



TRIGLAVSKI NARODNI PARK TRIGLAV NATIONAL PARK

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VODNIK ZA OBISKOVALCE BIOSFERNEGA OBMOČJA JULIJSKE ALPE • ZIMA 2025/2026
JULIAN ALPS BIOSPHERE RESERVE VISITOR GUIDE • WINTER

ZA OBISKOVALCE NARODNEGA PARKA • ODGOVORNO IN VARNO V GORE
POZIMI • KRANJSKA GORA, JESENICE, ŽIROVNICA, RADOVLJICA • BOHINJ,
BLED, GORJE, POKLJUKA • LETNI ČASI DELA V BOHINJU NEKOČ: JESEN IN
ZIMA • ZEMLJEVID • TOLMIN, KOBARID • BOVEC, LOG POD MANGRTOM,
TRENTA • 30 LET INFORMACIJSKO IZOBRAŽEVALNEGA SREDIŠČA DOM
TRENTA • KAKOVOST NARAVE IN LJUDI - ZNAK KAKOVOSTI TRIGLAVSKEGA
NARODNEGA PARKA • ONE HEALTH - ENO ZDRAVJE, EN PLANET •
OBISKOVANJE GORA (V ZIMSKEM) ČASU?

FOR NATIONAL PARK VISITORS • RESPONSIBLE AND SAFE IN THE MOUNTAINS IN
WINTER • KRANJSKA GORA, JESENICE, ŽIROVNICA, RADOVLJICA • BOHINJ, BLED,
GORJE, POKLJUKA • WORK AND THE SEASONS IN BOHINJ LONG AGO: AUTUMN
AND WINTER • MAP • TOLMIN, KOBARID • BOVEC, LOG POD MANGRTOM, TRENTA
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AND PEOPLE - TRIGLAV NATIONAL PARK QUALITY MARK • ONE HEALTH - ONE
HEALTH, ONE PLANET • GOING TO THE MOUNTAINS (IN WINTER)?



JULIJSKE ALPE POZIMI - LEPOTA, KI POTREBUJE NAŠO SKRB

THE JULIAN ALPS IN WINTER -
BEAUTY THAT NEEDS
OUR CARE

ANDREJ ARIH

Vodja oddelka za varstvo narave Javnega zavoda Triglavski narodni park
Head of the Nature Conservation Department of Triglav National Park Public Institute



Toplina poletnih in jesenskih dni je za nami in nastopil je čas, ko se bodo Julijske Alpe odele v snežno ogrinjalo in dobile prav poseben pravljnični izgled. To je čas, ko na tisoče ljudi v zaprašenih kletah ponovno odkrije smuči ali sani ter se poda v snežne strmine, zopet drugi preizkušajo svoje sposobnosti na bolj ali manj zahtevnih pohajanjih po zasneženi pokrajini. A za to čudovito podobo miru in tišine se skriva občutljiv

gorski svet, ki ga množice obiskovalcev lahko kaj hitro oskrunijo.

Življenje v gorah, prekritih z debelo snežno odejo, se namreč ne ustavi, le spremeni svoj ritem. Živali in rastline so se v tisočletjih naučile preživeti v takšnih zahtevnih razmerah. Pod snežno odejo je narava še kako živa. Sneg deluje kot odeja, ki ohranja prepotrebno toploto ter ščiti živali in rastline pred vetrom in mrazom. Najhujše hladno obdobje živali prespijo v brlogih ali pa poiščejo prisojna pobočja z manj snega in nekaj več hrane. Skupno vsem pa

je varčevanje z energijo.

Nenadne motnje, ki jih v na videz spečem zimskem gorskem okolju lahko povzroči človek z neodgovornim obiskovanjem, predstavljajo za živali dodatno izgubo energije, ki je v obdobju pomanjkanja hrane ne morejo nadomestiti. Živali, kot so gams, ruševac in divji petelin, potrebujejo za preživetje hladnih mesecev popoln mir. Zato postaja vprašanje, kako doseči ravnovesje med željami po doživljanju zimske narave in odgovornostjo do njenega varovanja, še kako aktualno.

Julijske Alpe so naše skupno bogastvo. Ohranimo jih tako, da uporabljamo označene poti, se izogibamo mirnim območjem, da v gore hodimo odgovorno, brez hrupa in z veliko spoštovanja. Naj bodo le sledi v snegu tisto, kar pustimo za sabo. Postanimo varuhi Julijskih Alp, ne le obiskovalci!



With the warmth of summer and autumn behind us, time has come for the Julian Alps to don a blanket of snow that will transform them into a fairy-tale landscape. It is the season when many dust off their sleds and skis to enjoy the snow-covered slopes, while others test their skills on winter hikes of varying levels of difficulty. However, behind this image of serenity and stillness lies a delicate mountain world that is easily disturbed by the presence of too many visitors.

Life in the mountains does not stop under a thick layer of snow; it simply changes its rhythm. Over thousands of years, animals and plants have adapted to survive these harsh conditions. Beneath the snow, natu-

re is very much alive. Snow acts as a protective blanket, retaining warmth and shielding animals and plants from wind and cold. Some animals sleep through the harshest months in their dens, while others move to sunnier slopes with less snow and slightly more food – all focused on the same goal: conserving energy.

Sudden disturbances to the seemingly quiet winter mountain environment that are caused by humans and irresponsible visitation lead to unnecessary loss of energy which animals cannot replace when food is scarce. Species such as chamois, hazel grouse, and capercaillie rely on complete calm to survive the cold months. This makes the question of how to balance the human desire to experience winter nature with the responsibility to protect it more relevant than ever.

The Julian Alps are a treasure we all share. Let's protect them through responsible visitation: by keeping to marked trails, avoiding sensitive areas, keeping noise to a minimum, and showing deep respect for nature. May footprints in the snow be the only thing we leave behind. Let's be guardians of the Julian Alps, not just visitors!



Za obiskovalce narodnega parka

For national park visitors

Pravila 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 prepozna kot tiste, ki jih je treba nujno ohraniti za prihodnje rode. 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.*

NARAVA POZIMI POTREBUJE MIR IN NAŠE OBČUDOVANJE. OBISKOVANJE NAJ BO ZATO ZMerno, SPOŠTLJIVO IN VARNO.
IN WINTER NATURE NEEDS PEACE AND OUR ADMIRATION. VISITATION SHOULD BE MODERATE, RESPECTFUL, AND SAFE.



RIS (Lynx lynx) / LYNX



SKRBNOSTNO NAČRTUJTE SVOJE AKTIVNOSTI.
POIŠČITE INFORMACIJE, KI JIH POTREBUJETE, DA BOSTE LAHKO V VSEM, KAR BOSTE DOŽIVELI IN VIDELI, ŠE BOLJ UŽIVALI.
PLAN YOUR ACTIVITY CAREFULLY.
GATHER THE INFORMATION YOU NEED TO ENJOY YOUR ACTIVITY AND THE PLACE. YOU WILL APPRECIATE IT BETTER.



