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TRIGLAVSKI NARODNI PARK

TRIGLAV NATIONAL PARK

VODNIK ZA OBISKOVALCE BIOSFERNEGA OBMOČJA JULIJSKE ALPE • POLETJE 2026
JULIAN ALPS BIOSPHERE RESERVE VISITOR GUIDE • SUMMER



JULIJSKE ALPE
TRIGLAVSKI NARODNI PARK

SKRBNO NAČRTUJTE SVOJE AKTIVNOSTI. PREVERITE AKTUALNE RAZMERE.

POIŠČITE INFORMACIJE, KI JIH POTREBUJETE, DA BOSTE LAHKO V VSEM, KAR BOSTE DOŽIVELI IN VIDELI, ŠE BOLJ UŽIVALI.

PLAN YOUR ACTIVITY CAREFULLY. CHECK THE CURRENT CONDITIONS.

FIND THE INFORMATION YOU NEED SO YOU CAN ENJOY EVERYTHING YOU EXPERIENCE AND SEE EVEN MORE.



JULIJSKE ALPE
TRIGLAVSKI NARODNI PARK



EDEN NAJLEPŠIH DELOV SVETA

UROŠ BREŽAN

direktor Javnega zavoda Triglavski narodni park

Če me vprašate, kateri del Triglavskega narodnega parka mi je najbolj pri srcu, je odgovor jasen – to so kraji, kjer sem doma. Tolminska in dolina Soče. Ta del Slovenije, njegove srčne ljudi in čudovito naravo, tudi najbolj poznám.

Naša domača hiša stoji čisto blizu Tolminskih korit in ta veličastni del Triglavskega narodnega parka je zame eden najlepših delov sveta. Tolminska korita obiščem vsaj petdesetkrat na leto. Najraje pozimi, ko se lahko prepustim šumenju Tolminke in Zadlaščice in brez težav slišim vsak svoj korak ter čutim vsak kamen, na katerega stopim. Ko obstaja le tukaj in zdaj v magičnem koščku narave, ki mu pripadam tudi sam. Poletja, ko Triglavski narodni park obišče največ ljudi, so tu vselej živahna in malce glasnejša, a imajo še vedno svoj poseben čar.

Čudovita se mi zdi tudi Javorca s spominsko cerkvico sv. Duha, ki poseblja evropske vrednote in se zato ponaša z znakom evropske dediščine, slikovita vas Čadrg z okusom po tolminskem siru ter odmevom davne in žlahtne dediščine in še bi lahko našteval. Privilegij službe, ki jo opravljam, je, da bom lahko od blizu spoznal tudi številne druge znane in nekoliko bolj skrite znamenitosti parka ter ljudi, ki z njimi živijo.

Triglavski narodni park ima več kot stoletno tradicijo. Ljudje, ki tu živijo, že generacije spoštujejo naravo, upoštevajo njen ritem in skrbno pazijo, da se to ustaljeno, a hkrati zelo krhko ravnanje ne poruši. Kaj nam torej ponuja Triglavski narodni park? Sprostitev, pristnost, mir, ravnanje ter neokrnjeno in čisto naravo.

Vse to in še kaj boste, verjamem, našli tudi vi, če boste spoštljivo vstopili v ta prečudoviti svet pod Triglavom. •



VEČ O TRIGLAVSKEM
NARODNEM PARKU
MORE ABOUT
TRIGLAV NATIONAL PARK



ONE OF THE MOST BEAUTIFUL PARTS OF THE WORLD

UROŠ BREŽAN

Director of the Triglav National Park Public Institute

If you ask me which part of Triglav National Park I love most, the answer is simple: the place I call home – the area around Tolmin and the Soča Valley. This corner of Slovenia, with its big-hearted people and stunning nature, is the part of the park I know best.

Our house is located quite near the Tolmin Gorges, and for me, this majestic landscape is truly one of the most beautiful places on Earth. I visit the gorges at least fifty times a year, preferably in winter, when I can immerse myself in the murmuring sounds of the Tolminka and Zadlaščica rivers, hear my every step, feel every stone beneath my feet. In those moments, nothing else exists but here and now and the magical natural world to which I belong. Summer months, when visitor numbers are at their peak, are lively, sometimes noisy, but always full of its unmistakable charm.

Other attractions close to my heart

include the memorial church of the Holy Spirit in Javorca – a powerful symbol of the European values and a proud recipient of the European Heritage Label – and the village of Čadrg, home of the renowned Tolminc cheese resounding with the echoes of an ancient, time-honoured heritage, as well as many others. Through my work, I am fortunate to discover many known and hidden parts of the park as well as the people who live with and within this landscape.

Triglav National Park has a long tradition spanning more than a century. For generations local residents have respected their natural environment, followed its rhythms, and carefully preserved its delicate balance. What can Triglav National Park offer its visitors? Relaxation, authenticity, tranquillity, balance, and clean, pristine nature.

