



United Nations
Educational, Scientific and
Cultural Organization

Julian Alps
Biosphere Reserve since 2003

Man and the Biosphere Programme

Organizacija Združenih
narodov za izobraževanje,
znanost in kulturo



TRIGLAVSKI NARODNI PARK TRIGLAV NATIONAL PARK

VODNIK ZA MLADE

KIDS' GUIDE

2018/2019

POLNO VSEGA ŽIVEGA ALI
BIODIVERZITETA
TEEMING WITH LIFE OR
BIODIVERSITY

IZ ŽIVLJENJA
NARAVOVARSTVENEGA
NADZORNIKA
FROM THE LIFE OF A RANGER

POT POD NOGE
HIT THE ROAD

VARNO V GORE
SAFELY TO THE
MOUNTAINS

IGRAJMO SE
LET'S PLAY

RAZISKUJ
EXPLORE

POTRKAJTE NA VRATA
KNOCK ON THE DOOR

ZA MLADE
FOR KIDS





Ali veš ...

Prvi narodni park na svetu, Yellowstone, je bil ustanovljen leta 1872 v ZDA.

Leta 1909 je Švedska prva v Evropi razglasila 9 narodnih parkov.

V Sloveniji so leta 1924 prvič zavarovali naravno območje, in sicer Dolino Triglavskih jezer.

Triglavski narodni park je edini narodni park v Sloveniji.

Do you know...

The first national park in the world, Yellowstone, was established in the USA in 1872.

Sweden was the first country in Europe to create National Parks, the first nine of which were founded in 1909.

The first protected area of nature in Slovenia was established in the Triglav Lakes Valley in 1924.

Triglav National Park is Slovenia's only national park.

GORSTVA SVETA - ALPE

Alpe so najvišje, najmogočnejše in najbolj znano gorstvo Evrope. V loku, dolgem 1300 km, se raztezajo čez 8 evropskih držav: Slovenijo, Avstrijo, Nemčijo, Liechtenstein, Švico, Francijo, Italijo in Monako. Nekoč izredno reven predel Evrope danes velja za atraktivno območje, kjer živi 14 milijonov ljudi, letno pa ga obišče več kot 120 milijonov turistov.

TRIGLAVSKI NARODNI PARK velja za enega izmed največjih in najstarejših narodnih parkov v Evropi. Namen narodnega parka je varovanje edinstvene narave in ohranjanje izjemne kulturne krajine. Prišteva se med najbolj znane in najbolj obiskane v Evropi.

TRIGLAV NATIONAL PARK is one of the oldest and largest national parks in Europe. The main objective of the national park is protection of valuable natural assets and conservation of outstanding cultural landscape. Triglav National Park has become one of the most widely recognized and popular national parks in Europe



BIOSFERNO OBMOČJE JULIJSKE ALPE

JULIAN ALPS BIOSPHERE RESERVE



Ali veš, da je na Biosfernem območju Julijske Alpe skupaj s podružnicami kar 38 osnovnih šol in več kot 7000 učencev?

Do you know...
that the Julian Alps Biosphere Reserve contains 38 primary schools and their branches totalling over 7,000 pupils?



Besarjevi dnevi
Belar Days

V gorskem svetu našega dela Slovenije je več kot 10.000 različnih rastlinskih in živalskih vrst. Preplet človeka in narave tu je tako edinstven, da je organizacija UNESCO Julijskim Alpam leta 2003 podelila naziv biosferno območje. Glavni cilj biosfernega območja je trajnostno raziskovati, izobraževati in upravljati naravne vire. Turizem, gozdarstvo, promet - vse kar počnemo, jim lahko škodi, zato se moramo potruditi, da ne vplivamo negativno na okolje.

SKUPNOST ŠOL BIOSFERNEGA OBMOČJA JULIJSKE ALPE

Javni zavod Triglavski narodni park že dolgo sodeluje s šolami v okolici narodnega parka, zdaj pa jih je še tesneje povezal. Učenci prek vodenih delavnic ter različnih materialov in orodij na spletu bolje spoznavajo živi in neživi svet alpskega območja. Povezovali se bodo z učenci drugih šol v skupnosti in vrstniki z drugih zavarovanih območij v Evropi.

Kaj se nam že dogaja v skupnosti?



Srečanje vrstnikov sosednjih zavarovanih območij
Peer meetings of pupils from neighbouring protected areas

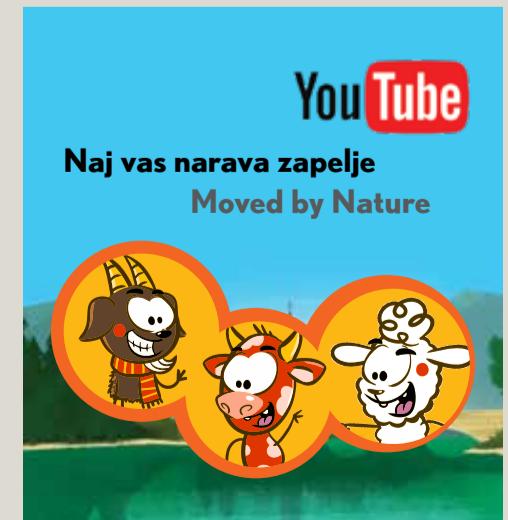
In consideration of the fact that this part of Slovenian mountains abounds in flora and fauna and supports such an impressive co-existence of man and nature, UNESCO awarded the Julian Alps with the title Biosphere Reserve in 2003. The main aim of the Biosphere Reserve is to carry out sustainable research, education and management of natural resources which are such a valuable and unique asset in this part of the world. Whether we are referring to tourism, forestry or traffic, one thing is certain: no activity practised in the area of the national park shall have a negative effect on the natural environment.

COMMUNITY OF SCHOOLS OF THE JULIAN ALPS BIOSPHERE RESERVE

The Triglav National Park Public Institute has had a long and fruitful cooperation with the schools in the surrounding areas of the national park, and now wishes to build a tighter connection among these schools. Through guided workshops and web tools the pupils will learn about the animate and inanimate alpine areas. They will collaborate with students from other schools and peers from other protected areas in Europe.



Mladi na vrhu
Youth at the top



Polno vsega živega ali **BIODIVERZITETA**



Biodiverziteta šteje! Biodiverziteta je fantastična raznolikost življenja. Mi vsi smo biodiverzita, tvoja najljubša žival in najlepša rastlina sta biodiverziteta ... Slovenija se ponaša z eno najvišjih biotskih pestrosti v Evropi! Spoznati in izvedeti več o tem je osrednji cilj projekta LIFE NATURAVIVA: Biodiverziteta - umetnost življenja.

Spolšni cilj projekta LIFE NATURAVIVA je razkriti izjemne naravne dragocenosti Slovenije in njihov pomen ter osvetliti nevarnosti, ki jim pretijo.

Teeming with life or **BIODIVERSITY**

Biодиверзитет се сметa! Биодиверзитет је фантастична разноликост живота. Ми смо сви биодиверзитет, твоја најљубша жива природа и најлепша растлina је биодиверзитет ... Словенија има једну од највиших биотских варijанти у Европи! Познати и изучити веће о томе је осредњи циљ пројекта LIFE NATURAVIVA: Биодиверзитет - уметност живота.