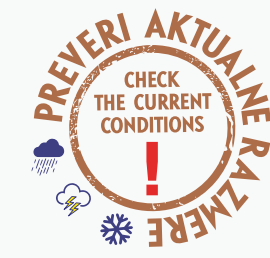
TRAJNOSTNO PO BIOSFERNEM OBMOČJU JULIJSKE ALPE
EXPLORING THE JULIAN ALPS BIOSPHERE RESERVE SUSTAINABLY



DIVJI PETELIN (Tetrao urugallus)
WESTERN CAPERCAILLIE



JULIJSKE ALPE
TRIGLAVSKI NARODNI PARK



ODGOVORNO V GORE

RESPONSIBLY TO THE MOUNTAINS

PRAVILA OBNAŠANJA
CODE OF CONDUCT



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 kept 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 zdrsa. 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.



Drsanje 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.



V VISOKOGORJE Z GORSKIM VODNIKOM
TO THE MOUNTAINS WITH A MOUNTAIN GUIDE



ODPRTOST PLANINSKIH KOČ
OPENING TIMES OF MOUNTAIN HUTS



PLANINSKA ZVEZA SLOVENIJE
ALPINE ASSOCIATION OF SLOVENIA



POMOČ V GORAH
GETTING HELP IN THE MOUNTAINS

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Odgovorno in varno

v gore pozimi

Responsible and safe in the mountains in winter

Kratki dnevi, visoka snežna odeja, hladen veter in nizke temperature so stalnica v višjih predelih Triglavskega narodnega parka od konca jeseni do pozne pomladi. Z izbiro ustreznih označenih poti, preverjanjem razmer in opremljenostjo pomembno prispevamo k lastni varnosti, naravi pa omogočimo zimski počitek.

Short days, a thick blanket of snow, cold winds and low temperatures are a constant in the higher lying parts of Triglav National Park from the end of autumn and late into spring. By choosing the appropriate marked trails, checking the conditions and using proper wear and gear, we can do a lot for our own safety while allowing nature to take its winter rest.

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 nezaseženi predeli ali razpoke.
Avoid the animals' hideaway spots and feeding grounds, such as rocks and snow-free 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.

Pogostejte ste na gozdnatem terenu, večja je verjetnost, da boste preplašili živali. 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 ZADOLJSTVO TUDI NJENIM PREBIVALCEM.

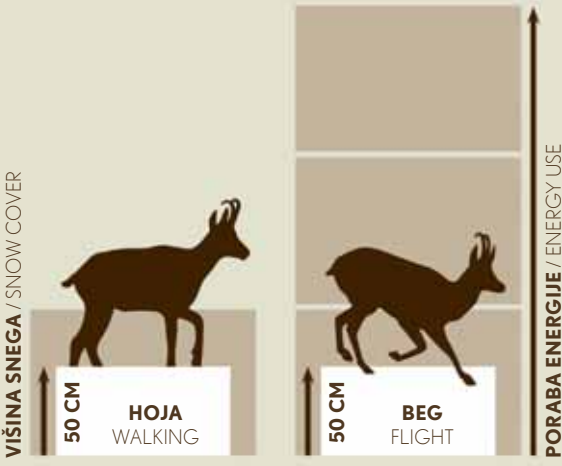
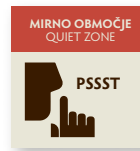
IF YOU FOLLOW THESE GUIDELINES, NATURE'S RESIDENTS WILL BE PLEASED WITH YOUR VISIT TO THEIR ENVIRONMENT.

MIRNA OBMOČJA

so površine v Triglavskem narodnem parku, ki so ključnega pomena za ohranjanje rastlinskih in živalskih vrst. Obiskovanje in druge dejavnosti so na teh območjih časovno in prostorsko prilagojene. Mirna območja so namenjena varstvu divjega petelina, belke, ruševca, gamsa in visokih barij.

QUIET ZONES

are areas in Triglav National Park that play a key role in the conservation of plant and animal species. In these areas, certain adjustments in the context of time and space are needed in terms of visitation and other activities. The quiet zones are intended to promote protection of the capercaillie, rock ptarmigan, black grouse, chamois, and raised bogs.



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


 VEČ INFORMACIJ O
 POTEH
 MORE INFORMATION
 ABOUT TRAILS


IZHODIŠČE
 STARTING POINT
DOLŽINA
 DISTANCE
VIŠINSKA RAZLIKA
 ELEVATION GAIN
ČAS HOJE
 DURATION
TEŽAVNOST
 DIFFICULTY



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



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



**PRAVILA
 OBNAŠANJA**
 CODE OF CONDUCT



AJDOVSKA DEKLICA / THE PAGAN GIRL



ZELENCI

Kranjska Gora, Jesenice, Žirovnica, Radovljica

1 SLAP PERIČNIK / PERIČNIK WATERFALL



Slovenski planinski muzej
 Slovenian Alpine Museum

8,5 KM (v obe smeri / out and back)

122 M

2 H 30 MIN

lahka / easy



**DOSTOP V DOLINO VRATA JE OMEJEN
 Z ZAPORNICO. PRED OBISKOM
 PREVERITE PARKIRNI REŽIM!**
 BARRIER AT VALLEY ACCESS POINT! CHECK
 THE TRAFFIC REGIME.



V zadnji ledeni dobi se je ledenik za-
 rezal v konglomerat, poglobil dolino
 in ustvaril slikovit, skoraj 100 metrov
 visok konglomeratni prag, čez kate-
 rega danes v dveh stopnjah pada slap
 Peričnik.

*During the last Ice Age, the glacier cut
 into the conglomerate rock, deepened
 the valley floor and created an impres-
 sive, nearly 100-metre-high conglom-
 erate cliff. The water that flows over the
 cliff in two steep drops now forms the
 Peričnik Fall.*

2 PLANICA, POT PO DOLINI / PLANICA, THE TRAIL TROUGH THE VALLEY



Nordijski center Planica /
 Planica Nordic Centre

7,2 KM (v obe smeri / out and back)

170 M

2 H

lahka / easy



Na pobočju Zadnje Ponce se začne
 skrivnostni tok reke Nadiže, ki teče
 čez 10-metrski slap. V dolini voda po-
 nikne, na površje pa zopet priteče v
 Zelencih, kot izvir Save Dolinke.

*The mysterious flow of the Nadiža River
 begins as a 10-metre waterfall emerg-
 ing from the slopes of Zadnja Ponca.
 At the bottom of the valley, the stream
 disappears underground, resurfacing at
 Zelenci as the source of the Sava Dolin-
 ka River.*

3 KRNICA



Kranjska Gora

14 KM (v obe smeri / out and back)

315 M

4 H

zmerna / moderate



V zimskem času se dolina spremeni v
 pravljico snežno deželo, ki je zaradi
 svoje dostopnosti in varnosti idealna
 za obisk. Pot vodi po široki dolinski
 poti, ki večinoma poteka po zasneženi
 makadamski cesti ob potoku Pišnica.

*In winter, the valley transforms into
 a fairytale snowy landscape, ideal for
 visiting thanks to its accessibility and
 safe terrain. The route follows a wide
 valley path, mostly along a snow-cov-
 ered gravel road that runs beside the
 Pišnica stream.*

4 TROMEJA / TROMEJA (TRIPLE BORDER)



Rateče

9 KM (v obe smeri / out and back)

640 M

3 H 35 MIN

zmerna / moderate



Peč oziroma Tromeja se nahaja na sti-
 čišču treh narodov in kar štirih jezikov:
 slovenskega, furlanskega, italijanskega
 in nemškega, zato je bila uvrščena v
 mednarodno verigo spomenikov po-
 svečenih miru.

