izviro Soče / *Hut at the source of the Soča*

25 KM (od izvira do Bovca / *from source to Bovec*)

433 M

odvisno od izbranega odseka; celotna pot 7 UR (v eno smer) / *Depending on the section, total trail 7 HOURS (one way)*

nezahtevna (lahka) / *moderate*



IZ DOLINE SOČE  
SOČA VALLEY FINEST



ZNAK KAKOVOSTI TRIGLAVSKEGA NARODNEGA PARKA  
TRIGLAV NATIONAL PARK QUALITY MARK



**2 PO ETAPAH 9, 10, 11, 12, 13, 14, 15 IN 16 POHODNIŠKE POTI JULIANA TRAIL**  
STAGES 9, 10, 11, 12, 13, 14, 15 AND 16 OF THE JULIANA TRAIL



**3 POT MIRU**  
WALK OF PEACE



**4 DANTEJEVA JAMA PRI TOLMINU**  
DANTEJEVA JAMA CAVE NEAR TOLMIN



**6 MUZEJ NA PROSTEM KOLOVRAT**  
KOLOVRAT OUTDOOR MUSEUM



**7 NEMŠKA KOSTNICA, TOLMIN**  
GERMAN CHARNEL HOUSE, TOLMIN



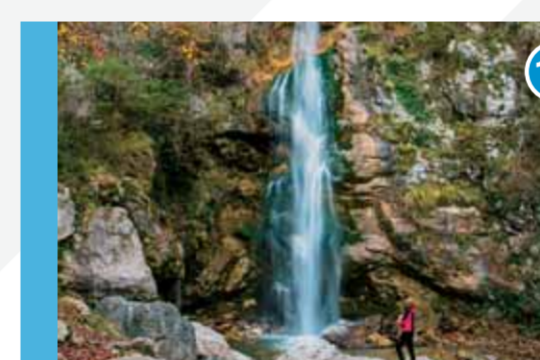
vstopnina  
fee



**8 KOBARIŠKA ZGODOVINSKA POT**  
KOBARID HISTORICAL TRAIL



**9 ITALIJANSKA KOSTNICA, KOBARID**  
ITALIAN CHARNEL HOUSE, KOBARID



**10 SLAP BERI**  
BERI WATERFALL



**11 SLAP VIRJE**  
VIRJE WATERFALL



**12 SLAP BOKA**  
BOKA WATERFALL



**13 JEZERO MOST NA SOČI**  
LAKE AT MOST NA SOČI



**SMUČIŠČA / SKI RESORTS: KANIN, LOG POD MANGRTOM**

**TEK NA SMUČEH / CROSS COUNTRY SKIING: LOG POD MANGRTOM**

**SANKANJE / SLEDDING: LOG POD MANGRTOM**

**MUZEJI / MUSEUMS**



KUPIJ  
LOKALNO  
BUY LOCAL



# Biosferna območja so zrcalo sožitja ljudi in narave

## Biosphere Reserves reflect the coexistence of people and nature

Biosferno območje Julijske Alpe, eno od štirih pri nas, je bilo leta 2003 razglašeno za prvo biosferno območje v Sloveniji. Odlikuje ga ravnovesje med ljudmi in naravo, med biotsko pestrostjo in trajnostnim razvojem z ohranjanjem kulturnih vrednot. Obisk s snegom pobeljenih in s soncem obsijanih vrhov Julijskih Alp ter hladnih dolin terja ustrezno načrtovanje, opremo in pripravljenost. *The Julian Alps Biosphere Reserve, one of four in Slovenia, was designated the first Biosphere Reserve in Slovenia in 2003. It showcases the harmony between people and nature, between biodiversity and sustainable development attained through preservation of cultural values. A visit to the cold valleys and snow-capped, sun-kissed peaks of the Julian Alps requires appropriate planning, preparation and equipment.*