The overall objective of the LIFE NATURAVIVA project is to reveal the exceptional natural values of Slovenia and their significance and to highlight the threats to which they are exposed.

POVEŽI SLIKE Z OPISI VRSTE!

V TRIGLAVSKEM NARODNEM PARKU JIH LAHKO SREČAŠ TUDI TI!

Rastline in živali lahko opazuješ, ne smeš pa jih motiti ali celo nabirati in odnašati iz naravnega parka!

PLANIKA Najbolj znana gorska cvetlica. Do nje moramo kar nekaj časa hoditi navkreber.

EDELWEISS The edelweiss is the best-known alpine flower. You need to hike for a while to get to it.

ČMRLJI Te kosmate žuželke so pomembni opraševalci cvetlic. Živijo tudi na najvišjih gorskih travnikih.

BUMBLEBEES These hairy insects are important pollinators and live on highest-lying mountain meadows.

DLAKAVI SLEČ Raste med ruševjem in macesnom. Več manjših cvetov je združenih skupaj, so zvončasti in rožnate barve.

HAIRY ALPENROSE The flower is commonly found amidst dwarf pines and larch trees at the tree line. Several small bell-shaped pink-coloured blossoms form a large inflorescence.

POLH Zimo prespi, topli del leta pa si ponoči išče hrano v gozdu. Ponoči lahko zganja hrup na podstrešju koč.

DORMOUSE Dormice hibernate through the winter and in the warm part of the year forage the forests for food during night time. They are often responsible for the noise that is heard in the attic of mountain huts during night time.



SEKULJA ALI RJAVA ŽABA V naših gozdovih najbolj razširjena vrsta žabe. Njen mrest se pojavi že zgodaj pomladi v počasi tekočih potokih ali stopečih vodah.

EUROPEAN COMMON FROG The most common frog species in our forests. Spawning occurs in early spring, in slow-flowing streams and stagnant waters.

SIVA PASTIRICA Hrani se z žuželkami in njihovimi ličinkami, teh pa je veliko na pašnikih. Med hojo ves čas pozibava z repom.

GREY WAGTAIL The grey wagtail feeds on insects and their larvae, which are in ample supply on mountain pastures. The bird wags her tail while walking, hence the name.

ZOISOVA ZVONČICA Raste visoko v gorah Julijskih Alp. Modri zvončasti cvetovi so na koncu stisnjeni skupaj.

ZOIS' BELLFLOWER Zois' bellflower grows high up in the mountains of the Julian Alps. Its blue bell-shaped flowers are pinched together and puckered at the mouth.

AVRIKELJ Gorski sorodnik trobentice. Ima mesnate liste, da z njimi zadrži več vode in lažje preživi suhe poletne dni.

AURICULA This distant relative of the common primrose has fleshy, succulent leaves, allowing for better retention of water during dry spells.

KRANJSKA LILJA Ima velike oranžne cvetove. V dolinah pod Triglavom cveti junija in julija.

CARNIOLAN LILY The Carniolan lily is best-known for its large orange blossoms that are in full bloom in June and July. It can be found in the valleys at the foot of Triglav.

MATCH THE DESCRIPTIONS TO THE GIVEN PICTURES.

THESE ANIMALS AND PLANTS ARE PART OF THE NATURAL ENVIRONMENT OF TRIGLAV NATIONAL PARK.

It is allowed to observe plants and animals but make sure you do not disturb, pick or even remove them from the national park!

ALPSKI KOZLIČEK Velik hroč modrikaste barve s temnimi pegami in dolgimi tipalkami. Živi v starih bukovih gozdovih. Podoben mu je bukov kozliček, ki je tudi bolj pogost.

ALPINE LONGHORN BEETLE The Rosalia longicorn is a large blue longicorn that lives in old beech forests. Similar in appearance but much more common is the long-horned beetle Morinus funereus asper.

PLANINSKI PUPEK Vrsta repatih dvoživk. Poleti plavajo v večjih lužah in kalih na planinah in v gorskih gozdovih, na primer na Pokljuki.

ALPINE NEWT The alpine newt is a salamander-like amphibian. In summer alpine newts swim in big puddles and ponds on mountain pastures and in forests, for example on the Pokljuka plateau.

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Iz življenja naravovarstvenega NADZORNIKA



Ali veš, da sta divji petelin in ruševci različni vrsti divjih kur? Prva živi v starih smrekovih gozdovih, druga pa že nad gozdno mejo v pasu ruševja in gorskih travnikov.

Do you know that the capercaillie and black grouse are two different species of the grouse family? The first is found in mature spruce forests and the other resides in the belt of dwarf pines and mountain meadows above the tree line.



ruševci
black grouse

Florijan Tišler - Pokljuka

ZGODBA O MLADEM PETELINU

Ko je predrl jajčno lupino nekje na senčnih legah mogočnega Kremenovca, si je radovedno ogledoval svet okoli sebe. Pod visokogorskimi smrekami in stoltnimi mogočnimi macesni je bil njegov dom. Poleg njega so se izvalile še tri grahaste sestrice. Mama kura je skrbela zanje in jih varno popeljala skozi toplo poletje, dokler se na jesen niso osamosvojili ter odpravili vsak po svoje. Mladi petelin se je že kmalu zelo razlikoval od svojih sestric, ki so ostale grahaste, on pa je počasi odraščal v pravega velikega samca.

Nato je prišla zima, mrzla in bogata s snegom, kakršne so pač zime na zgornji gozdni meji. Pri divjem petelinu je prva zima največkrat vzrok smrtnosti. Mladi petelin pa je v varnem zavetju ruševja prvo zimo prestal brez težav.

Sneg je po prisojnih legah začel kopneti in v mlademu petelinu se je pojavil čuden nemir. Kure, ki ga prej niso preveč zanimale, so naenkrat postale njegovo hrepeneњe. Z željo po družbi grahastih lepotic je vsako jutro prvi začel svojo pesem na rogovili starega macesna. Klepanje in brušenje se je slišalo po pobočju še dolgo v dan. Kuram mladec ni bil preveč zanimiv in so se pomaknile na glavno rastišče (območje samca), kjer je gospodoval močan petelin, starec s Kremenovca.

V silni želji po ljubezni se je neko aprilskega jutra približal rastišču in zapel svojo pesem, a je zaropotalo za njim in že je bil na njem. Starec!!! Mladi petelin je komaj dojel, kaj ga je doletelo, ko je usekal s kljunom po njem, perje je frčalo naokoli in samo naključje je bilo, da mu je uspelo pobegniti, sicer bi bilo po njem. Ko je vzletel, se je kot puščica spustil na gozdno cesto niže in strahoma zrl nazaj, kjer se je starec šopiril in pel.

Nebo se je pooblacilo in nastala je močna gorska nevihta. V tem hladnem jutru sem se vzpenjal po pobočju in počasi zaključeval vsakoletno štetje divjega petelina, ki ga izvajam kot naravovarstveni nadzornik Triglavskega narodnega parka. Na gozdni cesti sva se srečala iz oči v oči. Škljoc fotoaparata in mladi petelin začudeno zre v prikazen na dveh nogah. Človeka najbrž še ni srečal.