*Peč, or Tromeja, is located at the cross-
 roads of three nations and four lan-
 guages – Slovenian, Friulian, Italian
 and German. This is why it has been
 included in the international chain of
 monuments dedicated to peace.*

5 TRILOBIT



Javorniški Rovt, Jesenice

10,2 KM (krožna pot / circular route)

873 M

4 H 10 MIN

zmerna / moderate



Naravoslovna pot, ki vas s pomočjo te-
 matskih točk popelje skozi zgodovino
 Jesenic in rudarsko tradicijo na tem
 območju, obkrožena z raznoliko floro
 in favno.

*A nature trail that, with the help of the-
 matic points, takes you through the his-
 tory of Jesenice and the mining tradi-
 tion in this area, surrounded by excep-
 tional flora and fauna.*

6 ŽIROVNICA



Vrba

10,9 KM (krožna pot / circular way)

86 M

4 H 30 MIN

zmerna / moderate



POT KULTURNE DEDIŠČINE ŽIROVNICA
 ŽIROVNICA CULTURAL HERITAGE TRAIL

Ta pot ni le sprehod skozi preteklost,
 ampak tudi edinstveno doživetje, kjer
 so vse rojstne hiše izjemnih osebnosti
 preurejene v muzeje.

*This trail is not just a walk through
 the past but also a unique experience
 where all the birth houses of excep-
 tional persons are transformed into
 museums.*

7 PETROVA POT BEGUNJE / ST. PETER'S TRAIL BEGUNJE



Begunje

5 KM (krožna pot / circular route)

320 M

2 H

zmerna / moderate



V naravni jami za cerkvijo so bile naj-
 dene daritve iz predkrščanske dobe,
 prva krščanska cerkev pa je tu stala že
 v 12. stoletju.

*Proofs of pre-Christian worship were
 found in the natural cave at the top of
 the mountain, while the first Catholic
 church was built in the 12th century.*

8 POT TREH MOSTOV / THE THREE BRIDGES TRAIL



Radovljica

8,7 KM (krožna pot / circular route)

109 M

3 H

lahka / easy



Krožna pot polna raznolikosti, pri-
 ljubljena tudi med tekači in gorskimi
 kolesarji, razkriva slikovito pokrajino
 ob sotočju rek Save Dolinke in Save
 Bohinjke.

*Diverse and rewarding circular walk
 (popular also with runners and moun-
 tain bikers) uncovers the scenic land-
 scape near the confluence of Sava
 Dolinka and Sava Bohinjka rivers.*

9 VODIŠKA PLANINA / VODIŠKA PLANINA MOUNTAIN PASTURE



Radovljica

11,1 KM (krožna pot / circular route)

922 M

5 H

zmerna / moderate



Ta pohodniška pot nas vodi okoli vr-
 hov nad Kropo, od razgledne točke
 Zidana skala, vse do Vodiške planine
 na Jelovici.

*This hiking trail leads around the peaks
 that rise above Kropa, where there are
 magnificent views from the Zidana
 skala viewpoint, and onwards to the
 Vodiška planina on Jelovica.*



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:
 PLANICA, TAMAR,
 KRANJSKA GORA, GOZD
 MARTULJEK, MOJSTRANA,
 SAVSKE JAME



MUZEJI / MUSEUMS



✦ Kajžnkova hiša / *Kajžnk
 House, Rateče*

✦ 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
*Pocar Homestead,
 Zgornja Radovna*

✦ Mestni muzej Kosova
 graščina / *Kos Manor
 Museum, Jesenice*

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

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

✦ Čopova rojstna hiša
*Cop's Birth House,
 Žirovnica*



✦ Čebelarški muzej
*Museum of Apiculture,
 Radovljica*

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



KUPUJ
 LOKALNO
 BUY LOCAL



INFO MESTA

INFO POINTS

BIOFERNO OBMOČJE JULIJSKE ALPE JULIAN ALPS BIOSPHERE RESERVE



**1. DOM TRENTA - INFO CENTER
TRIGLAVSKEGA NARODNEGA PARKA**
TRIGLAV NATIONAL PARK INFO CENTER
Na Logu v Trenti, Soča • **T:** +386 (0)5 38 89 330
E: dom-tnp.trenta@tnp.si • www.tnp.si



**2. CENTER TRIGLAVSKEGA NARODNEGA
PARKA BOHINJ** • Stara Fužina 37-38,
Bohinjsko jezero • **T:** +386 (0)4 578 02 40
E: info.bohinjka@tnp.si • www.tnp.si



3. INFOCENTER TRIGLAVSKA ROŽA BLED
Ljubljanska cesta 27, Bled • **T:** +386 (0)4 57 80 205
E: info.trb@tnp.si, info.visitbled.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)5 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 BLED
Cesta svobode 10, Bled • **T:** +386 (0)4 574 11 22
E: info@td-bled.si • www.bled.si

9. TIC RADOVLJICA
Linhartov trg 9, Radovljica • **T:** +386 (0)4 531 51 12
E: info@radolca.si • www.radolca.si

10. TIC ČOPOVA ROJSTNA HIŠA / ČOP'S BIRTH HOUSE
Žirovnica 14, Žirovnica • **T:** +386 (0)4 580 15 03
E: info@visitzirovnica.si • www.visitzirovnica.si

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

12. TIC KRANJSKA GORA
Kolodvorska ulica 1c, Kranjska Gora
T: +386 (0)4 580 94 43 • **E:** info@kranjska-gora.eu
www.kranjska-gora.si

13. 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.com
www.visitmojstrana.si

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

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



**16. PARCO NATURALE PREALPI GIULIE -
CENTER ZA OBISKOVALCE / VISITOR CENTER**
Piazza del Tiglio 3, Prato di Resia/Ravanca - 33010 Resia/
Rezija (UD) • **T:** +39 0433 53534
E: info@parcoprealpigiulie.it • **W:** parcoprealpigiulie.it

