

POKLJUKI

Pokljuka je visoka kraška planota na vzhodnem robu Triglavskega narodnega parka. Razeza se na nadmorski višini med 1.000 in 1.500 metri. Neokrnjena narava in prostorni smrekovi gozdovi so zaščitni znak Pokljuke.

Na Pokljuki so tudi posebna varstvena območja in vrste, ki so zavarovane na podlagi evropskih direktiv in so del mreže Natura 2000. Najpomembnejša med njimi sta območje barj in življenjski prostor divjega petelina. Namen mreže Natura 2000 je ohranjanje naravnih vrednot mednarodnega pomena, ki so jih z zdravim in spoštljivim odnosom do narave uspeli ohraniti naši predniki.

ALI VEŠ:

- ❓ Počasi rastoče smreke dajejo kakovosten resonančni les, iz katerega izdelujejo tudi glasbila.
- ❓ Spoznavanju posebnosti Pokljuke je namenjena Učna pot Barje Goreljek, ki je opremljena z informacijskimi tablam.
- ❓ Na Pokljuki so za varovanje nekaterih vrst in habitatnih tipov opredeljena mirna območja, kjer veljajo posebna pravila rabe in obiskovanja.

ABOUT POKLJUKA

Pokljuka is a high karst plateau on the eastern edge of Triglav National Park. It stretches at an altitude between 1,000 and 1,500 metres. Unspoiled nature and extensive spruce forests are the trademark of Pokljuka.

Present on the Pokljuka plateau there are also special protection areas and species, protected on the basis of European directives and part of the Natura 2000 network. The most important among them are the peat bog area and the western capercaillie habitat. The purpose of the Natura 2000 network is to preserve natural assets of international importance, which our ancestors have managed to preserve with their healthy and respectful attitude to nature.

DO YOU KNOW:

- ❓ Slowly growing spruces provide quality resonant wood used to produce instruments.
- ❓ The Goreljek Peat Bog Study Trail with info boards is dedicated to teaching about the special features of Pokljuka.
- ❓ There are designated quiet zones on the Pokljuka, where special rules of use and visitation apply to protect certain species and habitat types.



Smrekova debila za predelavo / Spruce logs for processing



Planina Uskovnica / Uskovnica pasture



Paša na Zajamnikh / Grazing on the Zajamnik pasture

VISOKA ŠOTNA BARJA



Visoka šotna barja na Pokljuki so najbolj južno ležeča še ohranjena barja v Evropi. To so območja stalno stoječe vode z nekaj decimetrom ali metrov debelo plastjo šote, ki jo preraščajo šotni mahovi.

ALI VEŠ:

- ❓ Proces nastanka barj se je začel po zadnji poledenitvi, pred 10.000 leti. Po umiku ledenika so za njim ostala majhna jezera. V tisočletjih so se polagoma zapolnila z organskimi ostanki vodnih rastlin, ki so se naseljevale v jezero. Vse bolj kislila tla so omogočala rast in razvoj le nekaterim rastlinam. Najbolj pogosti so bili šotni mahovi, ki še danes prevladujejo na površini barja.
- ❓ Šotni mahovi na vrhu stalno priraščajo, v spodnjem delu pa oglienijo. Površina se tako dviguje, zato ta barja imenujemo tudi visoka.
- ❓ Poleg kisle podlage je za barje značilno pomanjkanje hranil in veliko temperaturno nihanje.
- ❓ Rastline so se med evolucijskim razvojem na različne načine prilagodile ekstremnim življenjskim pogojem, ene z mesojedostjo, druge živijo v sožitju z glivami.
- ❓ Zaradi možnih trajnih poškodb občutljivih tal hoja in rekreacija na barju nista dovoljeni.



Šotni mah / Peat moss



Okroglolistna rosika / Round-leaved sundew



Barjanski spreletavec / White-faced darter

RAISED BOGS



The raised bogs on the Pokljuka are the southernmost preserved peat bogs in Europe. They are areas where water accumulates and they contain a layer of peat a few decimetres or metres thick that is overgrown by peat moss.