And when you come here, you will find all this – and more – as long as you step into this world at the foot of Triglav with care and respect. •



Dobrodošli v Triglavskem narodnem parku

Welcome to Triglav National Park

V naravi nismo nikdar sami – tu smo samo gostje. In ko se podamo v Triglavski narodni park, smo dolžni upoštevati pravila in priporočila, ki veljajo v zavarovanem območju. Če bi vsa ta pravila strnili v eno, bi lahko zapisali: »Čudovita in hkrati občutljiva narava naj po našem obisku ostane nespremenjena.«

In nature, we are never alone – we are merely guests. Therefore, it is essential that Triglav National Park visitors follow the rules and recommendations that apply in this protected area. If all these guidelines were to be summed up in a single principle, it would read: "Please make sure that this beautiful yet delicate natural environment remains undisturbed after your visit."

V Triglavskem narodnem parku pa nas poleg prelepe narave pozdravijo tudi domačini. Tu živi več kot 2000 ljudi, ki obiskovalce pogosto pričakajo z besedami: »Dobrodošli v naši dnevni sobi.« In lepo je, če se obiskovalci potrudimo, da smo spoštljivi, pazljivi in prijazni gostje.

Predvsem pa naj velja, da v parku ničesar ne pustimo in iz njega ničesar ne vzamemo. Iz Triglavskega narodnega parka odnesimo zgolj številne lepe spomine in iskreno željo, da se bomo v čudovito naravo in k domačinom, ki pod Triglavom živijo, še kdaj vrnili.



In Triglav National Park, we are welcomed not only by its beautiful nature but also by local inhabitants. The area is home to more than 2000 people, who often greet visitors with the words "Welcome to our living room". It is only right that we, as visitors, make an effort to be respectful, considerate, and kind guests.

Above all, our guiding principle should be that we leave nothing behind and take nothing away. When leaving Triglav National Park, we should take home only lasting memories and a sincere wish to return again – to its stunning nature and to the people who live in the areas below Triglav. •



MIRNA OBMOČJA



V Triglavskem narodnem parku je 134 mirnih območij. To so tiste površine, 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 visokih barij, divjega petelina, belke, ruševca in gamsa.



QUIET ZONES

Triglav National Park comprises 134 quiet areas, which are, by definition, essential for the conservation of plant and animal species. Visitation and other activities are regulated in terms of time and space. Quiet zones are designed to protect raised bogs and species such as the capercaillie, rock ptarmigan, black grouse, and chamois.



PRAVILA OBNAŠANJA

CODE OF CONDUCT

Priporočila in navodila za obiskovalce boste opazili tudi na informacijskih tablah v Triglavskem narodnem parku. Recommendations and guidelines for visitors are displayed on information boards throughout Triglav National Park.



BODITE NEMOTEČI OBISKOVALCI.
BE RESPECTFUL VISITORS.



HODITE PO OZNAČENIH POTEH.
KEEP TO MARKED PATHS.



NE TRGAJTE RASTLIN.
DO NOT PICK FLOWERS.



PES MORA BITI NA POVODCU.
DOGS MUST BE KEPT ON A LEASH.



NA POT SE POKAJTE Z ZADOSTNO KOLIČINO VODE IN HRANE.
BRING AN ADEQUATE SUPPLY OF WATER AND FOOD.



SVOJE VOZILO PUSTITE NA OZNAČENIH PARKIRNIH MESTIH.
LEAVE YOUR VEHICLE IN A DESIGNATED CAR PARK.



UPORABLJAJTE JAVNI PREVOZ.
USE PUBLIC TRANSPORT.



PRENOČEVANJE IZVEN MEST, DOLOČENIH ZA TO, NI DOVOLJENO.
VISITORS ARE NOT ALLOWED TO SPEND THE NIGHT OUTSIDE DESIGNATED AREAS.



VISOKOGORSKA JEZERA IN POTOKI SO OBČUTLJIV IN RANLJIV ŽIVLJENJSKI PROSTOR, KJER KOPANJE NI DOVOLJENO.
HIGH-ALTITUDE LAKES AND STREAMS ARE SENSITIVE AND FRAGILE HABITATS WHERE BATHING IS NOT ALLOWED.



UPORABA DRONOV NA OBMOČJU PARKA JE PREPOVEDANA.
USE OF DRONES IN THE NATIONAL PARK AREA IS PROHIBITED.



NAČRTUJTE POT / PLAN A ROUTE



Triglavsko pogorje

Triglav range



Standing at 2,864 m above sea level, Triglav is the highest peak in the Julian Alps and Slovenia's tallest mountain. As one of the country's most iconic national symbols – and the namesake of its only national park – it's no wonder that many visitors to the national park are drawn to climb the "roof of Slovenia."

However, climbing Triglav requires excellent physical fitness and careful planning. When heading into the mountains, not only Triglav, it is essential to be properly prepared and equipped. Safety should be a top priority, especially when aiming for peaks we are unfamiliar with. Hiring a licensed mountain guide, a member of the Association of Mountain Guides of Slovenia, is warmly recommended. A professional guide will ensure your safety, provide all necessary equipment, and enrich your experience with expert knowledge of Slovenia's mountains.