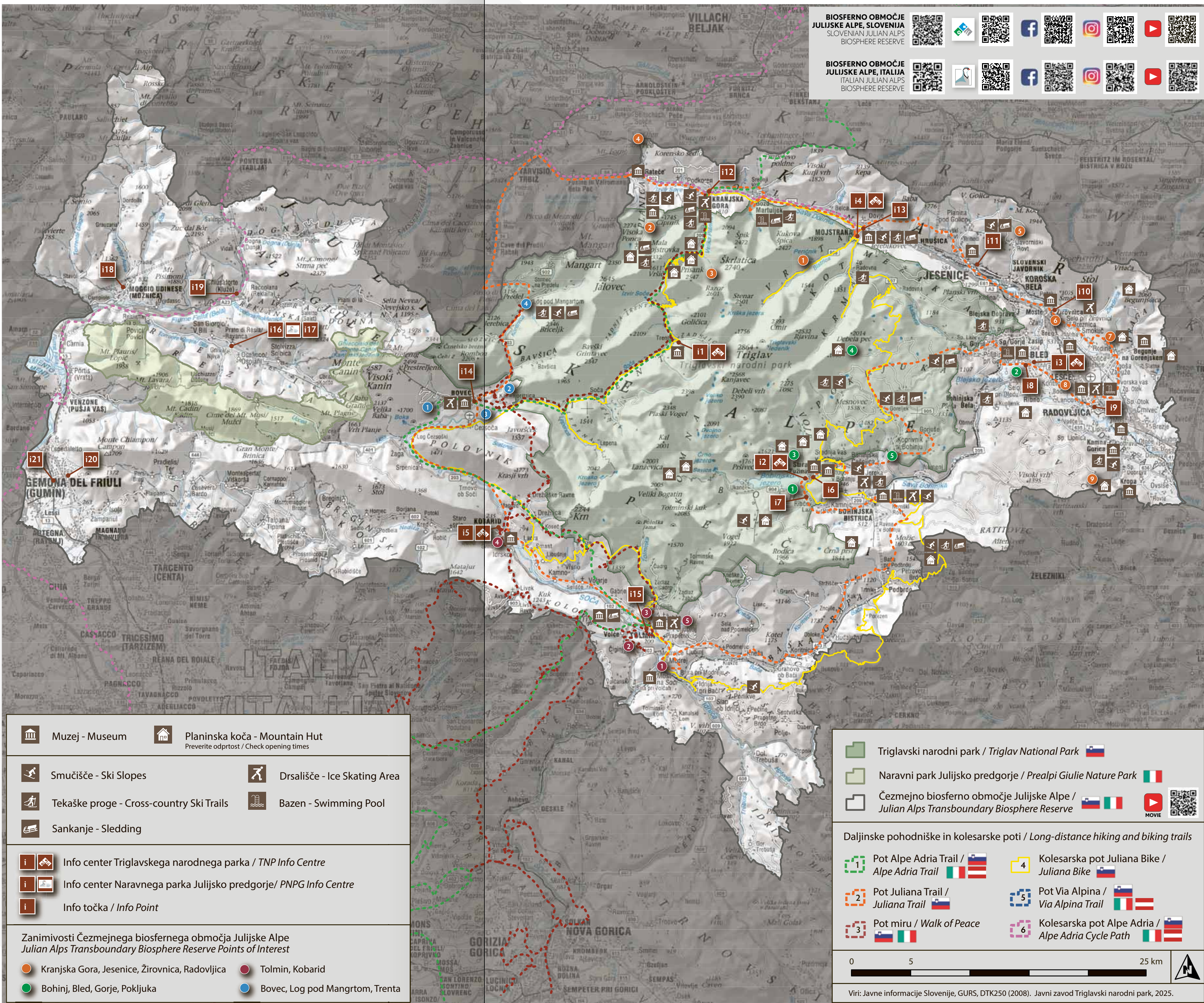
17. I.A.T. RESIA
Piazza del Tiglio 3, Prato di Resia/Ravanca - 33010 Resia/
Rezija (UD) • **T:** +39 0433 53534
E: proloco.provalresia@gmail.com • **W:** turismofvg.it

18. I.A.T. MOGGIO UDINESE
Piazzetta Sandro Pertini, 5 - 33015 Moggio Udinese (UD)
T: +39 0433 51514 • **E:** proloco@moggioudinese.info
W: maggioudinese.info

19. I.A.T. CHIUSAFORTE
Piazza Pieroni, 1 - 33010 Chiusaforte (UD)
T: +39 0433 52030 • **E:** cultura@comune.chiusaforte.ud.it
W: turismofvg.it

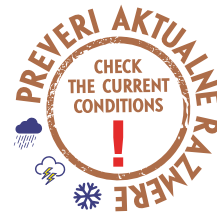
20. I.A.T. GEMONA DEL FRIULI
Via Bini, 9 - 33013 Gemona del Friuli (UD)
T: +39 0432 981441 • **E:** info@visitgemona.com
W: turismofvg.it

21. SPORTLAND INFORMATION OFFICE
Piazzale della Stazione, 6 - 33013 Gemona del Friuli (UD)
T: +39 0432 1504271 • **E:** info@sportland.fvg.it
W: sportland.fvg.it





JULIJSKE ALPE
TRIGLAVSKI NARODNI PARK



VEČ INFORMACIJ O
POTEH
MORE INFORMATION
ABOUT TRAILS



- IZHODIŠČE
STARTING POINT
- DOLŽINA
DISTANCE
- VIŠINSKA RAZLIKA
ELEVATION GAIN
- ČAS HOJE
DURATION
- TEŽAVNOST
DIFFICULTY



V NARAVO IN Z
JAVNIM PREVOZOM
NATURE BY PUBLIC
TRANSPORT



ODPRTOST
PLANINSKIH KOČ
OPENING TIMES OF
MOUNTAIN HUTS



PRAVILA
OBNAŠANJA
CODE OF CONDUCT



Kobariški muzej / Kobarid
Museum



Tolminski muzej / Tolmin
Museum



Arheološki muzej Most
na Soči / Most na Soči
Archeological Museum



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

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

Zasebne zbirke / Private
museum collections

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



Breginjski muzej / Breginj
Museum

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

Tolmin, Kobarid

TRIGLAVSKI NARODNI PARK

POHODNIŠKA POT ALPE ADRIA TRAIL / ALPE ADRIA TRAIL



- Grossglockner, preko Slovenije do Jadranskega morja / Grossglockner Mountain, over Slovenia, to the azure Adriatic Sea
- 750 KM (v eno smer / one way) – A–SLO–IT
43 etap / stages
- zmerno / moderate



POT MIRU / WALK OF PEACE



- Log pod Mangrtom
- 519 KM (v eno smer / one way) – SLO–IT
15 etap / stages
- zmerno / moderate



POT MIRU



POHODNIŠKA POT JULIANA / JULIANA TRAIL



- start posamezne etape / the start of the stage
- 270 KM (krožna pot / circular route)
16 etap / stages
- zmerno / moderate



JULIANA TRAIL



KOLESARSKA POT JULIANA / JULIANA BIKE



- start posamezne etape / the start of the stage
- 290 KM
7 etap / stages
- zmerno / moderate



JULIANA BIKE



TRIGLAV NATIONAL PARK

1 MOST NA SOČI



ČEZ MOST PO MODROST: KULTURNO-
ZGODOVINSKA POT PO MOSTU NA SOČI
ČEZ MOST PO MODROST: A CULTURAL-
HISTORICAL TRAIL ALONG MOST NA SOČI



Potovanje skozi tri tisočletja Mosta na Soči.
A journey through the three millennia of Most na Soči.

- Most na Soči
- 6,2 KM (krožna pot / circular way)
- 130 M
- 3 H
- zmerna / moderate

2 MENGORE / MENGORE OUTDOOR MUSEUM



Sprehodite se po mirnih in neokrnjenih gozdnatih predelih vzpetine Mengore (453 m) nad Tolminom. Pot po muzeju vodi ob jarkih, kavernah, spominskih obeležjih, ostankih kamnitih zidov barak in ob drugih ostalinah prve avstro-ogrske obrambne črte.

Take a walk in the calm and untouched forest areas of the Mengore hill (453 m) above Tolmin. The museum path follows the trenches, caverns, memorials and the remains of the stony walls of the shacks and other remains of the first Austro-Hungarian defence line.