DO YOU KNOW:

- ❓ Peat bogs started emerging after the last Ice Age, 10,000 years ago. When the glaciers disappeared, they left behind small lakes. Over thousands of years, they became filled up with organic remains of water plants that inhabited the lake. Acidic soil enabled only some flowers to grow and develop. Peat mosses were most frequent and they still prevail on the peat bog surface.
- ❓ Peat mosses are constantly growing on top and carbonising in the lower part. Therefore, the surface rises, so the peat bogs can also be called raised bogs.
- ❓ Besides the acidic base, a lack of nutrients and major temperature changes are typical for peat bogs.
- ❓ During evolution, plants have adapted in many ways to extreme living conditions, some by becoming carnivores, others live in symbiosis with fungi.
- ❓ Due to the potential permanent damage of sensitive ground, walking and recreational activities are not allowed at the peat bog.

MIRNA OBMOČJA

Mirna območja so površine v Triglavskem narodnem parku, ki so ključnega pomena za ohranjanje rastlinskih in živalskih vrst. Na Pokljuki so mirna območja namenjena varstvu divjega petelina, ruševca in visokih barj. Barjanske površine so izredno občutljive in je hoja po njih prepovedana. Obiskovanju in izobraževanju je namenjeno le visoka barje Goreljek, kjer poteka urejena krožna učna pot.

Občutljivost gorskega sveta zahteva spoštljivega obiskovalca. Hodite po označenih poteh in pomembno prispevajte k ohranjanju življenjskega prostora divjega petelina in ruševca ter visokih barj.

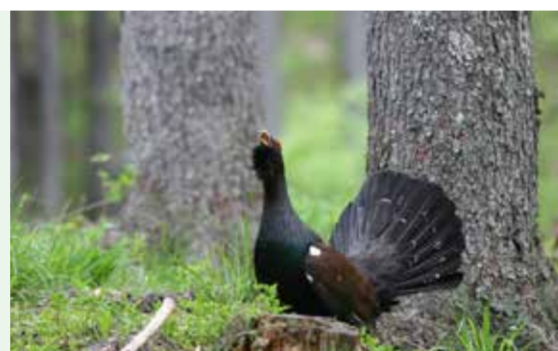
QUIET ZONES

Quiet zones are areas in Triglav National Park that play a key role in the conservation of plant and animal species. The quiet zones on the Pokljuka plateau are intended to promote the protection of the western capercaillie, and black grouse, as well as raised bogs. Since bogs are highly sensitive areas, the Goreljek bog is the only raised bog open for public visitation and educational purposes.

Animals must carefully balance energy use in order to survive the winter. The sensitive high altitude environment welcomes respectful visitors. Stay on marked trails and help us preserve the habitat of the western capercaillie and black grouse, as well as the raised bogs.



DIVJI PETELIN



Kokoš divjega petelina / Female western capercaillie



Rastišče / Western capercaillie's lek



Cvet borovnice / Bilberry flower

Divji petelin je največja gozdna kura v Sloveniji. Na območju Triglavskega narodnega parka populacija nezadržno upada in šteje do 200 pojocnih samcev na rastiščih.

ALI VEŠ:

- ❓ Razmnoževanje divjega petelina se začne konec marca in traja približno do sredine maja.
- ❓ Petelin in kokoš se močno razlikujeta. Pri petelinu prevladuje črna barva, je večji in težji (pribl. 5 kg), pri kokoši prevladuje rjava barva, je manjša in lažja (pribl. 2,5 kg).
- ❓ Mesta, kjer poteka parjenje, se imenujejo rastišča.
- ❓ Kokoš znese 6–12 svetlo rjavih jajc z drobnimi rjavimi lisami v preprosto gnezdo na tleh in jih vali 26–30 dni.
- ❓ Mladiči divjega petelina se imenujejo kebkči.
- ❓ Še pred 100 leti so divji petelini peli tudi pri Ljubljani, po Rožniku, Šmarni gori in Golovcu.
- ❓ Divji petelin za svoj življenjski prostor potrebuje stare, presvetljene gozdove z borovnico v podrasti (med 1.200 in 1.600 m n. v.).
- ❓ K ohranjanju naše največje ptice lahko pripomoremo že tako, da hodimo po označenih poteh in ne povzročamo hrupa.

WESTERN CAPERCAILLIE



The western capercaillie is the largest member of the grouse family in Slovenia. Its population is constantly decreasing in the area of Triglav National Park. There are only less than 200 single males living in their habitats.