Florijan Tišler - Pokljuka

THE STORY OF A YOUNG CAPERCAILLIE MALE

When he broke a hole through the egg shell somewhere on the shaded slopes of mighty Kremenovec, he cast a curious glance at the world around him. His home was beneath mountain spruce trees and hundred-year-old larches. Three sisters kept him company in the nest. Mother hen took great care of them, getting them safely through the warm summer until they were ready to start a life of their own. The young male soon looked very different from his sisters, who kept their brown plumage with black and silver barring while he slowly grew into a large capercaillie male.

Then winter came, cold and rich in snow, the way winters are at the tree line. Winter is the most common cause of mortality in the capercaillie. The young cock made it through its first winter in the shelter of dwarf pines.

Snow started melting on the sunny slopes and the young capercaillie got strangely restless. Hens that had barely caught his eye earlier were now the focus of his attention. At the break of dawn, he positioned himself on the branch of an old larch tree and began his aria to impress the females. His song, a series of double-clicks that accelerated into scraping sounds, was heard on the slope long into the day. Hens were not overly interested in the youngster, deciding instead to move to the main courting grounds dominated by a magnificent capercaillie specimen, an old cock from the slopes of Kremenovec.

One April morning, the young capercaillie, blind in his quest for love, decided to move closer to the main lek. Only a few seconds into the song, he was brutally interrupted. A strong beak cut into the young cock before he even knew what had hit him. The old male!!! The feathers flew in the air and it was only by luck that he managed



Zgodba mladega petelina počasi dobiva svojo obliko, ko razmišljam o najinih srečanjih. Do konca rastitve si ni upal več stopiti na rastišče pred starca, saj se je bal, da bi jo ponovno skupil. Narava se je v tem času začela prebujati in vse je zelenelo in cvetelo. Nemir v mlademu petelinu je začel popuščati. Kure, ki so medtem že začenjale valiti, ga niso več zanimale.

Konec poletja, pri rednem obhodu v bližini rastišča, sem naletel na vsepovsod razneseno perje. Po krajšem iskanju sem našel starca, od katerega je ostalo bore malo. Kljub izkušnjam se mu v spopadu s planinskim orlom ni izšlo. Starca sem spoznal po izrazito prirezanih repnih peresih, ki so značilna za starega petelina.

Mladega petelina to leto nisem več videl. Ob koncu letošnje zime, ko se je rastitev ponovno začela, pa sem ga zagledal. Prelep v vsem svojem sijaju je v jutru pel na starem macesnu. Naravna selekcija (ali pa naključje) je mlademu petelinu že v svojem drugem življenjskem letu omogočila, da je postal kralj rastišča v Kremenovcu.

to escape safe and sound. He took off, only to land like an arrow on the forest road a little lower, gazing back towards the frightening male that was strutting and singing on the courting grounds.

The sky darkened, announcing a fierce mountain storm. In the chilly morning I was climbing up the slope, gradually completing my annual monitoring of the capercaillie populations that I was conducting in my role of a TNP ranger. On a forest road we came eye to eye. At the sound of the camera the young capercaillie looked in surprise at the two-legged creature. My guess was he had never seen a human being before.

The young capercaillie's story is starting to take shape as I reminisce about our encounters. Up until the end of the mating period he did not dare show his face at the lek, in order to avoid getting hurt again. As nature began to awaken from its winter sleep, and everything was green and blooming, the restlessness he felt began to fade away. He even lost interest in the hens that had already started laying eggs.

On another one of my regular rounds at the end of the summer I saw feathers scattered all around the lek. After a short search I found the old capercaillie male, or what was left of him. Despite his experience he lost the fight with the mountain eagle. I recognized the old male by his clearly cut tail feathers, which are commonly observed in old specimens.

I did not see the young capercaillie again that summer. At the end of this winter, when the courting began again, I spotted him. Stunning in his might, he sang his morning aria on an old larch. Natural selection (or a coincidence) had helped him to become the king of the lek at Kremenovec when he was only two years old.

From the life of a RANGER

Albert Kravanja - Trenta UJETI SRNJAČEK

Bilo je poletje, mesec avgust. Povsod je mrgolelo ljudi, ki so preživljali počitnice. Divjad pa ni imela miru. Pašo je morala začeti že ponoči. Tako mi je nekoga dne okoli osmih zjutraj zazvonil telefon. V ograjo med dvema hišama se je ujel srnjak. Nemudoma sem ga šel reševat.

Ko sem prišel do kraja, mi je domačinka povedala, da srnjak že vse jutro teka po ograjenem travniku in ne more ven. Komaj leto dni star srnjaček je bil majhen, ograja pa previsoka, da bi jo preskočil. Nebogljeni in obupano se je z vso silo zateaval v mrežo, hotel jo je prebiti, a ni šlo. Počasi sem se mu približal, ga zgrabil kot majhnega kužka in ga preložil na drugo stran ograje. V smrtnem strahu je vekal, da se je človeku kar srce paralo. Stekel je do bližnjega gozdčka in se ustavil. Hvaležno se je ozrl s svojimi črnimi očmi proti meni. Še malo je postal, potem pa odskakljal v gosto podrast.

Čez nekaj dni se je lanščak (srnjaček) spet prišel pokazat. Vendar ne blizu tiste ograje, tja ni stopil nikoli več.



Albert Kravanja - Trenta

A TRAPPED BABY ROE DEER

*I*t was summer, the month of August. Holiday-makers were everywhere. No peace for the deer that had to start grazing in the middle of the night. One day, around 8am, my phone rang. A baby deer was trapped in the fence between two houses. Immediately I set off to rescue it.

When I got to the place, a local woman told me that the red deer had been running around the fenced meadow, unable to get out. The baby deer, barely a year old, was small and the fence too high for him to jump over. Desperate, he kept banging against the fence wanting to push through, but to no avail. I slowly approached the frightened animal, grabbed it like a small puppy and put it on the ground on the other side of the fence. The bambi's frightened cries broke my heart. When I finally put him on the ground he ran to the nearest forest edge. He stopped, glanced towards me with its dark eyes, a look of pure gratitude, stopped for another while and then jumped further into the thickets.

A few days later, the juvenile showed himself again, but he never went near that fence again.



KAJ SE ZGODI Z IZTREBKIV NARAVI?

Tudi živali kakajo, kar ne prebavijo, morajo izločiti. In ker nimajo pleničk ali WCjev, pustijo kakce v naravi. In za naravo je tako še najbolje.

Iztrebkov se lotijo žuželke in druge drobne živali. V starem že malo presušenem kravjeku je pravo bogastvo živalic za kašnega biologa, ki raziskuje te živali.

ZAKAJ MORAMO POBIRATI PASJE IZTREBKE?

V iztrebkih psov so lahko povzročitelji različnih bolezni. Nevarni so tako živini, ki se pase po travnikih, kot ljudem. Pasji iztrebki spadajo med najbolj nevarne odpadke.

WHAT HAPPENS TO FAECES IN NATURE?

Animals poop, too – they have to discharge what they cannot digest. And because they have no diapers or toilets, they leave their faeces in nature. Actually, this is best for the natural environment.