- Volče
- 4 KM (krožna pot / circular route)
- 230 M
- 1 H 30 MIN
- težka / difficult

3 UČNA PEŠPOT OB TOLMINKI / TOLMINKA RIVER EDUCATIONAL TRAIL



Učna pešpot ob Tolminki nas bo na svoji kratki poti popeljala skozi zanimivo rečno pokrajino in ribiško zgodbo in nam nudila veliko možnosti za oddih in razvedrilo.

The educational trail along the Tolminka will take us on its short route through an interesting river landscape and fishing story and will offer us many opportunities for rest and entertainment.



- Tolmin
- 2,6 KM (v obe smeri / out and back)
- 39 M
- 1 H
- lahka / easy

4 GAMSOVA KROŽNA POT / GAMS CIRCULAR WAY



Krožna pot Gams se začne v Kobaridu in vodi ob robu Kobariškega močvirja, mimo Slapa Svino ter po stari poti Svinno–Mlinsko do ostankov mlinov.

The Gams circular trail starts in Kobarid and leads along the edge of the Kobarid marsh, past the Svino waterfall and along the old Svino-Mlinsko path to the remains of the mills.



- Kobarid
- 3,5 KM (krožna pot / circular route)
- 81 M
- 1 H 30 MIN
- zmerna / moderate

5 SLAP BERI / BERI WATERFALL



Pravi jo, da se v soncu tvori svetloba, ki pod slapom ob njegovih tolmunih ustvari čarobno doživetje. Slap Beri ima sicer nizek vodostaj, vendar njegov padec meri okoli 40 metrov.

It is said that when the sun shines, light forms and creates a magical experience under the waterfall by its pools. The Beri Waterfall has a low water level, but its drop is about 40 metres.



- Tolmin
- 8,8 KM (krožna pot / circular route)
- 281 M
- 2 H 45 MIN
- lahka / easy



SMUČIŠČA / SKI RESORTS:
PONIKVE – SUŠE

SANKANJE / SLEDDING:
PONIKVE – SUŠE

MUZEJI / MUSEUMS



MUZEJ NA PROSTEM KOLOVRAT / KOLOVRAT
OUTDOOR MUSEUM



SPOMINSKA CERKEV SV. DUHA V JAVORCI
THE CHURCH OF THE HOLY GHOST IN JAVORCA



ITALIJANSKA KOSTNICA, KOBARID / ITALIAN
CHARNEL HOUSE, KOBARID



NEMŠKA KOSTNICA, TOLMIN / GERMAN CHARNEL
HOUSE, TOLMIN



KUPUJ
LOKALNO
BUY LOCAL



Bovec, Log pod Mangrtom, Trenta



VEČ INFORMACIJ O
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- IZHODIŠČE**
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DIFFICULTY



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



**PRAVILA
OBNAŠANJA**
CODE OF CONDUCT



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

Ribiška hiša *The Fisherman's House*, Kal Koritnica



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



SMUČIŠČA / SKI RESORTS:
LOG POD MANGRTOM



TEK NA SMUČEH / CROSS COUNTRY SKIING:
LOG POD MANGRTOM



SANKANJE / SLEDDING:
LOG POD MANGRTOM



MUZEJI / MUSEUMS

1 SLAP VIRJE / VIRJE WATERFALL



Izvirna voda, ki privre na plano med številnimi kamni ledeniškega gradiiva, doseže največ 7 °C.

The spring water, which bubbles up from beneath many rocks of glacial origin, reaches a maximum of 7 °C.

Bovec 9,5 KM (krožna pot / circular way) 326 M 3 H zmerna / moderate



2 ČELO, MUZEJ NA PROSTEM / ČELO Fortress TRAIL



Na pobočju markantnega hriba Svinjak, ki daje prepoznavno podobo Bovški kotlini, je avstro-ogrsko vojska leta 1914 zgradila 200 m dolg strelski jarek s topniškima položajema, kuhinjo, bivališčema, opazovalnico, zaklonom in strelskimi linami.

On the slope of the prominent hill Svinjak, which gives Bovška kotlina its signature image, the Austro-Hungarian army built a 200 m long trench with two positions for artillery, a kitchen, two residences, a watch tower, a shelter and embrasures in 1914.

Bovec 8,7 KM (krožna pot / circular way) 360 M 2,5 H zmerna / moderate



3 BRJEKA, ČAROBNI KOTIČEK OB SOČI / BRJEKA TRAIL



Čudovita pohodniška pot, ki vas bo očarala s pogledi na reko Sočo. Turkizna voda reke Soče je edinstvena in privablja turiste z vsega sveta.

A wonderful hike to familiarize yourself with the stunning colors of the Soča river. The turquoise waters of the Soča are unique, attracting tourists from all over the world.

Bovec 9,6 KM (krožna pot / circular route) 126 M 2 H 30 MIN zmerna / moderate



4 LOG POD MANGRTOM



**PO POHODNIŠKIH POTEH
»LONČARSKA« IN »PO MOSTIČU«**
HIKING ALONG THE TRAILS
"LONČARSKA" AND "PO MOSTIČU"

Pohodniška pot do vasi Strmec, do najlepšega razglednega mesta na Loški Steni, ki se dviga nad dolino reke Koritnica.

Hiking path to the village of Strmec, to the most beautiful viewpoint on Loška Stena, which rises above the Koritnica river valley.

Log pod Mangrtom 4,9 KM (krožna pot / circular route) 298 M 2 H zmerna / moderate



KUPIJ
LOKALNO
BUY LOCAL



30 let Informacijsko izobraževalnega središča Dom Trenta

30 years of the Dom Trenta Information Centre

JANEZ BIZJAK

Dom Trenta, največje in najstarejše informacijsko središče Triglavskega narodnega parka, letos praznuje 30-letnico delovanja. Dom Trenta je bil zgrajen z namenom ozaveščanja obiskovalcev o naravi in kulturni dediščini, že tri desetletja pa ima tudi izjemen pomen za domačine.

Pred letom 1970 sta bili vasi Trenta in Soča simbol pozabljenega Zgornjega Posočja. Doline so se praznile, saj so mladi množično odhajali iskat boljše življenje drugam. Prvi žarek upanja je zasvetil leta 1972, ko je skladatelj Dane Škerl ustanovil Moški pevski zbor Triglav Trenta.

Na mestu današnjega Doma Trenta je nekoč stala italijanska vojašnica – pet stavb, ograjenih z visokim zidom, ki so kazile podobo doline. V eni od stavb so domačini skupaj z Goriškim muzejem preuredili v prvo Trentarsko muzejsko zbirko.

V osemdesetih letih je občina Tolmin pripravila dolgoročni razvojni načrt za oživitve Trente. Med glavnimi cilji je bila gradnja info središča Triglavskega narodnega parka v nerazviti Trenti.

Prva faza gradnje (1988–1992) se je začela, ko je Slovenija del sredstev iz zveznega sklada za nerazvita območja preusmerila v Trento. Porušili so stari zid vojašnice in začeli graditi novo, sodobno info središče. V tem času je Triglavski narodni park sklenil prvo mednarodno partnerstvo z nemškim parkom Taunus – sodelovanje, iz katerega se je rodila tudi znamenita Soška pot.

Druga faza (1992–1995) je prinesla dokončanje objekta s pomočjo sponzorjev iz Slovenije in tujine. Dom Trenta je postal več kot samo informacijsko središče – dobil je ambulantno, javne sanitarije (prve v dolini!), večnamensko dvorano in apartmaje. Bil je tudi prva stavba na Primorskem, prilagojena gibalno oviranim osebam.