## BIOSFERNO OBMOČJE KRAS KARST BIOSPHERE RESERVE

Razglašeno je bilo leta 2004. Obsega Regijski park Škocjanske jame z vplivnim območjem in celotno območje občine Divača ter dele občin Hrpelje – Kozina, Pivka, Ilirska Bistrica in Postojna. Glavni fenomen je izjemen podzemni jamski sistem z enim največjih podzemnih rečnih kanjonov na svetu. Škocjanske jame pa so med drugim poznane po pionirskih raziskavah kraškega podzemlja, ko so ljudje z baklami v rokah v lesenih čolnih prodirali po reki v skrivnostne temne prostore, kilometre daleč v nedrje Krasa. Nenavadne, a bogate arheološke najdbe pričajo o kulturnem pomenu jame še iz časa prazgodovine. Poleg tega je ponorni del Reke z globokima udornicama Veliko in Malo dolino edinstven, saj se zaradi posebnih mikropodnebni razmer tu na majhnem območju prepletajo tipične alpske in posvem sredozemske rastline. Bogata pa je tudi kulturna dediščina območja.



BIOSFERNO OBMOČJE MURA / MURA RIVER BIOSPHERE RESERVE



BIOSFERNO OBMOČJE KOZJANSKO IN OBSOTELJE / KOZJANSKO AND OBSOTELJE BIOSPHERE RESERVE



BIOSFERNO OBMOČJE KRAS / KARST BIOSPHERE RESERVE

Designated in 2004, the Biosphere Reserve covers the Škocjan Caves Regional Park with its impact area, the Divača Municipality, and parts of the municipalities Hrpelje – Kozina, Pivka, Ilirska Bistrica, and Postojna. It conserves an exceptional subterranean cave system which comprises one of the world's largest known underground river canyons. Škocjan Caves are also very famous for the pioneering research of the subterranean features of the Karst dating back to the times when people were penetrating miles deep into the dark interior of Karst in wooden boats with nothing but torches in their hands. Unusual but rich archaeological findings are an evidence of the cultural importance of the caves in prehistoric times. Besides, the losing stream of the Reka River with the deep collapse dolines, Velika dolina and Mala dolina, is extremely rich or unique from the biodiversity point of view since due to the special micro-climatic conditions, a small area features typical alpine and Mediterranean plants.

## BIOSFERNO OBMOČJE KOZJANSKO IN OBSOTELJE AND OBSOTELJE BIOSPHERE RESERVE

dajejo zdravo hrano človeku, dom pticam in metuljem, hrano domačim živalim ter omogočajo rast pisanih travniških cvetic.

The reserve comprising a wider area of the Kozjansko Park was designated in 2010. The park's landscape diversity and exceptional biodiversity is interesting for visitors in all seasons of the year. In winter, people particularly enjoy the serenity of its dry meadows and

Na seznam je bilo vključeno leta 2010 in vključuje širše območje Kozjanskega parka. Ta je s svojo krajinsko razgibanostjo in izjemno biotsko pestrostjo obiskovalcu zanimiv v vseh letnih časih, pozimi slovi predvsem po spokojnosti suhih travnikov in visokodebelnih travniških sadovnjakov, kjer so jabolka glavne zvezde prepoznavnosti parka. Na Kozjanskem tradicionalni sadovnjaki uspevajo sonaravno,



Škocjanske jame z udornicama Veliko in Malo dolino / Škocjan Caves with collapse dolines Velika dolina and Mala dolina

Soteska Reke pred ponorom Reke v Škocjanske jame / The Reka River Gorge before the river disappears into the Škocjan Caves

Učna pot Škocjan z vasicami Škocjan, Matavun in Betanja / Škocjan Nature Trail with the villages Škocjan, Matavun and Betanja.

Eko muzej in Center velikih zveri Dina v Pivki / Eco Museum and the Center of Large Carnivores - Dina Pivka



high-trunk meadow orchards that produce apples, the star attraction of the park. In Kozjansko, traditional orchards are farmed organically, providing healthy food for people, home for birds and butterflies and forage for domestic animals, and supporting the growth of colourful wild flowers.