Animal faeces are very popular with insects and other tiny animals. An old, slightly dried-up cow's poop contains a wealth of organisms for a keen biologist.

DO WE NEED TO PICK UP DOG POOP?

Dog poop can contain pathogens of various diseases, which may be dangerous for meadow-grazing cattle as well as to people. Pet waste is classified as one of the most hazardous waste.

GOVNAČ

je hrošč, ki se hrani z iztrebki rastlinojedih živali, npr. goveda.



DUNG BEETLE

is a beetle that feeds on the faeces of herbivores, for example cattle.



RAZISKUJ

Poisci opis poti
na naslednji
strani.



Jesenčev prelaz **VRŠIČ** - Očarali te bodo zlato rjavi macesni in lepi razgledi.

An autumn trip across the **VRŠIČ PASS** - You will be enchanted by golden-brown larches and wonderful views.



TAMAR pozimi - sprehod od Planice do koče v Tamarju pozimi je nekaj posebnega. Med klepetanjem, kepanjem, delanjem angelčkov v snegu in opazovanjem narave čas hitro mine. Po okrepčilu pa je sankanje najlepše doživetje dneva.

THE TAMAR VALLEY in winter - the hike from Planica to the mountain hut in Tamar is a special experience in the winter time. Time passes quickly while you are chatting with your friends, making snow angles, throwing snow-balls at each other and observing beautiful nature. After some rest and a snack at the hut the real fun begins - the sled ride back will be the highlight of the day.



V **KRANJSKI GORI** lahko obiščeš Kekčevo ali pa Škratovo deželo, zarajžaš lahko tudi po Poteh Triglavskih pravljic.

In **KRANJSKA GORA** you can pay a visit to the Kekec Land or the Land of Dwarfs, or walk along the Triglav Fairytales Path.



ROBIDIŠČE
Zgodovinska vas ob reki Nadiži je najbolj zahodna vas v Sloveniji.

ROBIDIŠČE
This historical village situated at the Nadiža river is the westernmost village in Slovenia.



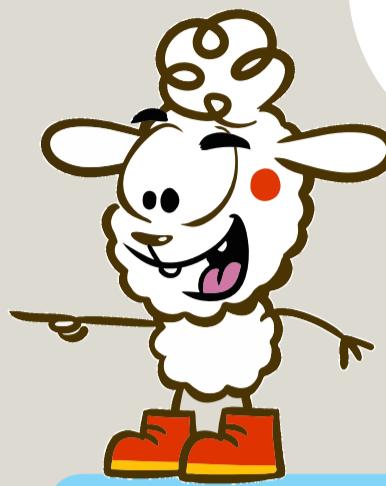
Naj vas narava zapelje/Moved by Nature:

V Biosferno območje Julisce Alpe se lahko pripeljete tudi z avtobusom ali vlakom. Če prihajate s svojim avtomobilom, pripeljite s seboj kolesa in se zapeljite po eni izmed označenih kolesarskih poti.

V poletnih mesecih za vožnjo do izhodišča ali želene točke lahko uporabite različne lokalne avtobuse, s katerimi se po ugodni ceni lahko vozite ves dan. Ob načrtovanju izleta urnike prevozov preverite na spletnih straneh Bleda, Bohinja, Kranjske Gore, Radovljice in Doline Soče. V informacijskih centrih in točkah si lahko izposodite kolo.

EXPLORE

Find the trail description on the next page.



NA SV. PETRA PO RAZGLEDE NA JULIJCE IN KARAVANKE

Iz Begunj pot zavije navkreber. Ko dosežeš cerkev Sv. Petra, si nagrajen za trud z lepimi razgledi na Julijce, Blejsko jezero in Karavanke. Pot zmorejo tudi najmlajši.

TO SV. PETER TO ENJOY STUNNING VIEWS OF THE JULIAN ALPS AND KARAVANKE

From Begunje the path runs uphill. Once you reach St. Peter's Church you are rewarded with beautiful views of the Julian Alps, Lake Bled and the Karavanke mountain range. The path is also suitable for families with small children.

ČEBELARSTVO - RADOVLJICA IN ŽIROVNICA

Ali veš, da je 20. maj razglašen za svetovni dan čebel? Na ta dan se je l. 1734 rodil Anton Janša, ki je bil prvi učitelj sodobnega čebelarstva na dvoru na Dunaju.

BEEKEEPING - RADOVLJICA AND ŽIROVNICA

Do you know that May 20 has been declared World Bee Day to mark the birthday of the pioneer of modern-day beekeeping Anton Janša, who was born in 1734.



Moved by Nature:

You can access the Julian Alps Biosphere Reserve by bus or train. If you are coming by car, bring a bike with you and explore the area's marked bike routes.

In summer months you move to the starting point or the destination of your trip using one of the local hop-on hop-off buses you can ride for the entire day for a very small fee. When planning your trips, you can check the bus schedules on the websites of Bled, Bohinj, Kranjska Gora, Radovljica and the Soča Valley. Bike rental is available at info centres and points.



ZELENCI

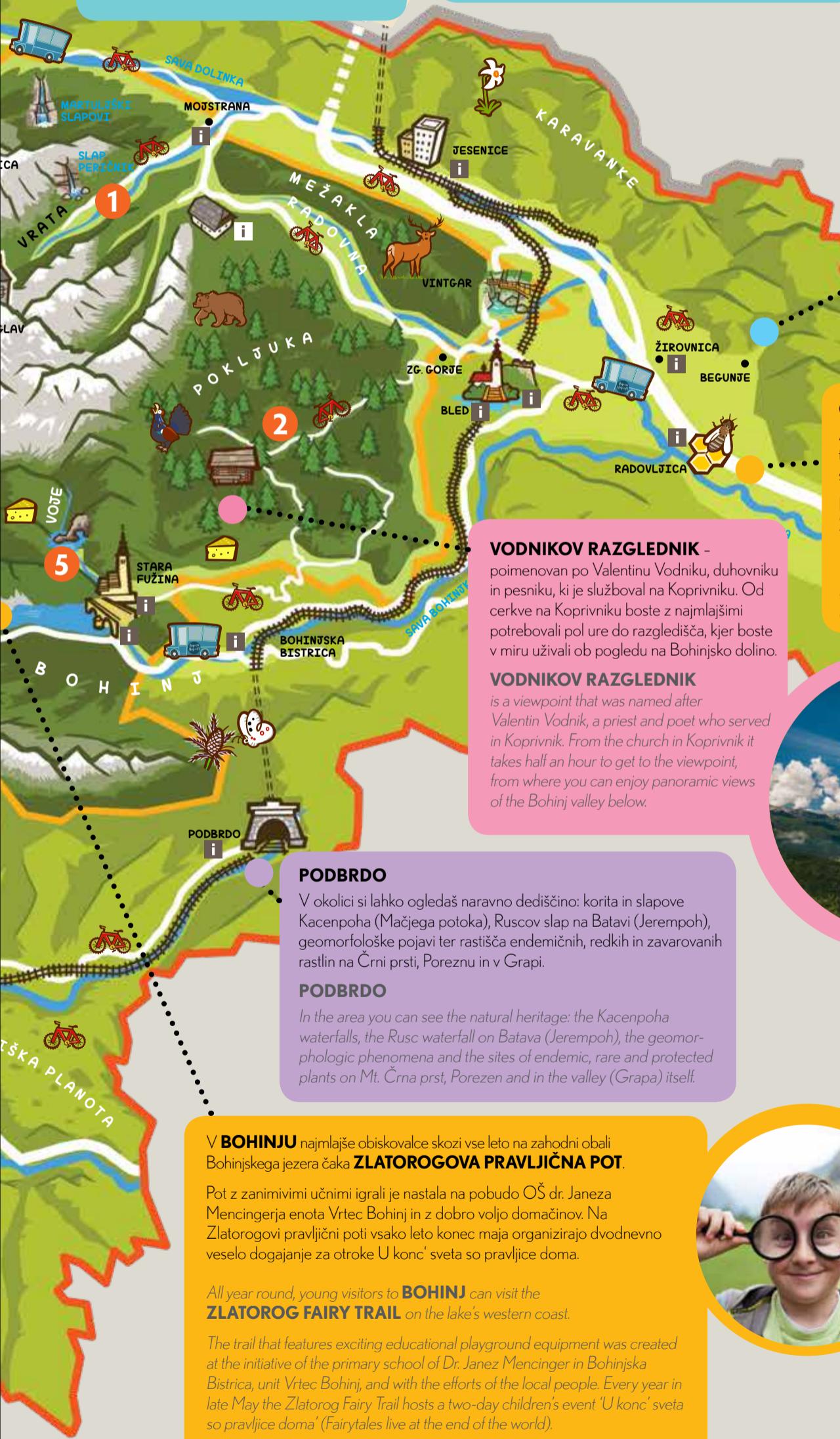
Na poti z avtom iz Kranjske Gore proti Ratečam se po 4,5 km lahko ustaviš na parkirišču na levi strani ceste in obiščeš naravni rezervat Zelenci. Seveda pa do Zelencev lahko prideš iz Kranjske Gore tudi peš.