Z odprtjem Doma Trenta se je v dolino vrnilo upanje za dostojno preživetje.



Domačini so dobili stalne zaposlitve, ostali so doma in si ustvarili mlade družine, z vrhunskimi kulturnimi dogodki pa je kraj je postal središče kulturnega in družabnega dogajanja. Po tridesetih letih prihaja nova generacija, z njo pa drugačni izzivi za nadaljevanje nekdanje ustvarjalne navdušenosti.



Dom Trenta, the largest and oldest information centre in Triglav National Park, celebrates its 30th anniversary in 2025. It was established to deepen visitors' understanding of the valley's natural and cultural heritage, and has since then played an important role in the life of the local community.

Before 1970, the villages Trenta and Soča stood as symbols of the desolate Upper Soča Valley. Many young people were moving away

from the valley in search of a better life. The first glimmer of hope came in 1972 when the composer Dane Škerl founded the Triglav Trenta Men's Choir.

The site where Dom Trenta now stands was used to be occupied by Italian barracks – five buildings concealed behind a high wall scarred the valley's beauty. With the support of the Gorica Museum, the locals transformed one of them into the first Trenta Museum Collection.

In the 1980s, the Municipality of Tolmin prepared a long-term development plan to revitalise Trenta. One of the plan's main objectives was to build a Triglav National Park Information Centre in the underdeveloped village of Trenta.

The first phase of construction (1988–1992) began when Slovenia redirected part of the federal reserve funds for disadvantaged regions to Trenta. The old barracks wall was demolished, and the construction of a modern information

centre began. During this time, Triglav National Park signed its first international partnership with Germany's Taunus Nature Park, paving the way for the creation of the popular Soča Trail.

The second phase (1992–1995) saw the completion of construction works, made possible with the support of sponsors from Slovenia and abroad. Dom Trenta became more than a visitor centre: it housed a clinic, public toilets (the first in the valley!), a multipurpose hall and holiday apartments. It was also the first building in the Primorska region to provide disabled access.

With the opening of Dom Trenta, hope for a decent livelihood returned to the valley. The locals, now able to get permanent jobs, stayed in the area and started their families. With its offer of top-quality cultural events, the village became a centre of cultural and social life. After 30 years, a new generation is at the door, and with it new challenges for sustaining the valley's creative drive and enthusiasm.



INFO CENTER DOM TRENTA



več / more



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 območje ter 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 area, 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 S PLANIN IN OBMOČJA TNP
IN TRADICIONALNIH ROKODELSKIH
IZDELKOV, KI SE PONAŠAJO Z ZNAKOM
KAKOVOSTI TNP.



WE WOULD LIKE TO PRESENT OUR
SELECTION OF TNP QUALITY MARK
PRODUCTS OF ORGANIC FARMERS AND
BREEDERS OF INDIGENOUS BREEDS OF
DOMESTIC ANIMALS, AS WELL AS HERBAL
PRODUCTS, DAIRY PRODUCTS MADE AT
PASTURES IN THE TNP AREA, TRADITIONAL
ARTS AND CRAFTS PRODUCTS.

ZAŠČITENA OZNAČBA POREKLA
PROTECTED DESIGNATION OF ORIGIN

Sire z zaščiteni označbo porekla dobite
na kmetijah:

*Cheese with protected geographical status
(PDO) is available from the following farms:*



- Ekološka turistična kmetija pri Lovrču, Čadrg 8, 5220 Tolmin (**kravji sir Tolminc / cow's cheese Tolminc**)
- Ekološka kmetija Černuta, Log pod Mangartom 47b, 5231 Log pod Mangartom (**ovčji Bovški sir / sheep's cheese Bovški sir**)
- Turistična kmetija Jelinčič, Soča 50, 5232 Soča (**ovčji Bovški sir / sheep's cheese Bovški sir**)
- Matevž Gartner, Studor 3a, 4267 Srednja vas v Bohinju (**mehki sir Mohant / soft cheese Mohant**)

ZELIŠČARSTVO / HERBALISM

Z domačimi čaji in različnimi lokalnimi
zeliščnimi mešanici se osvežite pri:
*For home-made teas and local herbal
blends, please visit:*



• Pehtra.si, Zatoimlin 46, 5220 Tolmin



PLANINE / ALPINE PASTURES

Sire s planin Kuhinja, Laz, Mederje, Duplje, Pretovč, Sleme, Zajavornik, Zapikraj in Zaslap boste lahko poskusili le v poletni sezoni, ko je na planinah zelo živo.

Cheeses from the pastures Kuhinja, Laz, Mederje, Duplje, Pretovč, Sleme, Zajavornik, Zapikraj and Zaslap will be available for tasting during the summer season, when the pastures are brimming with life.



EKOLOŠKO KMETIJSTVO
ORGANIC FARMING

Ekološke kmetije s pestro ponudbo ekoloških, lokalnih in tradicionalnih jedi lahko obiščete preko celega leta.

Organic farms offering a wide selection of organic, local and traditional dishes are open to visitors year-round.



- 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 Jelinčič, Soča 50, 5232 Soča
- Ekološka kmetija pri Lovrču, Čadrg 8, 5220 Tolmin
- Ekološka kmetija Cuder, Mala vas 116, 5230 Bovec

AVTOHTONE PASME
INDIGENOUS BREEDS

Domače sire iz mleka avtohtone bovške ovce vam ponudijo:

Cheese from the milk of endemic Bovec sheep are available from:



- Ekološka kmetija Černuta, Log pod Mangartom 47b, 5231 Log pod Mangartom
- Turistična kmetija Jelinčič, Soča 50, 5232 Soča
- Mirko Vertelj, Soča 61, 5232 Soča
- Ekološka kmetija Cuder, Mala vas 116, 5230 Bovec

Z medom Kranjske sivke iz Triglavskega narodnega parka se boste posladkali pri čebelarju:

Taste the honey from Triglav National Park at:



- Albin Kranjc, Log pod Mangartom 58, 5231 Log pod Mangartom



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



TRADICIONALNO SIRARSTVO
TRADITIONAL CHEESE MAKING

Na kmetijah z manjšimi lastnimi sirarnami si lahko proizvodnjo sira (s predhodno najavo) ogledate v živo. Ponudijo vam različne vrste sirov in ostalih mlečnih izdelkov.

Farms operating small dairies offer tours of their cheese-making operations (by prior appointment) as well as selections of cheese and other dairy products.



- Ekološka turistična kmetija pri Lovrču, Čadrg 8, 5220 Tolmin
- Ekološka kmetija Černuta, Log pod Mangartom 47b, 5231 Log pod Mangartom
- Turistična kmetija Jelinčič, Soča 50, 5232 Soča
- Matevž Gartner, Studor 3a, 4267 Srednja vas v Bohinju
- Kmetija Sovdat, Smast 3, 5222 Kobarid
- Kmetija Pr' Klemenak, Radovna 16, 4247 Zgornje Gorje
- Mirko Vertelj, Soča 61, 5232 Soča

DOMAČA OBRT / HANDICRAFT

Čeprav je varstvo in ohranjanje prvobitne narave najpomembnejša naloga vsakega narodnega parka, 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 domače obrti.

