

1 TRIGLAVSKA BISTRICA TRAIL



The magnificent summits of Triglav National Park are a feast for the eyes and a challenge for mountaineers. They are separated by valleys rich in forests and crystal-clear waters. The park abounds in water sources. Nearly every valley has a stream, or a river, which has always been the lifeline and pulse of Alpine villages. Many valleys are now very popular tourist destinations. The described trails in various parts of the Julian Alps Transboundary Ecoregion are intended for learning the special features of this wonderful world.

Although varying in length and difficulty, all trails have one thing in common: besides magnificent views, they offer attentive visitors the tiny wonders of biodiversity. When choosing your trail, consider the duration, as the hike may take from one hour to a whole day.

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

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

Stay on trails. Protect the soils.



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

Starting point: Slovenian Alpine Museum, Mojstrana
Distance: 11 km
Elevation gain: 375 m
Duration: 3 hours (one way)
Difficulty: easy, but long trail

COMMON BEECH
Fagus sylvatica
 Beech nuts are quite a rich source of food for forest animals.

CADDISFLY
Trichoptera sp.
 Caddisfly larvae live in clean waters. They are an important source of food for fish, water birds and other predators.

ALPINE NEWT
Mesotriton alpestris
 Amphibian, adapted to living in cold places, lives in pools, cart tracks and puddles in skidding trails.

2 SOČA TRAIL



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

Starting point: Koča pri izviru Soče (Hut at the source of the Soča river)
Distance: 25 km (from source to Bovec)
Elevation gain: 433 m
Duration: depending on the section, total trail 7 hours (one way)
Difficulty: easy, but long trail



SOČA TROUT
Salmo marmoratus
 Freshwater fish with a typical marble pattern. It only lives in the Adriatic river basin.

WHITE-THROATED DIPPER
Cinclus cinclus
 The only bird among songbirds that can dive and swim.

3 TOLMIN GORGES



The Tolmin Gorges mark the lowest point of the national park. There, we are surrounded by steep mountains and the murmuring of two picturesque rivers that invite us to explore this magnificent masterpiece of nature. The scenery provokes strong emotions because the narrowest part of the Tolminka River Gorges takes us deep below Hudčev most (the Devil's Bridge), while on the other side, the trail leads us along the edges of the Zadražica Gorges to a natural bridge that resembles a bear's head.

Starting point: Tolmin Gorges Entry Point
Distance: 3 km
Elevation gain: < 100 m
Duration: 90 minutes (circular trail)
Difficulty: easy



AURICULA
Primula auricula
 This evergreen plant grows in rocky crevices. It blossoms from March to July.

ROSALIA LONGICORN
Rosalia alpina
 They are active during the day. They aggregate on the beech trunks exposed to sunlight.

4 PLANICA TAMAR



Planica, a long typical glacial valley in the northern part of the Slovenian Julian Alps, branches off from the valley near Rateče. In the west, it is surrounded by the Ponce ridge, and in the east, both Mojstrovka mountains and Cipernek rise high above it.

In its upper part, Planica continues to Tamar valley, one of the most beautiful parts of the Julian Alps. At the end, the views culminate with the summit of Jalovec.



CHAMOIS
Rupicapra rupicapra
 Being the most common animal in the alpine world, chamois can be found on open rocky areas above the tree line in summer or even in forests in winter.

EDIBLE DORMOUSE
Glis glis
 This nocturnal rodent lives in beech and oak forests.

5 GORELJEK BOG NATURE TRAIL



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

Starting point: Hotel Jelka, Pokljuka
Distance: approx. 1 km
Elevation gain: negligible
Duration: 45 minutes (circular trail)
Difficulty: easy



EUROPEAN SPRUCE
Picea abies
 Pokljuka is known for its spruce forests that are an important habitat for the western capercaillie and the three-toed woodpecker.

VIVIPAROUS LIZARD
Lacerta vivipara
 Since it gives birth to live young, it can survive in areas that are too cold for eggs to develop.

6 MOSTNICA GORGE



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

Starting point: Stara Fužina
Distance: 5.5 km
Elevation gain: 250 m
Duration: 2 hours (one way)
Difficulty: easy, but long trail



ORANGE LILY
Lilium bulbiferum
 Buds are hidden behind the upper flower leaves, from which a new plant can grow.

EUROPEAN COMMON FROG
Rana temporaria
 If you search for it diligently, you can see it in the shady and humid forests or on forest edges.

7 AROUND LAKE BOHINJ



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
Duration: 2 hours 30 min
Difficulty: easy
Warning: the trail is impassable after extended periods of rain

MOUNTAIN ASH
Sorbus aucuparia
 This tree has edible red fruits and is well adapted to low temperatures.