ZELENCI

If you are driving by car from Kranjska Gora in the direction of Rateče, you can stop after 4.5 kilometres at a car park on the left side of the road and visit the Zelenci Nature Reserve. The reserve can also be reached on foot from Kranjska Gora.

Ali veš, da Zelenci dobivajo vodo iz prodnih naplavin v dnu doline? Voda do njih pride iz potokov, ki poniknejo, npr. iz Nadiže v Tamarju in Trebižu na karavanški strani.

Do you know that Zelenci draws its water from the gravel deposits at the bottom of the valley? Water comes to the reserve from streams that sink into the ground, for example from the Nadiža river in Tamar and the Trebiža on the Karavanke side.



Pot POD NOGE

Hit THE ROAD

Pridi spoznavat in občudovat naravo po parkovnih poteh naših Julijskih Alp! Pomladi boš zadihal s prebujočo naravo, poleti boš užival v prijetnem hladu gozdov, jesen te bo začarala z barvami. Pozimi narava počiva, večina poti je zasneženih in nedostopnih, zato boš za vragolije na snegu poiskal kraj blizu vasi ali smučišč.

Odpri oči in napni ušesa, opazil boš marsikaj zanimivega. Glej, tamle je ptičje gnezdo! Kaj se premika na gozdnih tleh? Žaba! Kakšna lepa cvetlica! Mogoče pa te ves čas spremlja gozdnii škrat. Kdo ve ...

1

POT TRIGLAVSKE BISTRICE

TRIGLAVSKA BISTRICA TRAIL



LAJKO SI OGLEDĀŠ SLAP OD ZADAJ.

Izhodišče: Slovenski planinski muzej, Mojstrana
Dolžina: 12 km

Višinska razlika: 375 m

Čas hoje: 3 ure v eno smer. Pot je možno prehoditi v odsekih.

SNEAK BEHIND THE WATERFALL.

Starting point: Slovenian Alpine Museum, Mojstrana

Distance: 12 km

Elevation gain: 375 m

Duration: 3 hours (one way). The trail is possible to walk in sections.

SOŠKA POT SOČA TRAIL



NA POTI JE 7 VISEČIH MOSTOV (BRVI) ČEZ REKO.

Izhodišče: Koča pri izviru Soče
Dolžina: 25 km (od izvira do Bovca)

Višinska razlika: 433 m

Čas hoje: Odvisno od izbranega odseka. Od izvira do Centra TNP Dom Trenta (5,5 km) potrebujete 1,5 ure.

SEVEN HANGING BRIDGES ACROSS THE RIVER

Starting point: Koča pri izviru Soče (Hut at the source of the Soča)

Distance: 25 km (from source to Bovec)

Elevation gain: 433 m

Duration: Depending on the section. A 1.5-hour hike from the source to Dom Trenta TNP Information Centre (5.5 km).

Discover nature by hiking well-maintained paths that criss-cross the Julian Alps! Breathe in newly-awakened nature in the spring, enjoy the pleasant shade of forests in the summer, and let yourself be enchanted by the colours of autumn. In the winter nature takes a rest, most paths are covered with snow and therefore impassable, so you will need to stay closer to the villages or ski slopes.

Open your eyes and ears, and marvel at what you see and hear. Look, there's a bird's nest! What is that thing moving along the forest floor? A frog! What a lovely flower! Did I just hear a forest dwarf? Who knows...

UČNA POT GORELJEK

GORELJEK NATURE TRAIL



NA ŠOTNEM BARJU ŽIVIJO TUDI MESOJEDNE RASTLINE.

Izhodišče: Hotel Jelka, Pokljuka

Dolžina: pribl. 1 km

Višinska razlika: zanemarljiva

Čas hoje: 45 min (pot je krožna)

THE PEAT BOG IS ALSO HOME TO CARNIVOROUS PLANTS.

Starting point: Jelka Hotel, Pokljuka

Distance: approx. 1 km

Elevation gain: negligible

Duration: 45 minutes (circular trail)

KORITA MOSTNICE

MOSTNICA GORGE



VSAKO LETO SO ZA 2 MM GLOBLJA.

Izhodišče: Stara Fužina

Dolžina: do slapa Mostnice 5,5 km (v eno smer)

Višinska razlika: 250 m

Čas hoje: 2 uri (v eno smer)

TWO MILLIMETRES DEEPER EVERY YEAR

Starting point: Stara Fužina

Distance: to Mostnica Waterfall 5.5 km (one way)

Elevation gain: 250 m

Duration: 2 hours (one way)

ZA STARŠE:

Večina poti je daljših od 1 km in zato primernih za otroke, starejše od 5 let. Priporočamo, da pri dolgih poteh izberete krajsi odsek.



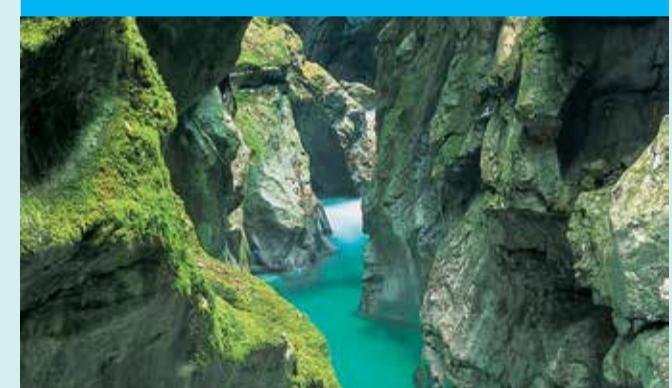
FOR PARENTS:

Most trails are longer than 1 km, which makes them suitable for children over 5 years of age. For longer trails, it is recommended to walk only a section of the trail.