## BIOSFERNO OBMOČJE MURA MURA RIVER BIOSPHERE RESERVE

Biosferno območje Mura je bilo razglašeno leta 2018. Je edino na svetu, ki se nahaja v petih državah (Sloveniji, Avstriji, Madžarski, Hrvaški in Srbiji). Na njegovem območju je največji slovenski poplavni gozd, predstavlja pa tudi gnezdišče belorepega orla in črnih štokeljev. Z vidika biotske pestrosti gre za eno najbogatejših območij v Sloveniji z velikim številom redkih, nacionalno in mednarodno ogroženih habitatnih tipov in prostoživečih rastlinskih ter živalskih vrst. Ohranjeni so posebni tipi zgodovinske kulturne krajine, kot so mokrotni travniki na območju Velike Polane ter na območju med Radenci in Veržejem. Ta območja ob pomembnih naravnih znamenitostih in biotski raznovrstnosti predstavljajo tudi izjemno kulturno dediščino.

The Mura River Biosphere Reserve was designated in 2018 and is the only reserve to be located in five countries: Slovenia, Austria, Hungary, Croatia, and Serbia. This biosphere reserve includes Slovenia's largest floodplain forest, and is a breeding site for the white-tailed eagle and the black stork. With one of the highest biodiversity rates in Slovenia, the area boasts a high number of rare or threatened habitat types and wild plant and animal species of national and international importance. Several special types of cultural landscape have been preserved, including the wet meadows around Velika Polana and between Radenci and Veržej. These areas are considered exceptional cultural heritage that complements the area's natural attractions and biodiversity.



Otok ljubezni v Ižakovcih / Island of Love, Ižakovci

Rokodelski center v Veržēju / Arts and Crafts Center, Veržej

Grad v Gornji Radgoni / Gornja Radgona Castle

Vinariuma / Vinarium

Velika Polana in park Deželna štokelja / Velika Polana and the Stork Land

Copekov mlin z rečno šolo in gozdno učno potjo v Mali Polani / Copek Mill with RIVER'S COOL and a forest theme trail in Mala Polana



# Kakovost narave in ljudi - Znak kakovosti Triglavskega narodnega parka

## The quality of nature and people - Triglav National Park Quality Mark

Znak kakovosti Triglavskega narodnega parka (Znak kakovosti TNP) sledi prepletu sobivanja narave in človeka, ki v Biosfernem območju Julijske Alpe in v njegovem osrednjem območju, Triglavskem narodnem parku, aktivno ustvarja, ohranja dediščino in varuje naravo. Znak kakovosti TNP promovira območja, pridelke, izdelke in storitve lokalnih prebivalcev. Je znak zaupanja in visokih standardov kakovosti, ki se odražajo tudi v skrbi za naravo in tradicijo tega območja. Z nakupom teh izdelkov in storitev dobi vaš nakup še dodaten smisel, saj z njim aktivno prispevate k trajnostnemu gospodarskemu razvoju območja ter varovanju in ohranjanju okolja. *The Triglav National Park (TNP) Quality Mark is based on the coexistence of nature and man, who has in the Julian Alps Biosphere Reserve and its central area been actively creating, preserving the heritage, and protecting the nature. The TNP Quality Mark promotes the areas, products and services of the local inhabitants. This is a sign of trust and high quality standards, which are mainly reflected in their care for nature and tradition of the area. As you buy these products or services, your purchase has an added value, as it actively contributes to the sustainable economic development of the area as well as to its environment protection and conservation.*

PREDSTAVLJAMO VAM NAŠ IZBOR  
IZDELKOV EKOLOŠKIH KMETIJ IN  
REJCEV AVTOHTONIH PASEM DOMAČIH  
ŽIVALI, IZDELKOV IZ ZELIŠČ, MLEČNIH  
IZDELKOV ŽIVIH PLANIN Z OBMOČJA  
TNP, TRADICIONALNIH ROKODELSKIH  
IZDELKOV TER STORITEV TURISTIČNIH  
PONUDNIKOV NASTANITEV, KAMPOV  
IN VODENJ.