MOUNTAIN BUMBLEBEE
Bombus sp.
 Bumblebees pollinate more efficiently and quickly than honey bees. They are also active at low temperatures, in the rain and wind.

8 USKOVNICA PASTURE



The karst plateau of Pokljuka is covered with vast spruce forests that are intertwined with pastures, where cattle graze in the summer. A walk from Rudno polje to the Uskovnica pasture offers impressive views.

Starting point: Triglav Pokljuka Sport Centre, Rudno polje
Distance: 4 km
Elevation gain: 180 m
Duration: 1 hour (one way)
Difficulty: easy

WESTERN CAPERCAILLIE
Tetrao urogallus
 The largest representative of capercaillies lives in mixed and coniferous forests. It is an endangered species in Central Europe.

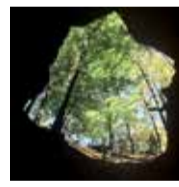
ALPINE NEWT
Mesotriton alpestris
 Amphibian, adapted to living in cold places, lives in pools, cart tracks and puddles in skidding trails.

9 POKLJUKA GORGE



Torrential glacial rivers which flowed from the tongues of the Pokljuka Glacier cut the largest fossil gorge in Slovenia. Today, the bed of Ribšičica is dry and you can walk along it through the Pokljuka Hole with its three natural windows. The trail will lead you along a suspended wooden walkway and through 'gardens' covered with a blanket of fern.

Starting point: Jela (Krnica) or Zatrnek
Distance: 4 km
Elevation gain: 235 m
Duration: 2 hours (circular trail)
Difficulty: easy
Warning: visiting the gorge in bad weather is not recommended



EUROPEAN HOP-HORNBEAM
Ostrya carpinifolia
 An important pioneer species which thrives on bare, steep, warm slopes.

OSTRICH FERN
Matteuccia struthiopteris
 This particularly interesting fern features two types of fronds – one for photosynthesis and one for reproduction by spores.

10 SENARSKA POT TRAIL



Farmers did not look at the views when they carried hay from the high slopes of Mangart to the valley. But the views here are exceptional, especially those of the face of Loska Stena, the Loška Koritnica valley and Mangart, which can be admired all the way from Strmec to Gorenji Stan or the Mangart Saddle.

Starting point: Strmec
Distance: 7.5 km
Elevation gain: 1,100 m
Duration: 3 hours 30 minutes (one way)
Difficulty: difficult



ROCK PTARMIGAN
Lagopus muta
 Its feathers moult from white in winter to brown in spring and summer.

CLUSIUS' GENTIAN
Gentiana clusii
 This flower blossoms in spring on limestone mountain pastures and rocky meadows, flowering until July.

11 RAZOR PASTURE



In the shelter of 300-year-old beech trees, a mountain hut greets you on one of the oldest pastures in the region of Tolmin. If you climb up to the crest of the Bohinj-Tolmin mountains, you can admire views stretching from the sea to Triglav and from Snežnik to the Dolomites.

Starting point: Planina Podkuc Pasture
Distance: 3.5 km
Elevation gain: 165 m
Duration: 1 hour 15 minutes (one way)
Difficulty: easy



WILD BOAR
Sus scrofa
 This large animal feasts on beechnuts, acorns, chestnuts, potatoes, carrots and anything else that can be found in or on the ground.

MOUNTAIN AVENS
Dryas octopetala
 The plant's low, cushion-forming growth protects it from strong winds and water loss.

12 TA LIPA POT TRAIL



Triglav National Park and the Prealpi Giulie Nature Park together make the Julian Alps Transboundary Ecoregion, which also encompasses the entire Julian Alps Biosphere Reserve. Nature knows no boundaries, therefore, we have to tackle many challenges in the area of the Julian Alps together.

The Ta Lipa pot Trail is located in the Julian Alps Transboundary Ecoregion, i.e. in the Prealpi Giulie Nature Park. This circular trail runs along the Resia Valley, through the forest, past the waterfalls and streams around the small village of Stolvizza. The trail is perfectly suited to children and adults to experience the magic of nature and cultural heritage of the Resia Valley.



Starting point: the start of any of 43 stages which link the three regions: Austrian Carinthia, Slovenia and Friuli-Venezia Giulia.
Distance: 750 km
Duration: differs from stage to stage. The average stage length is 20 km, or 6-7 hours.
Difficulty: depends on the stage.
Warning: in winter choose sunny slopes and check the winter warnings and conditions before setting off.
Info: www.alpe-adria-trail.com

GLOBEFLOWER
Trollius europaeus
 This perennial is a flowering plant of the family Ranunculaceae and grows on Alpine meadows and fields.