3

TOLMINSKA KORITA

TOLMIN GORGE



OB POTI VAS PRIČAKA KAMNITA MEDVEDJA GLAVA.

Izhodišče: Gostišče Palukč, Zatolmin

Dolžina: 4 km

Višinska razlika: < 100 m

Čas hoje: 90 minut (pot je krožna)

WALKING PAST A STONE BEAR'S HEAD

Starting point: Palukč Inn, Zatolmin

Distance: 4 km

Elevation gain: < 100 m

Duration: 90 minutes (circular trail)

6

PLANICA TAMAR

PLANICA TAMAR



VIDEL BOŠ JALOVEC, SIMBOL SLOVENSKE PLANINSKE ZVEZE.

Izhodišče: Nordijski center Planica

Dolžina: 4 km

Višinska razlika: 150 m

Čas hoje: 1 ura (v eno smer)

SEE THE MT. JALOVEC, THE SYMBOL OF ALPINE ASSOCIATION OF SLOVENIA

Starting point: Planica Nordic Centre

Distance: 4 km (one way)

Elevation gain: 150 m

Duration: 1 hour (one way)

Varno v GORE

Safely to the MOUNTAINS



Ni lepšega kot preživeti dan v gorah. Preden se odpraviš, moraš pot dobro načrtovati. To ti lahko prihrani energijo in olajša doživljjanje čudovitega gorskega sveta.

There is nothing more beautiful than spending a day in the mountains. Before you set off, make sure you have planned your route properly. It will save your energy and enhance your mountain experience.



Pred odhodom spremljaj vremensko napoved, na poti pa vremensko dogajanje. Hitro rastoti oblaki v dopoldanskem času navadno pomenijo popoldanske plohe in nevihte. Ne dovoli, da te nevihta preseneti ravno na vrhu.

Check the weather forecast beforehand, and regularly follow up on the weather reports. Quickly accumulating masses of clouds in the morning are likely to lead to afternoon showers and storms. Don't let the storm catch you on the top.



S sabo vzemi le toliko hrane, kolikor jo potrebuješ do planinske koče. V kočah ponujajo svežo pripravljeno domačo hrano, kot sta jota in ričet, pa še kakšen štrudelj za povrh.

Pack as much food as you need to get to the mountain hut. Huts offer freshly-cooked home-made meals, e.g. a turnip and beans soup (jota) and barley soup, and an apple strudel to top.



S seboj imej dovolj tekočine, še zlasti v poletnem času. Viri pitne vode so v kraškem visokogorju izjemno redki.

Make sure you carry enough liquid, in particular during summer months. Sources of drinking water are incredibly rare in high-altitude karst.



Pri roki imej planinsko karto. Nauči se jo brati. Presenečen boš, kaj vse lahko izveš. Hkrati boš znal izbrati najzanimivejšo pot in se izognil nevarnim odsekom.

Take a mountain map with you and learn how to read it. You will be surprised at what you can learn from it. You will also be able to choose the most interesting route and avoid the dangerous sections.



Postani član planinskega društva. Poleg drugih ugodnosti boš prihranil kar nekaj denarja pri prenočitvah v planinskih kočah.

Join an Alpine Club. In addition to many other benefits, you will save some money through cheaper overnight stays at mountain huts.



Druga potrebna oprema: primerna obutev, vodoodporna in topla oblačila, sončna krema, mobilni telefon (starši), za v kočo tudi spalna rjuha in sobne copate ...

Other necessary equipment: suitable hiking footwear, waterproof and warm clothes, sunscreen, mobile phone (parents), a sleeping bag liner and slippers.



V naravo ničesar ne prinašaj in iz nje ničesar ne odnašaj. Ničesar, kar ni shranjeno v tvojem spominu ali na spominski kartici.

Bring nothing and leave nothing behind - nothing that isn't safely stored in your memory or on your memory card.



Če je mogoče, za dostop do izhodišča uporabi avtobus ali vlak. Tak način potovanja je zabavnnejši in okolju prijaznejši.

If it is possible, come to the starting point by bus or train. Public means of transport are more exciting and environment-friendly.



Ko si v visokogorju, spoštuji prebivalce gorskega sveta. Pozorno opazuj svet okoli sebe. Ne boš verjel, kaj vse ti narava pokaže, če za nekaj trenutkov v tišini postojiš, prisluhnese naravi ali jo opazuješ skozi daljnogled.

When you come to the mountains, respect the inhabitants of this environment. Carefully observe the nature around you. You won't believe what nature will reveal to you if only you stand still and quiet for a few moments, listening to nature's sound or observing it through your binoculars.



Tvoj kuža naj bo ves čas na povodcu.

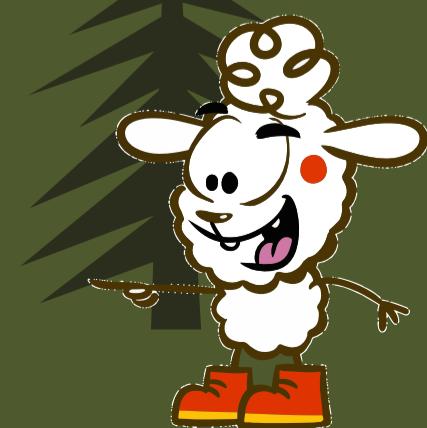
Keep your dog on a leash at all times.

112

Klic v sili
Emergency call

V primeru nesreče ali drugih težav pokliči center za obveščanje.

In the event of an accident or other problems call the Information Centre.



Igrajmo se ... VODA IN GOZD

Let's play ... WATER AND FOREST

JE VODA PITNA?

Verjetno te je že kdaj ob potoku prijela močna žeja in nisi vedel, ali je voda pitna ali ne. To lahko ugotoviš tudi z raziskovanjem živali pod kamni v vodi.

Potrebščine: široka in ne pregloboka plastična posoda, na primer banjica od sladoleda.

V manjšem potoku na varnem mestu zajemi vodo v polovico posode. Položi jo na ravna tla, da ti voda ne bo iztekala.

V potoku ob bregu poišči primerno velik kamen, dvigni ga iz vode in s spodnjega dela splakni živalce v posodo. Lahko si narahlo pomagaš z rokami, vendar pazi, da živali ne poškoduješ. Kamen previdno vrni v vodo. Če si med živalcami našel tudi ličinke enodnevnic in vrbnic, je voda zelo verjetno pitna.

Ali veš, da je samo en odstotek vse sladke vode na Zemlji pitne?

Do you know...
that only about 1% of all running water on the planet is actually drinking water?



MLINČEK

Potrebščine: nož, veje.

Poišči del reke ali potoka, kjer je dovolj vodnega toka in dovolj ozko, da boš lahko namestil mlinček. Lahko si pomagaš z rečnimi kamni.