DO YOU KNOW:

- ❓ The breeding season of the western capercaillie starts at the end of March and lasts until mid-May.
- ❓ The male and female differ greatly; the male is mainly black, larger and heavier (approx. 5 kg), while the female is mostly brown, smaller and lighter (approx. 2.5 kg).
- ❓ The sites where mating takes place are called leks.
- ❓ The hen lays from 6 to 12 light brown eggs with small brownish spots in a simple ground nest and hatches them from 26 to 30 days.
- ❓ The western capercaillie chicks are called "kebkči" in Slovene.
- ❓ One hundred years ago, western capercaillies also sang near Ljubljana, i.e. on the hills of Rožnik, Šmarna gora and Golovec.
- ❓ The western capercaillie lives in old, light forests with bilberry undergrowth (from 1,200 to 1,600 m a.s.l.).
- ❓ We can contribute to the preservation of our largest bird by walking on marked trails and avoid making a noise.

PROMET NA POKLJUKI

Z ukrepi, ki so bili izvedeni v okviru projekta Vrh Julijcev oziroma so načrtovani za v prihodnje bomo prispevali k celovitemu urejanju prometnega režima na planoti:

- z namenom zmanjšanja hrupa je na državni cesti v vplivnem območju Mesnovca (mirno območje za divjega petelina) priporočena hitrost za vozila 50 km/h,
- na gozdnih prometnicah v bližini mirnih območij so nameščene zapornice in prometni znaki, ki prepovedujejo vožnjo z motornimi vozili, ponekod tudi s kolesi,
- nadgrajen je javni prevoz na Pokljuko,
- z namenom zmanjšanja vnosa hranil, soli karbonatnega izvora in mineralov na barjanske površine je načrtovana rekonstrukcija ceste v bližini barja Šijec,
- načrtovana je ureditev parkirišča na Mrzlem studencu.

Ohraniti želimo primeren življenjski prostor za občutljive živalske in rastlinske vrste ter ranljive ekosisteme.

TRAFFIC ON POKLJUKA

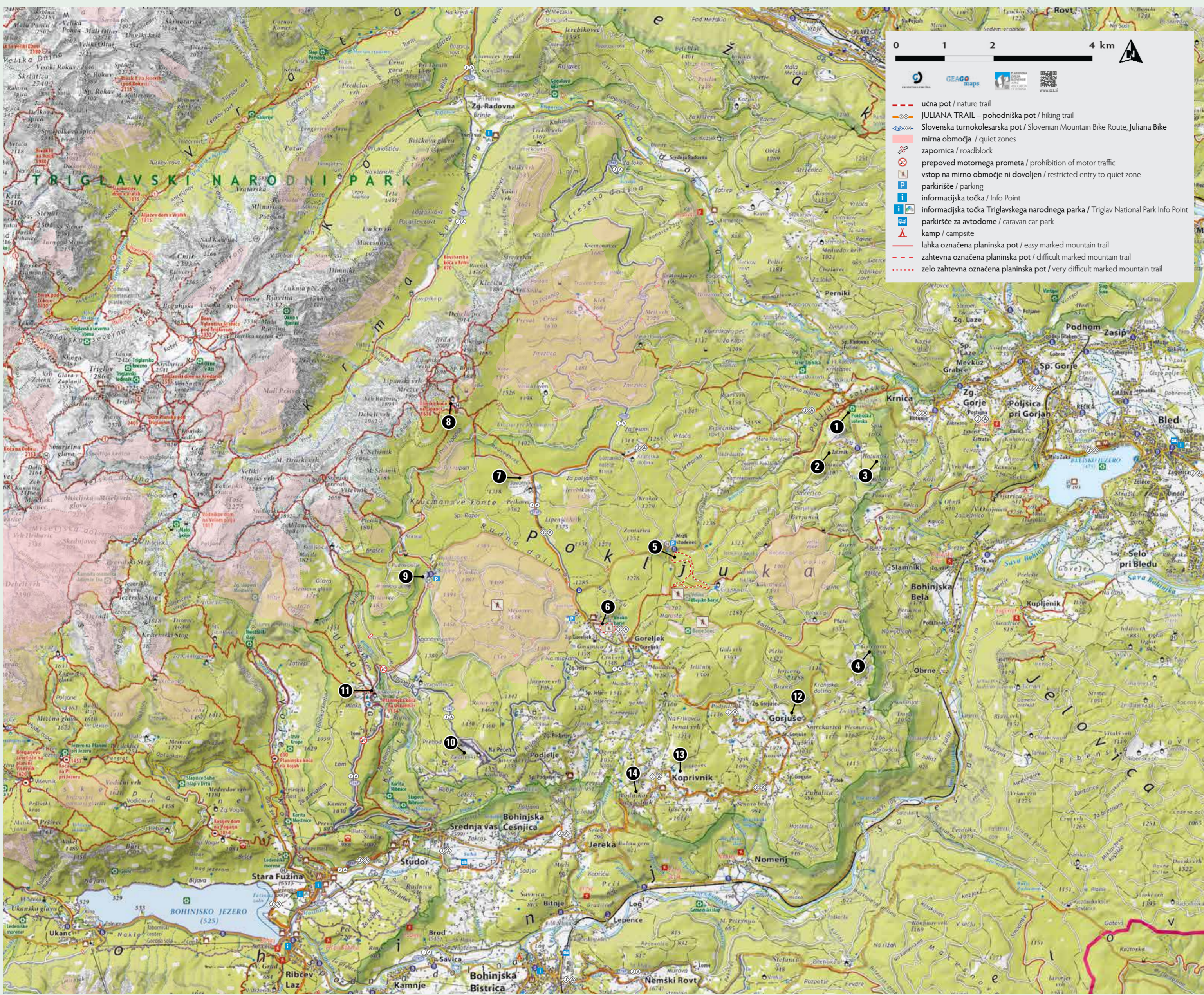
Actions implemented within the framework of the Vrh Julijcev project and planned for the future will contribute to the overall management of the traffic regime on the Pokljuka Plateau:

- In order to reduce noise pollution, the state road in the Mesnovec impact area (Western capercaillie quiet zone) the recommended speed for vehicles is 50 km/h;
- Roadblocks and signs prohibiting driving motor vehicles and in some places even bicycles are installed along forest roads in the vicinity of the quiet zones;
- Public transport to Pokljuka has been upgraded;
- To reduce the intake of nutrients, carbonate salts and minerals to the peatbog areas, a reconstruction of the road near the Šijec bog is planned;
- Car park regulation at Mrzli studenec is planned.

We aim to preserve a suitable habitat for sensitive flora and fauna as well as vulnerable ecosystems.



Učna pot Barje Gorelje / The Goreljek Peat Bog Study Trail



0 1 2 4 km

učna pot / nature trail

 JULIANA TRAIL – pohodniška pot / hiking trail

 Slovenska turnokolesarska pot / Slovenian Mountain Bike Route, Juliana Bike

 mirna območja / quiet zones

 zapornica / roadblock

 prepoved motornega prometa / prohibition of motor traffic

 vstop na mirno območje ni dovoljen / restricted entry to quiet zone

 parkirišče / parking

 informacijska točka / Info Point

 informacijska točka Triglavskega narodnega parka / Triglav National Park Info Point

 parkirišče za avtodome / caravan car park

 kamp / campsite

 lahka označena planinska pot / easy marked mountain trail

 zahtevna označena planinska pot / difficult marked mountain trail

 zelo zahtevna označena planinska pot / very difficult marked mountain trail

- ZANIMIVOSTI NA POKLJUKI**
POINTS OF INTEREST ON POKLJUKA
- 1 POKLJUŠKA SOTESKA / GORGE
 - 2 ZATRNIK
 - 3 HOTUNJSKI VRH / VIEWPOINT
 - 4 GALETOVEC / VIEWPOINT
 - 5 UČNA POT MRZLI STUDENEC / NATURE TRAIL
 - 6 UČNA POT BARJE GORELEJ / NATURE TRAIL

- 7 PLANINA JAVORNIK / PASTURE
- 8 BLEJSKA KOČA NA LIPANCI / HUT
- 9 ŠPORTNI CENTER TRIGLAV POKLJUKA
- 10 PLANINA ZAJAMNIKI / PASTURE
- 11 PLANINA USKOVNICA / PASTURE
- 12 GORJUŠE
- 13 KOPRIVNIK
- 14 VODNIKOV RAZGLEDNIK / VIEWPOINT

- NAMIGI / TIPS**
- Koprivnik–Vodnikov razglednik / viewpoint: 30 min
 - Zatrnik–Hotunjski vrh: 40 min
 - Učna pot Barje Gorelejk / Gorelejk Peat Bog Nature Trail: 45 min
 - Učna pot Mrzli studenec / Mrzli studenec Nature Trail: 1 h
 - Rudno polje–Koča na Uskovnici: 1 h
 - Gorjuše–Galetovec: 1 h 15 min
 - Rudno polje–Zajamniki: 1 h 20 min
 - Pokljuka soteska (krožna pot) / Pokljuka Gorge (circular trail): 1 h 30 min
 - Gorelejk (Hotel Pokljuka)–Blejska koča na planini Lipanca: 1 h 45 min
 - Mrzli studenec–planina / pasture Javornik–Gorelejk: 2 h
 - Juliana Trail, del etap 5 in 6 / part of stages 5 and 6

ZA OBISKOVALCE TRIGLAVSKEGA NARODNEGA PARKA
FOR TRIGLAV NATIONAL PARK VISITORS

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

Pokljuka soteska je naravni spomenik državnega pomena. The Pokljuka Gorge is a natural monument of national importance.