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.



- Marija Žvan, Bitnje 14a, 4264 Bohinjska Bistrica (**pletene izdelki iz domače volne / knitted products from home-grown wool**)
- Vesna Nemec, Pod gozdom 8, 4270 Jesenice (**večne planike iz lesa / wooden edelweiss products**)

One Health – Eno zdravje, en planet

One Health – One Health, One Planet

ALENKA PETRINJAK, IRMA PIVK

Projektne sodelavki Zavoda Triglavski narodni park na projektu LiveAlpsNature
Project officers of the Triglav National Park Public Institute for the LiveAlpsNature project



Hkrati narava potrebuje odgovorno vedenje človeka, da ostane zdrava. Hoja po utrjenih in označenih poteh preprečuje teptanje rastlin, zmanjšuje motnje za živali in ohranja občutljive habitate. Upoštevanje mirnih območij pri prostočasnih dejavnostih, vključno s premišljeno izbiro turnih prog pozimi, vzajemno zmanjšuje stres za živali in izgubo njihove energije. Če človek živi v spoštovanju do narave in vseh živih bitij, je narava bolj zdrava in tudi človek v stiku z njo lažje vzpostavi svoje telesno in duševno ravovesje.

Ohranjanje ekološkega ravnesja, biotske pestrosti in čistega okolja zagotavlja stabilno zdravje posameznika, družbe in gospodarstva – **zdrav planet pomeni zdravje za vse.**

The One Health approach is based on the premise that the health of humans, animals, plants, fungi, microorganisms, and the environment is inextricably linked. All forms of life are part of a single natural system, and when its balance is disturbed, this affects the health of all its parts. Biodiversity regulates the climate, purifies water, pollinates plants, and enables nutrient cycling. Hence, any loss of biodiversity also means the loss of the Earth's natural safety mechanisms. It is therefore essential that we take a holistic approach to the preservation of nature and the environment, as explained by the One Health concept. One Health sees the environment as

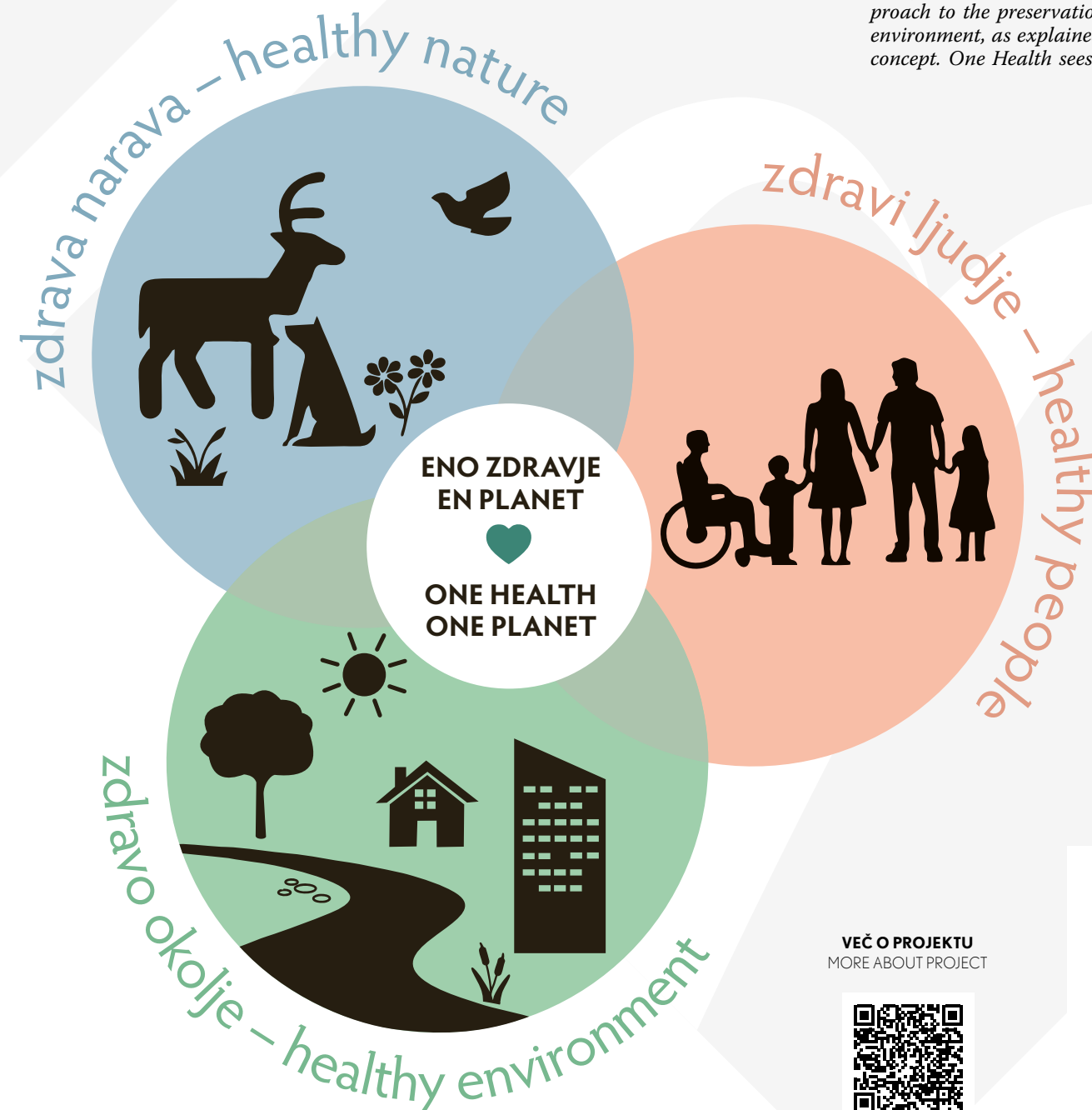
the habitat that provides people with air, water, soil, and food, and interprets nature as a mix of living and non-living elements woven into a system of diverse ecosystems that sustain and support life.

Disruptions in the relationship between humans and their environment lead to growing health problems, including respiratory diseases, stress, and mental health issues. A healthy environment means clean water and air, fertile soil, and ultimately, the stability of social systems. The environment is inseparably connected with nature, and nature is the foundation of life. Biodiversity enables ecosystems to regenerate and adapt to change. Animals, plants, fungi, and microorganisms form a web of life that drives the flow of matter and energy. Yet, through habitat destruction, pollution, and excessive pesticide use, this balance is being disrupted. The preservation of ecosystems and biodiversity is the foundation of the planet's resilience. Protected areas contribute to this resilience by safeguarding species diversity, protecting habitats, and allowing natural processes to unfold undisturbed. In protected areas, care for nature and environmental health takes priority, making them a cornerstone of a sustainable future.

Humans are part of nature, even though technological progress often creates the illusion that we stand apart from it. In reality, the basic conditions for life – food, water, air, and energy – depend on healthy ecosystems. This means that nature directly supports human health. For example, a study by the Institute of Eco-Medicine in Salzburg involved participants with overweight and sedentary lifestyles engaging in ten weeks of hill walks, mindfulness in nature, meditation, and breathing exercises. Researchers monitored their immune system biomarkers, psychological well-being, and social factors. Another study explored the effects of forest bathing, alpine air, mountain microorganisms, and fine water aerosols near waterfalls, which can positively influence respiratory health. These studies show that nature improves our physical and mental well-being and positively affects our immune system.