WE WOULD LIKE TO PRESENT OUR  
SELECTION OF PRODUCTS OF ORGANIC  
FARMERS AND BREEDERS OF INDIGENOUS  
BREEDS OF DOMESTIC ANIMALS, AS WELL  
AS HERBAL PRODUCTS, DAIRY PRODUCTS  
MADE AT ACTIVE PASTURES IN THE TNP  
AREA, TRADITIONAL ARTS AND CRAFTS  
PRODUCTS, AND SERVICES OFFERED BY  
ACCOMMODATION PROVIDERS, CAMPSITES  
AND GUIDES.

Ekoško kmetovanje in prijazna reja domačih živali, ki se na tradicionalen način pasejo na zelenih planinah, sta pogoj za zdravo, domačo hrano.

Organic farming and animal-friendly breeding of cattle that graze freely on the green pastures are a precondition for healthy home-grown food.



Planinski siri s planin Laz, Duplje, Pretovč in Zapikraj / Mountain cheeses from the pastures Laz, Duplje, Pretovč and Zapikraj: • Matevž Gartner • Pašna skupnost Pretovč • Pašna skupnost Zapikraj



Siri z zaščiteno oznako porekla: sir Tolmine, Bovški sir in sir Mohant / Cheeses with Protected Designation of Origin (PDO): the Tolmine, Bovški sir and Mohant cheeses. • Ekološka turistična kmetija pri Lovrču, Čadrg 8, 5220 Tolmin • Ekološka kmetija Černuta, Log pod Mangartom 47b, 5231 Log pod Mangartom • Turistična kmetija Jeliničič, Soča 50, 5232 Soča • Matevž Gartner, Studor 3a, 4267 Srednja vas v Bohinju



Domači siri in salame iz mleka ter mesa avtohtone bovške ovce / Homemade cheeses and salami made from the milk and meat of the Bovec sheep: • ovčji sir / sheep's cheese - Mirko Vertelj, Soča 61, 5232 Soča • ovčje salame / sheep's salami - Društvo rejcev drobnice Zgornjega Posočja, Rutarjeva 35, 5220 Tolmin



Domači čaji in tinkture / Herbal tea blends and tinctures - Pehtarski, Zato Tolmin 46, 5220 Tolmin

Doseganje visokih standardov odličnosti na okoljskem področju ter trajnostno delovanje je prepoznano tudi v turistični ponudbi. Z besedno zvezo zeleni turizem označujemo privlačno in konkurenčno turistično ponudbo, ki je zasnovana na trajnostnem konceptu ter razvoju kakovostnih in inovativnih turističnih produktov visoke dodane vrednosti. Odprtih vrat vas bodo toplo sprejeli!

Commitment to high quality in terms of environmental standards and sustainability is also reflected in the tourist offer. 'Green tourism' has come to denote attractive and competitive tourist offering which is based on a sustainable concept and development of high-quality and innovative tourist products with high added value. You are welcome to visit and experience them!



Ekološke kmetije / Organic farms  
• Ekološka kmetija Psnak, Zgornja Radovna 18, 4281 Mojstrana • Ekološka turistična kmetija Pri Plajerju, Trenta 16a, 5232 Soča • Ekološka kmetija Černuta, Log pod Mangartom 47b, 5231 Log pod Mangartom • Turistična kmetija Jeliničič, Soča 50, 5232 Soča • Ekološka kmetija pri Lovrču, Čadrg 8, 5220 Tolmin



Kampi / Campsites  
• Eco Kamp Korita, Soča 38, 5232 Soča • Kamp Danica, Triglavka 60, 4264 Bohinjska Bistrica • Kamp Koren Kobarid, Ladra 1b, 5222 Kobarid • Kamp Špič, Jezerci 15, 4282 Gozd Martuljek • Kamp Sobec, Sobčeva cesta 25, 4248 Lesce



Počitniške hiše / Chalets  
• Alpič Chalets Bohinj, Ukanc 85, 4265 Bohinjsko jezero • Astra Montana chalet, Planina Stador, 5220 Tolmin • Koča Suha, Ribčev Laz 60, 4265 Bohinjsko jezero • Počitniška domačija Škvor, Robidišče 8, 5223 Breginj