V gozdu poišči nekaj večjih ravnih vej in 2 veji v obliki črke Y, ki bosta služili kot ležišče za os mlinčka.

Za mlinček boš potreboval os, izdelaj jo iz ravne veje (na primer leskove). S pomočjo noža in kakšnega kamna jo na sredini dvakrat razkolji. Poči morata biti na sredini in med seboj pravokotni, vanju boš namreč vstavil lopatice mlinčka, ki ju prav tako izdelal iz ravne leskove veje. Lopatice morata biti tanki in široki. Pazi, da so sestavni deli pravih velikosti.

Mlinček še sestavi in že se vrsti.

Pri delu z nožem ti lahko pomagajo starejši.



A WATER WHEEL

Tools: a knife, branches

Find a section of a river or a brook where the water flow is strong enough and narrow enough for you to fit the wheel. You can use some river rocks.

Find a few straight branches and two Y-shaped branches that will support the axle of the water wheel.

For the water wheel you will need an axle, which you can make from a straight branch (e.g. hazel). Cut it twice along the middle using a knife or a sharp rock. The cracks should be centrally positioned and perpendicular, as they will support the teeth of the water wheel, which you can also make from a straight hazel branch. The teeth should be thin and wide. Make sure that the parts are the right size.

Assemble the water wheel and watch it turn.

You can ask your parents to help you make the parts with the knife.

ZVOKI V GOZDU

Pošči miren kotiček v gozdu, usedi se in umiri. Poslušaj, kdo vse se oglaša. Štej različne glasove. Počasi se bodo nekateri prebivalci gozda tudi pokazali. Jih prepoznaš? Igro se lahko igraš s prijatelji. Skupaj boste opazili še več zanimivosti v gozdu.

SOUNDS OF THE FOREST

Find a quiet spot in a forest, take a seat and calm down. Listen to the sounds around you. How many different sounds can you hear? Eventually, some forest inhabitants will show themselves. Can you recognise them? You can play this game with your friends. Together you will discover even more interesting things.

STAROST DREVES

V gozdu poišči posekano drevo. Kar ostane v tleh, imenujemo panj ali štor. Letnice ali branike predstavljajo zgodovino rasti tega drevesa in povedo veliko o letih, v katerih je rastlo. Če prešteješ vse letnice, lahko natančno ugotoviš starost drevesa. Drevesa so zelo pomembna, saj ponujajo življenjski prostor številnim živalskim vrstam.

HOW TO DETERMINE THE AGE OF A TREE

Find a felled tree in the forest. The part that is left on the ground is called a stump. The rings on the stump tell the history of the tree growth and contain a lot of information about the years in which the tree grew. If you count all the rings, you can determine the exact age of the tree. Trees are very important because they are an important habitat for many animal species.

IGRA MOJE DREVO

Za igrivo spoznavanje dreves sta potrebna vsaj dva. Igrate se v parih. Potrebujete ruto ali kaj podobnega, da si eden v paru zaveže oči.

V gozdu poiščite dobro prehoden kraj, kjer drevesa niso preveč skupaj.

Tisti, ki nima zavezanih oči, prime soigralca za roko in ga previdno pelje do drevesa, ki ga je izbral. Med potjo mora gledati za oba in paziti, da srečno prideta do drevesa. »Slepi« v paru dobro pretipa drevo in si poskuša zapomniti čim več podrobnosti. Potem gresta po drugi poti do izhodišča. »Slepi« sname prevezo in poišče svoje drevo.

Potem vlogi zamenjata.

'FIND YOUR TREE' – A GAME

This tree identification game can be played by two or more players. It is played in pairs. You need a scarf or something similar to use as a blindfold for one member of the pair.

In the forest find a spot where trees are not too close together.

The person without the blindfold takes the blindfolded partner by the hand and takes him or her to the chosen tree. They should both be careful where they step, making sure they get to the tree safely. The 'blind man' examines the tree with his or her hands and tries to remember as many details as possible. Then they take another way back to the starting point. The blind man removes the blindfold and tries to find his or her tree.

Then they change the roles.

Potrkjajte NA VRATA

Knock ON THE DOOR

INFO SREDIŠČE DOM TRENTA

INFO CENTER DOM TRENTA

Razstava te popelje skozi naravo in življenje ljudi v Trenti, kjer se je čas ustavlil in se je ohranilo marsikaj zanimivega. Doživel boš reko Sočo in se pri tem ne boš zmočili, spoznal trentarske pastirje in lovce ter živi in neživi svet TNP.

The exhibition at the Trenta Museum shows visitors the nature and life of people in Trenta, where time has come to a halt and where many interesting features have been preserved. Experience the Soča river without getting wet, meet the village shepherds and hunters, and learn about the animate and inanimate world of TNP.

www.tnp.si


INFOCENTER TRIGLAVSKA ROŽA BLED

INFOCENTER TRIGLAVSKA ROŽA BLED



Na razstavi Raj pod Triglavom boš na interaktivnem način spoznal pisani svet pod Triglavom, kar je ustvarila narava in kar so skozi stoletja v alpskem svetu ustvarili ljudje.

The exhibition The Paradise at the Foot of Triglav provides an interactive presentation of the picturesque area at the foot of Triglav, which was created by nature and through centuries of human action.

www.tnp.si

INFO TOČKA TNP V ZELENI HIŠI V KOBARIDU

INFO POINT TNP GREEN HOUSE IN KOBARID

V Turistično informacijskem centru Kobarid infomacije o parku lahko poiščeš s pomočjo animiranega zemljevida Julijskih Alp. Trije junaki avtohtonih pasem te bodo podučili o možnosti uporabe javnih prevoznih sredstev.

In the Kobarid Tourist Information Center you can find out the information about the park with the help of an animated map of the Julian Alps. The three heroes will teach you how to use public transportation.

www.soca-valley.com

POCARJEVA DOMAČIJA

POCAR HOMESTEAD



Te zanima kako so živali ljudje v alpskih dolinah pred 100 leti, ko še ni bilo električne in tekoče vode? S čim so se otroci igrali in kaj vse so morali delati? Več izveš ob obisku Pocarjeve domačije v Zgornji Radovni. Odpiralni čas preveri na spletni strani www.tnp.si

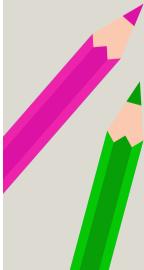
Would you like to know what life was like one hundred years ago when there was no electricity? What games did the children play then? What work did they have to do? The museum collection at Pocar's Homestead in Zgornja Radovna holds all the answers. Please check the opening hours.

www.tnp.si


SI TUDI TI DOŽIVEL ZANIMIVO SREČANJE Z ŽIVALJO?

Pošli nam svojo zgodbico ali risbico na naslov: JZ TNP » Za mlade« Ljubljanska cesta 27, 4260 Bled do konca avgusta 2019.

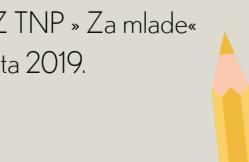
Nabolj izvirne bomo objavili in nagradili.



HAVE YOU HAD AN INTERESTING ENCOUNTER WITH AN ANIMAL?