Bodite nemoteči obiskovalci in ne prinašajte ničesar v prostor ter iz njega ničesar ne odnašajte. Odnesite le lepe spomine in podobe, shranjene na spominski kartici. Be considerate visitors who take nothing except for memories and data stored on memory sticks.

Svoje vozilo pustite na označenih parkirnih mestih. Uporabljajte javni prevoz. Leave your vehicle in a designated car park. Use public transport.

Vreme se v gorah hitro spreminja. S seboj vzemite rezervna oblačila. Obujte primerne čevlje. Na turo se podajte primerno telesno in psihično pripravljene, s seboj vzemite zadostno količino vode. Weather in the mountains is very changeable. Make sure the tour is suitable to your physical and mental fitness. Bring a change of clothes, wear hiking shoes, and carry an adequate supply of water.

Pred odhodom na turo pridobite čim več aktualnih informacij o stanju na poteh, odprtih kočah in vremenu. V primeru nesreče kličite 112. Before setting off, obtain the relevant information on the conditions of paths and trails, available mountain huts and bivouacs, and the weather. In case of an accident call 112.

Bodimo nemoteči obiskovalci. Mir in tišina naj bosta privilegij prebivalcev in obiskovalcev. As respectful visitors, make sure the area remains a place of peace and quiet for residents and visitors.

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 animals and plants. Admire them in such a way that you do not disturb them, because they are as unique as you.

Nabiranje gob in rastlin je dovoljeno le v 3. varstvenem območju parka (do 2 kg gob oz. do 1 kg zelisa na osebo na dan). Picking of mushrooms and herbs is only permitted in the third protective regime (2 kg of mushrooms or 1 kg of herbs per person per day).

Prenočevanje izven za določenih mest ni dovoljeno. Na Pokljuki ni kampov in počivališč za avtodome. V planinskih kočah je na voljo dovolj ležišč. Visitors are not allowed to spend the night outside designated areas. There are no campsites and caravan car parks on Pokljuka. Plentiful accommodation is provided at mountain huts.

Občutljivo naravno okolje zahteva pozornega obiskovalca, zato hoja zunaj označenih poti ni priporočljiva. Na izpostavljenih delih je velika možnost zdrsa. Attentive visitors appreciate the fragile natural environment and keep to marked trails. High risk of slipping on steep terrain.

VAŠ KORAK JE POMEMBEN. NE ZAHTEVA VELIKO, POMENI OGROMNO. YOUR STEP MATTERS. IT DOESN'T TAKE MUCH, BUT MAKES A GREAT DIFFERENCE.



TRIGLAVSKI NARODNI PARK

POKLJUKA

JAVNI PŘEVOZ
PUBLIC TRANSPORT

INFORMACIJSKA MESTA
TRIGLAVSKEGA NARODNEGA PARKA
TRIGLAV NATIONAL PARK INFO POINTS

CENTER TRIGLAVSKEGA NARODNEGA PARKA BOHINJ
TRIGLAV NATIONAL PARK CENTRE BOHINJ
Stara Fužina 37-38, Bohinjsko jezero
T: +386 4 578 02 40 E: info.bohinjka@tnp.gov.si

INFOCENTER TRIGLAVSKA ROŽA BLED
Julijanska cesta 27, Bled T: +386 4 578 02 05 E: info.trb@tnp.gov.si

POCARJEVA DOMAČIJA / POCAR HOMESTEAD
Zgornja Radovna 25, Mojstrana
T: +386 4 578 02 00 (uprava Triglavskega narodnega parka / TNP management)
E: triglavski-narodni-park@tnp.gov.si

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

Doživite Pokljuka drugače, uporabite javni prevoz!
Experience Pokljuka differently, use public transport!

Zelena mobilnost Julijskih Alpah
Mobility in the Julian Alps

Informacije o prometu v Bohinju
Traffic information in Bohinj