Hoteli / Hotels  
• Hotel in vila Stare, Ukanc 128, 4265 Bohinjsko jezero • Bohinj Eco Hotel, Triglavka c. 17, 4264 Bohinjska Bistrica • Sunrose 7, Triglavka c. 7, 4264 Bohinjska Bistrica

Čeprav je varstvo in ohranjanje prvobitne narave najpomembnejša naloga vsakega narodnega parka, pa imajo parki kot nosilci trajnostnega razvoja pomembno vlogo tudi pri ohranjanju avtohtone, pristne kulturne dediščine. Danes le še redki domačini lahko naslednjim generacijam prenašajo bogato znanje za izdelavo izdelkov domače obrti, kot so pletene nogavice, kape, šali, trakovi in rokavice iz domače volne, ki vas prijetno ogrejejo v zimskih dneh.

Even though protection and conservation of pristine nature is the primary task of every national park, parks as the pillars of sustainable development also play a major role in preserving indigenous and authentic cultural heritage. Today only few local people are still able to pass on to the next generation the rich knowledge of handicrafts such as knitting socks, hats, headbands and mittens from homemade wool, which will warm you up in cold winter days.



• Marija Žvan, Bitnje 14A, 4264 Bohinjska Bistrica

Po številnih pohodniških, planinskih in kolesarskih poteh se za še bolj doživeto izkušnjo neponovljivega okolja lahko podate s turistično agencijo.

For an even more authentic experience of this unique environment, you can explore numerous hiking, mountain, and bike trails with a tourist agency.



• Hike and Bike, Stara Fužina 117, 4265 Bohinjsko jezero



VEČ O ZNAKU KAKOVOSTI  
TRIGLAVSKEGA NARODNEGA  
PARKA  
MORE ABOUT TRIGLAV NATIONAL  
PARK QUALITY MARK







## 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 nam



**VREMENSKA NAPOVED**  
WEATHER FORECAST  
www.vreme-si.com

**RAZMERE NA CESTAH**  
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**PLANINSKE KOČE IN POTI**  
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Reševanje / A mountain rescue operation • Sebastjan Šilar

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*The official guide for visitors to the Julian Alps Biosphere Reserve and the national park in the winter season 2022/2023.*

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

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I FEEL  
SLOVENIA

SLOVENIA  
GREEN  
PARK



# Pripravljeni na zimsko naravo

## Ready for the winter nature

**JERNEJ LEGAT**

Jernej Legat je naravovarstveni nadzornik v Javnem zavodu Triglavski narodni park, lovec, vodnik in gorski reševalec. Preplet vsega naštetega prenaša tudi na mlade, posebej aktiven je v programu Mladi nadzornik.

*Jernej Legat is a park ranger with the Triglav National Park Public Institute, a hunter, a guide, and a mountain rescuer. He enjoys passing on his skills to young people and is actively involved in the Junior Ranger programme.*

**Z**ima je čas, ko se narava umiri, z njo pa se umirijo tudi vsi njeni procesi. Na prihod zime in z njo povezanimi vremenskimi pojavi se pripravljajo tudi rastline in živali. Nekatera drevesa odvržejo svoje liste, da teža snega ne bi polomila njihovih vej, živali si skrbno pripravljajo maščobne zaloge, nekatere pa polnijo svoje brloge z jesenskimi dobrotami.

Za mnoge obiskovalce narave je zima eden lepših in bolj adrenalinskih letnih časov. Smučanje, ledno plezanje, krpjanje ali pa samo sprehod v naravi so le nekatere od možnih aktivnosti. Preživljanje prostega časa v naravi je v zadnjih zimah v velikem porastu. Z vidika nas ljudi je to dejstvo zelo pohvalno, žal pa naše aktivnosti puščajo posledice v naravnem okolju in povečujejo pritisk predvsem na prostoživeče živali.