RED FOX
Vulpes vulpes
 The most common wild animal of the order Carnivora is a solitary animal and mostly active at night.

ALPE ADRIA TRAIL
 Long-distance hiking trail



JULIANA TRAIL

Long-distance hiking trail



JULIANA TRAIL
270/16

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 you 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 an astonishing alpine world that abounds in biodiversity.

Starting point: the start of a stage.
Distance: 330 km, 270 km (basic round tour) + 60 km (extra 4 stages to Breda)
Duration: differs from stage to stage. The average stage length is 17.5 km, or 4-5 hours. The entire Juliana Trail can be completed in 15 to 20 days.
Difficulty: depends on the trail stage.
Warning: in winter choose sunny slopes and check the winter warnings and conditions before setting off.

Info: www.julian-alps.com

JULIANA TRAIL 270/16

WALK OF PEACE

Long-distance hiking trail



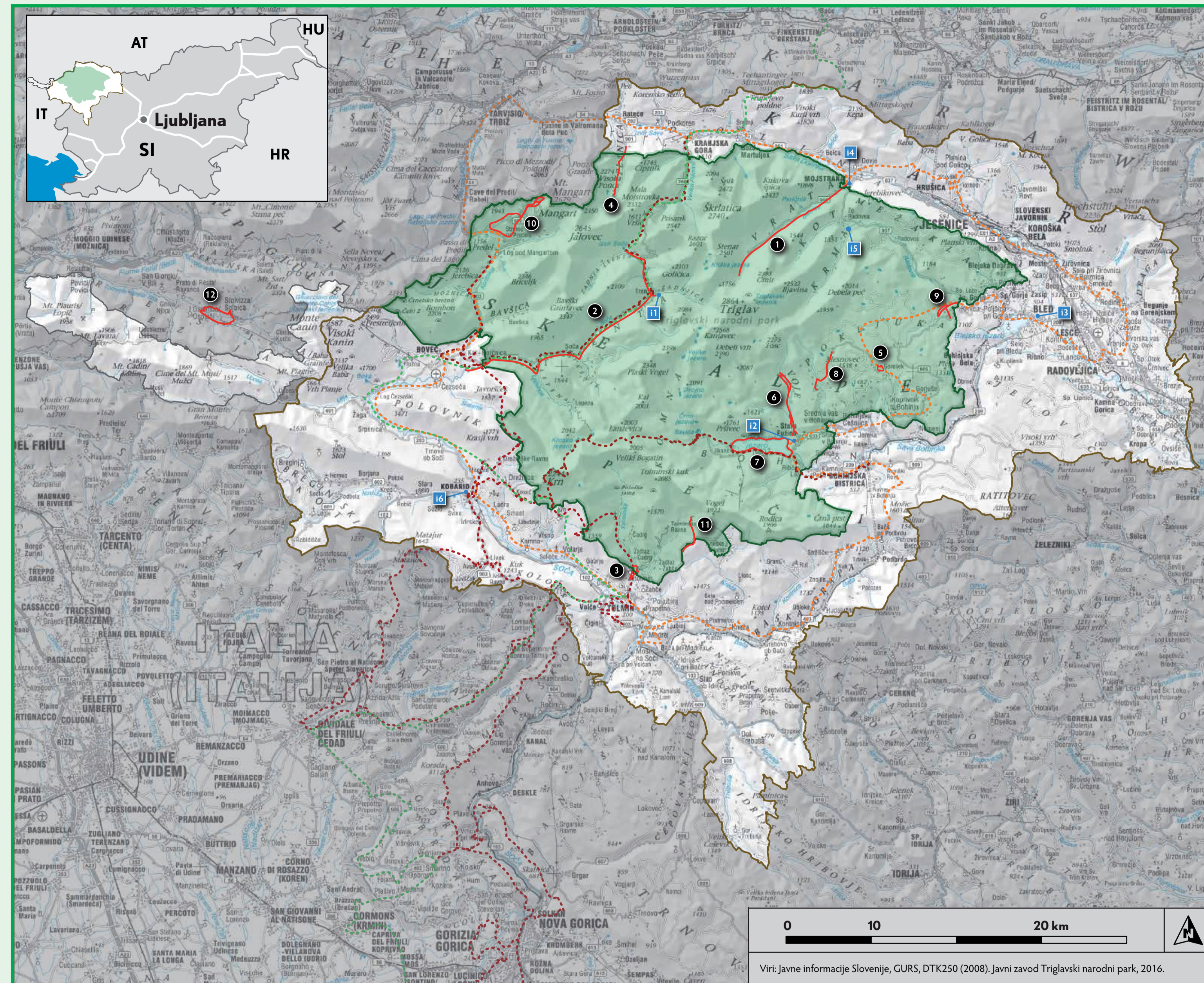
The peace you will experience along the trail from the Alps to the Adriatic was not always so natural in these places. The course of history and the course of the Soča River, which ranks among the most beautiful alpine rivers worldwide, are turbulent and unpredictable. A century after the First World War, its historical heritage has been linked to form the Walk of Peace, threading through the truly beautiful Slovenian landscape. Stretching from the Julian Alps, across the Brda Hills and the Karst to the Adriatic Sea, it strives to slow down the pace of time and invites visitors to relax or reflect – a hundred years after the Isonzo Front, one of First World War's most brutal campaigns of trench warfare in Slovenia.