At the same time, nature requires responsible human behavior to remain healthy. By keeping to marked trails we can avoid trampling of plants, reduce disturbance to animals and preserve sensitive habitats. If we respect quiet zones during our recreational activities and carefully select our winter routes, we can minimize stress and energy loss for wildlife while promoting visitor well-being. When people embrace respect for nature and all living beings, nature becomes healthier, which in turn helps people to maintain and restore our physical and mental balance.

Maintaining ecological balance, biodiversity, and a clean environment ensures stable health for individuals, society, and the economy – a healthy planet means health for all. •



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**RAZMERE NA
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ROAD
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JULIJSKE ALPE
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Obiskovanje gora (v zimskem) času? *Going to the mountains (in winter)?*

MATJAŽ PODLIPNIK

Matjaž Podlipnik se kot dolgoletni turistični in kulturni delavec sprašuje, kako dolgo bodo naše gore še vzdržale iz leta v leto večji obisk. V Slovenskem planinskem muzeju ozavešča o trajnostnem obiskovanju gora ter že skoraj 25 let skuša priučiti spoštovanje do gorske narave številnim generacijam novih turističnih vodnikov v Biosfernem območju Julijske Alpe.

Matjaž Podlipnik, a long-time tourism and cultural worker, wonders how much longer our mountains can withstand the steadily growing number of visitors. At the Slovenian Alpine Museum, he raises awareness about sustainable mountain tourism and, for nearly 25 years, has been teaching generations of new tourist guides in the Julian Alps Biosphere Reserve to respect and care for the mountain environment.

Prihaja čas, ko se bomo topleje oblekli, zakurili tople peči in se ob prasketanju ognja, s skodelico vročega čaja v roki, varno zaviti v toplo odejo lenobno vprašali, kakšno je bilo naše letošnje leto. Smo dosegli in naredili vse, kar smo si ob začetku leta zadali, ali pa se moramo v naslednjem letu še bolj potruditi? Smo doživeli vse, kar smo želeli? Je bilo leto mirno ali razburkano? Smo bili odgovorni, trajnostni? Prihaja čas za zaslužen počitek in daljši razmislek. Prihaja zima.

Tako kot človek se v zimskem času skuša odpočiti tudi narava in naš prelepi gorski svet se bo počasi odel v belo snežno odejo in se pripravil na mir in počitek. Zares?

Časi se spreminjajo. Človek je spoznal, kako zdravo je aktivno preživljanje prostega časa v naravi. Ob vsakdanjemu (pre)hitrem življenjskem tempu in ob vsakodnevnih negativnih novicah o vojnah, nesrečah in slabi politiki, človek potrebuje mir. Zato ne čudi, da obiskovanje gorā postaja vse bolj priljubljena aktivnost na prostem in da staro in mlado sili v breg, pa čeprav je še pred nekaj desetletji gornštvo in alpinizem, posebno v zimskem času, veljalo za domeno nekakšnih čudakov, ki iščejo težave. Spominjam se svojih otroških dni, ko so me vrstniki debelo gledali in se čudili, čemu z družino lezemo v hrib, na vrhu pa se obrnemo in se spet spustimo v dolino. Kako nesmiselno početje! Spominjam se svojih študentskih let, ko sem se po uspešno opravljenem izpitu za nagrado podal na turno smuko. Tudi takrat so me nekateri sošolci debelo gledali, kako nenavadne načine praznovanja izbiram.

Če se ozremo v preteklost, nam bo hitro jasno, da naši predniki niso zahajali v gore, če to ni bilo nujno potrebno. Gore so obiskovali zato, da bi preživeli. Pasli so živino, ali pa iskali (železovo) rudo. Pozimi so gore počivale, kmetje so izrabili debelo snežno odejo le takrat, ko so iz senožeti na saneh tvorili v doli-

no krmo za živino, ali pa spravljali les v dolino, saj je po snegu in ledu drselo lepše in lažje kot poleti. Visokih gorā ljudje pozimi niso obiskovali.

Naši predniki bi se zagotovo čudili, zakaj zahajamo na goro po mir in počitek. Prepričan sem, da bi dedje še bolj debelo pogledali, ko bi srečali »instagram gornike«.

Danes so drugačni časi in ne smemo biti presenečeni, če v hribih na lep, sončen, zimski dan najdemo več smučarjev kot na urejenih smučiščih. Kdo bi jim zameril? A kaj, ko imajo tudi naši vršaci in alpske doline svojo nosilnost in prost dostop do naravnih danosti ni le pravica, ampak predvsem velika odgovornost? Lahko premoremo dovolj razuma, da se zave-
mo, da tudi narava potrebuje počitek in da nekaterih prelepih kotičkov vendarle ne moremo obiskati, kadarkoli se nam zazdi? Smo pripravljeni na kompromis? Narava nam bo hvaležna.



Soon it will be time to put on warm clothes and settle by the fireplace. As the fire crackles and you're wrapped in a cozy blanket, a cup of hot tea in hand, you may find yourself reflecting on the year gone by. Did we accomplish what we set out to do at the beginning? Or is there still more to strive for in the year ahead? Have we lived the experiences we hoped for? Was the year calm or turbulent? Were our choices responsible and sustainable? Now is the moment to rest, recharge, and reflect. Winter is coming.

Just like us, nature is also trying to take a rest during winter. But will our beautiful mountains be able to hide beneath a white blanket of snow, embracing peace and stillness?

Times are changing. People have begun to appreciate the health benefits of spending time outdoors. We all need peace to balance the hectic pace of daily life and the constant stream of

news about wars, disasters, and politics gone wrong. In this light, it's easy to understand why mountaineering is becoming such a popular pastime. More and more people, both young and old, are heading for the mountains — even though just a few decades ago, mountaineering and alpinism, especially in winter, were seen as the domain of oddballs looking for trouble. I remember my childhood, when my friends couldn't understand why my family would climb a hill only to turn around and walk back down to the valley. "What a pointless thing to do!" they thought. Later, as a student, I would reward myself for passing an exam with a day of ski touring — and even then, my classmates were baffled by my choice of celebration.

In the past, our ancestors only ventured into the mountains when it was absolutely necessary. Mountains were a means of survival, a place where people went to graze cattle or search for (iron) ore. During winter, the mountains rested, and people used the snow only to transport animal feed or haul timber down to the valley. Sleds glided more smoothly over snow and ice than over summer ground. In those days, no one would have thought of going into the high mountains in winter.

Our ancestors would be baffled seeing that we go to the mountains to find peace and rest. I'm sure their surprise would give way to shock if they were to meet "Insta-Mountaineers".

Times are definitely different now, and we can't be surprised if on a lovely, sunny winter day we encounter more skiers in the mountains than on groomed ski tracks. Who could blame them? Still, our mountain and alpine valleys have a certain carrying capacity and free access to nature's assets is not just a right, but mostly a huge responsibility. Do we have enough common sense to comprehend that also nature needs its rest and that we cannot visit certain parts of nature at a whim, whenever we see fit?

Are we ready to make a compromise? Nature will thank us. •



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