Zelo dober primer je turna smuka, ki je v času pandemije doživela pravi razcvet. Turne smuke so se lotevali tudi neizkušeni smučarji, ki terenov niso poznali in so v visokogorje odšli brez predznanja in strokovnega vodenja, vendar takoj po obilnem sneženju. Take oblike zimskega obiskovanja predstavljajo veliko plazovno nevarnost, ki pa negativno vpliva ne le na življenje turnih smučarjev, ampak tudi na okolje, v katerem se gibljejo. Povečan obisk pomeni tudi večji pritisk na naravo ter njene stalne prebivalce – živali. Prostoživeče živali so sicer vajene hudih zim in so nanje prilagojene. Jeseni si naberejo dovolj zalog, njihova prebava se upočasni, veliko več počivajo in mirujejo, upočasni se celo utrip srca. V normalnih razmerah lahko preživijo zimo brez večjih težav. Povečan obisk rekreativnih obiskovalcev pa spremeni ta naravni potek umiranja. Nema lokrat se zgodi, da turni smučarji smučajo čez zimovališča gamsov, s čimer vznemirijo živali in porušijo njihov bioritem. Podobno se dogaja tudi z ruševci. Ruševci namreč prezimuje v luknjah v pršiču, ki je med turnimi smučarji zelo priljubljen. Obiskovalci se velikokrat ne zavedajo, da s svojo aktivnostjo živalim povzročajo hud stres in strah, s katerim se te ne znajo soočiti, kar je lahko celo povod za pogin.

Poleg vseh zgoraj zapisanih dejstev je izjemno pomembna varnost obiskovanja visokogorja v zimskem času. Na žalost opažamo, da je povečan obisk povezan tudi z večjim številom reševanj Gorske reševalne službe. Pomembno je, da se zavedamo, da pohodnik potrebuje dobro obutev in topla oblačila tudi za obisk doline Tamar.

Obiskovalcem, reševalcem in svojcem vseh vpletenih je v interesu, da se na doživljanje narave pozimi odpravite pripravljeni in pravilno opremljeni. Reševalci smo vam vedno na voljo. Najbolj veselimo, če se srečamo na izobraževalnih ali ob doživljanju narave, srečanj ob različnih intervencijah pa naj bo čim manj.

njih ali ob doživljanju narave, srečanj ob različnih intervencijah pa naj bo čim manj.



*Winter is a time when nature slows down and so do all its processes. Plants and animals need to get ready for winter and its weather phenomena. Some trees shed their leaves to prevent their branches breaking under the weight of the snow, and animals build up fat reserves or fill their burrows and dens with autumn goodies.*

*For many visitors, winter is one of the most beautiful and exciting seasons of the year. Popular winter activities include skiing, ice climbing, snowshoeing, or walking in nature. In recent winters the number of people spending time outdoors has increased. This is good news for people but unfortunately human activities also affect the natural environment and put increased pressure in particular on wildlife species.*

*Ski touring, which experienced a boom during the pandemic, is a very good example of that. We saw cases of inexperienced skiers with little or no knowledge of the terrain or ski touring set off into high mountains without a guide, right after a heavy snow fall. Such winter visitation carries a high risk of avalanches and poses a threat to human life as well as to the environment visited. Increased visitation is placing a higher pressure on nature and its permanent residents – animals.*

*By nature, wildlife species are well-adapted to harsh winter conditions. In autumn these animals build up reserves, their metabolism slows down, they rest more, and even their heart rate lowers. In normal conditions they can survive the winter without much trouble. However, high numbers of recreational visitors interrupt this slow natural cycle. Ski tourists often ski across the chamois wintering grounds, upsetting the animals and disrupting their circadian patterns. Black grouse populations are similarly affected. Black grouse spend the winter in 'igloos' they build in powder snow, which is particularly favoured by ski tourists. Visitors are often not even aware that their activity causes animals both stress and fear which they are unable to process and may even result in their death.*

*Apart from the above, the safety of winter visitors to high-altitude areas is of highest priority. Unfortunately, higher visitation numbers also mean more mountain rescue operations. It is important to remember that hikers need winter boots and warm clothes even if they are only planning an easy hike into the Tamar valley.*

*It is in the shared interest of visitors, rescuers as well as their families that you make sure to be well-prepared and equipped when you plan to spend time in winter nature. Mountain rescuers are here for you. We are always glad to meet you at training courses or while enjoying nature, but we should all do our best to keep our encounters at mountain rescue incidents to the minimum.*