Starting point: Log pod Mangrotom, or the start of any trail stage.
Distance: 519 km
Duration: differs from stage to stage. The entire Walk of Peace can be completed in 32 days.
Difficulty: depends on the trail stage.
Warning: in winter choose sunny slopes and check the winter warnings and conditions before setting off.

Info: www.thewalkofpeace.com

POT MIRU

TRIGLAV NATIONAL PARK, BIOSPHERE RESERVE JULIAN ALPS AND TRANSBOUNDARY ECOREGION JULIAN ALPS



THEMED NATURE TRAILS

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LONG-DISTANCE HIKING TRAILS

- ALPE ADRIA TRAIL
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- WALK OF PEACE

AREAS

- TRIGLAV NATIONAL PARK
- BIOSPHERE RESERVE JULIAN ALPS
- TRANSBOUNDARY ECOREGION JULIAN ALPS

FOR NATIONAL PARK VISITORS



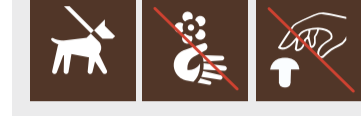
Triglav National Park is the only national park in Slovenia. When visiting this magnificent and sensitive natural environment, we are merely guests. Welcome to the national park.



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



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



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.



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



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



Your step matters. It doesn't take much, but makes a great difference.

SAFELY TO THE MOUNTAINS



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



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



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



PATHS – gravel increases the possibility of slipping, in particular in exposed places and in wet conditions.



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



PLAN YOUR ACTIVITY CAREFULLY. GATHER THE INFORMATION YOU NEED TO ENJOY YOUR ACTIVITY AND THE PLACE. YOU WILL APPRECIATE IT BETTER.

TRIGLAV NATIONAL PARK INFO POINTS

11 INFO CENTRE DOM TRENTA
Na Logu, Trenta, Soča
T: +386 5 388 93 30
E: dom-tntp.trenta@tntp.gov.si

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

13 INFOCENTER TRIGLAVSKA ROŽA BLEJ
Ljubljanska cesta 27, Bled
T: +386 4 578 02 05
E: info.trb@tntp.gov.si

14 SLOVENIAN ALPINE MUSEUM
Triglavska cesta 49, Mojstrana
T: +386 8 380 67 30
E: info@planinskimuzej.si

15 POCAR HOMESTEAD
Zgornja Radovna 25, Mojstrana
T: +386 4 578 02 00 (TNP management)
E: triglavski-narodni-park@tntp.gov.si

16 TRIGLAV NATIONAL PARK INFO POINT, ZELENA HIŠA, TIC KOBARID
Triglavbode 16, Kobarid
T: +386 5 380 04 90
E: info.kobarid@dolina-soce.si



ONE WITH NATURE
Along the Magnificent trails of the Julian Alps



We are all part of biodiversity and every person can make a difference.
1 Biodiversity is the variety of life on Earth, encompassing bacteria and fungi, plants and animals. It has evolved in billions of years. An important characteristic of biodiversity is the exceptional combination of organisms that could not survive on their own together if they build a unique network that has a major impact on the conditions on our planet.
2 That the Triglav National Park is the habitat for 7,000 different animal species and approximately 1,600 plant species?
3 That the trends in reduction of species have been observed in Slovenia, where 10% of all ferns and 50% of vertebrates are endangered (mammals, birds, reptiles, amphibians and fish)?
4 That a species that becomes extinct, is lost forever – also if part of biodiversity and every person can make a difference.

DID YOU KNOW?
BIODIVERSITY IS EVERYTHING THAT IS ALIVE