Send us your story or a drawing to JZ TNP » For kids« Ljubljanska cesta 27, 4260 Bled by the end of August 2019.

The most creative contributions will be published and rewarded.



V času šolskih počitnic so organizirane zanimive delavnice v informacijskih centrih TNP.

Informacije lahko dobis na spletni strani www.tnp.si

CENTER TNP BOHINJ

CENTER TNP BOHINJ



V bližini Bohinjskega jezera je v Centru predstavljeno vse o jezeru, od ledeniškega nastanka do življenja v njem. Je tudi lepa razgledna točka na jezero in gore. V Centru so v poletnem času organizirane delavnice za otroke o življenju v jezeru.

The Centre located near Lake Bohinj gives a comprehensive presentation of the lake's history, from its glacial origin to the life in the lake. The Centre offers lovely views of the lake and surrounding summits. In the summer the Centre organizes children's workshops about the lake life.

www.tnp.si

SLOVENSKI PLANINSKI MUZEJ V MOJSTRANI

SLOVENIAN ALPINE MUSEUM IN MOJSTRANA



Mali in veliki obiskovalci se bodo povzpeli na goro, se skrili v bivak pred nevihto in se razgledali z vrha gore. Vse to boš doživel na igrivem obisku muzeja.

Young and adult visitors will climb a mountain, find shelter from the storm in a bivouac, and enjoy the views from the top of the mountain - all this and more on a playful visit to the Museum.

www.planinskimuzej.si




UPORABNE INFORMACIJE USEFUL INFORMATION

TRIGLAVSKI
NARODNI PARK
TRIGLAV NATIONAL PARK
www.tnp.si

Sledite nas
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VREMENSKA NAPOVED
WEATHER FORECAST
www.vreme.arso.gov.si

RAZMERE NA CESTAH
ROAD CONDITIONS
www.promet.si/portal/sl/razmere.aspx

PLANINSKE KOČE IN POTI
MOUNTAIN HUTS & TRAILS
www.pzs.si



FOTOGRAFIJA NA NASLOVNICI | COVER PHOTOGRAPHY
Jež | Hedgehog + Aleš Zdešar

FOTOGRAFIJA NA ZADNJI STRANI | LAST PAGE PHOTOGRAPHY
Krava | Cow + Aleš Zdešar

TRIGLAVSKI NARODNI PARK
TRIGLAV NATIONAL PARK

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LIFE16 GIE/SI/000711
REPUBLIKA SLOVENIJA
MINISTRSTVO ZA OKOLJE IN PROSTOR

Pastirček NA PLANINI

A shepherd boy ON A PASTURE



Ali veš, da ob bližnjem srečanju s kravo samo glasno zaploskaš in se bo umaknila?

Do you know that when you come face to face with a cow you only need to clap your hands loudly and the cow will move away?

Poletje je najboljši čas za obiskovanje Julijskih Alp. Mir in tišina ter številni gorski travniki, ki se odenejo v pisane preproge živih barv, kličejo ljubitelje narave in gora, da jih obiščejo. Na številnih gorskih pašnikih, imenovanih planine, pa v poletnih mesecih še vedno lahko srečaš krave, ovce in koze ter celo konje.

Planinska paša je posebnost Alp. Kmetje imajo pozimi živilo v hlevih, pomladjo jo najprej pasejo na bližnjih travnikih, potem na nižjih planinah. Poleti se odpravijo še na planine visoko v gore. Tam za čredo skrbi pastir. V preteklosti se je cela družina odpravila na planino, s seboj so vzeli celo kokoši in prašiče ter seveda tudi psa in mačko.

Na primorski strani naravnega parka se po gorah večinoma pasejo ovce in koze, govejo živilo pasejo na tolminskih in bohinjskih planinah.

Krava vodnica – glavna krava vsake domačije ima okrog vrata velik zvonec in izkušen pastir lahko takoj razloči, za katero skalo se skriva žival. Cingljanje kravij zvončev ustvarja na planini prav posebno razpoloženje.

Danes živine ni več toliko kot v preteklosti, vendar je paša na planinah še vedno zanimiva, tudi za obiskovalce gora, ki radi poskusijo planinsko kislo mleko in sir, narejen v planinski sirnarni.

ZANIMIVOSTI

Kravji bal je prireditev, ki obeležuje srečno vrnitev pastirjev in živine v dolino. V Bohinju planšarji in majerji s planin prizenejo trope živine, na ramenih pa prinesejo sire, ki so jih čez leto izdelali v planini.

Tako kot je ementalski sir znacenilen za Švico, imamo tudi v Julijskih Alpah sire z zaščiteno označbo porekla: sir tolminc, bovški sir in mohant iz Bohinja.

Za en kg sira je potrebno 10 litrov mleka.

Z območja parka izvirajo tudi tri pasme domačih živali: drežniška koza, bovška ovca in bohinjska cika. Ali veš, v kateri risanki nastopajo?



INTERESTING FACTS

Kravji bal, or the Cows' Ball, is a traditional event that marks the return of alpine herdsmen to the valley. The herdsmen and cheese-makers come to the valley with herds of cattle from the high-altitude pastures to the valley and large wheels of cheese they had made during the summer.

The Emmental cheese is a signature product of Switzerland, and in Slovenia the list of traditional cheeses with a protected geographical indication include the Tolminc cheese, the Bovec cheese ('Bovški sir'), and Mohant from Bohinj.

It takes 10 litres of milk to make 1 kilogram of cheese.

The area of the part is also home to several indigenous domestic animal species: the Drežnica goat, the Bovec sheep, and the Bohinj Cika cattle. Do you know what cartoon you can see them in?

Na bohijski planini Krstenica med počitnicami na pomoč priskočijo tudi mladi:

Na Krstenici je bilo zakon! Premagali sva strah pred kravami, se družili s prijatelji in se naučili nekaj sirarskih spretnosti. Gnali sva krave, se igrali družabne igre in jedli okusno domačo hrano. Nisva mogli verjeti, kako čas beži. Naslednje leto bi z veseljem šli nazaj na Krstenico. (IVA KRKOČ IN LARA MENCINGER, 7. RAZRED)

Na Krstenici je zelo zabavno. Prvič, vsak dan imaš krasen razgled, in drugič, vedno si obdan z živalmi. Naučiš se delati sir, kar je še posebej dobro. Molzeš krave in jih ves časlahko božaš. Najboljše pa je to, da se lahko usedeš ali celo uležeš na kravo. (JANEZ CERKOVNIK, 9. RAZRED)



During school holidays, children often help at the Krstenica pasture:

I had a fantastic time at Krstenical I overcame my fear of cows, hung out with my friends and acquired some useful cheese-making skills. We herded the cows, played board games and ate delicious home-made food. Time flew so fast we couldn't believe it. I'd love to go back to Krstenica next year. (IVA KRKOČ AND LARA MENCINGER, 7TH GRADE)

Krstenica was a lot of fun! First, you have great views every day and secondly, you are constantly surrounded with animals. We learned to make cheese, which is great! We milked cows and were we able to pet them all the time. What was best was that you could lean against, sit or even lie on a cow. (JANEZ CERKOVNIK, 9TH GRADE)