Start your hike early in the morning and carry sufficient water and food to sustain you throughout the day as you enjoy your mountain adventure and soak in breathtaking views. Before setting out, check the weather forecast, and once in the mountains, remain cautious, sensible, and responsible.

That way, you'll be able to make the most of everything you experience and see. •

IZ VRAT NA TRIGLAV ČEZ PRAG

FROM THE VRATA VALLEY TO TRIGLAV VIA PRAG



- Aljažev dom v Vratih / hut
- 15,8 KM (v obe smeri / out and back)
- 1.910 M
- 13 H
- zelo zahtevna very difficult

KROŽNA POT NA TRIGLAV

CIRCULAR ROUTE TO TRIGLAV



- Stara Fužina
- 35,35 KM (krožna pot / circular way)
- 2.812 M
- 15 H
- zelo zahtevna very difficult

Z RUDNEGA POLJA NA TRIGLAV

FROM RUDNO POLJE TO TRIGLAV



- Rudno polje
- 26 KM (v obe smeri / out and back)
- 1.789 M
- 13 H 30 MIN
- zelo zahtevna very difficult



REPUBLIKA SLOVENIJA
MINISTRSTVO ZA OKOLJE, PODNEBE IN ENERGIJO
AGENCIJA REPUBLIKE SLOVENIJE ZA OKOLJE



VARNO V GORE

KNOW BEFORE YOU GO

Napotki in priporočila za varen obisk gora
Mountain safety guidelines



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



ODPIRALNI ČAS PLANINSKIH KOČ (REZERVACIJA JE OBVEZNA)
OPENING TIMES OF MOUNTAIN HUTS (BY RESERVATION ONLY)



PLANINSKA ZVEZDA SLOVENIJE
ALPINE ASSOCIATION OF SLOVENIA



VREMENSKA NAPOVED
WEATHER FORECAST

Kranjska Gora, Jesenice, Žirovnica, Radovljica



SKRBNO NAČRTUJTE SVOJE AKTIVNOSTI
PLAN YOUR ACTIVITY CAREFULLY



VEČ
INFORMACIJ O
POTEH
MORE
INFORMATION
ABOUT TRAILS



IZHODIŠČE
STARTING POINT

DOLŽINA - KROŽNA POT
DISTANCE - CIRCULAR WAY

DOLŽINA - V ENO SMER
DISTANCE - ONE WAY

VIŠINSKA RAZLIKA
ELEVATION GAIN

ČAS HOJE
DURATION

TEŽAVNOST
DIFFICULTY



1 POT TRIGLAVSKE BISTRICE TRIGLAVSKA BISTRICA TRAIL

Slovenski planinski muzej, Mojstrana

21,8 KM

380 M

6 H 25 MIN

zmerna / moderate



Pot Triglavske Bistrice povezuje zanimive dele doline in njene znamenitosti, kot so Slovenski planinski muzej, slap Peričnik, Galerije in mogočna Triglavska stena.

The Triglavska Bistrica Trail connects interesting parts of the Vrata valley and its attractions including the Slovenian Alpine Museum, the Peričnik waterfall, the Galleries, and the mighty Triglav North Face.

2 SLAP PERIČNIK PERIČNIK WATERFALL

Dolina Vrata / Vrata valley

1 KM

170 M

45 MIN

zmerna / moderate



V zadnji ledeni dobi se je ledenik zarezal v konglomerat, poglobil dolino in ustvaril slikovit, skoraj 100 metrov visok konglomeratni prag, čez katerega 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 impressive, nearly 100-metre-high conglomerate cliff. The water that flows over the cliff in two steep drops now forms the Peričnik Fall.

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

POT TRAIL						OPIS / ZANIMIVOST	DESCRIPTION / INTERESTING FACTS
3 PLANICA, POT PO DOLINI PLANICA, THE TRAIL THROUGH THE VALLEY	Nordijski center Planica	7,4 KM	2 H	1,70 M	lahka / easy	Na pobočju Zadnje Ponce se začne skrivnostni tok reke Nadiže, ki teče čez 10-metrski slap. V dolini voda ponikne, na površje pa spet priteče v Zelencih kot izvir Save Dolinke.	<i>The mysterious flow of the Nadiža River begins as a 10-metre waterfall emerging 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 Dolinka River.</i>
4 TROMEJA TROMEJA (TRIPLE BORDER)	Rateče	9 KM	3 H 35 MIN	640 M	lahka / easy	Peč oziroma Tromeja se nahaja na stičišču treh narodov in kar štirih jezikov: slovenskega, furlanskega, italijanskega in nemškega, zato je bila uvrščena v mednarodno verigo spomenikov, posvečenih miru.	<i>Peč, or Tromeja, is located at the crossroads of three nations and four languages – Slovenian, Friulian, Italian and German. This is why it has been included in the international chain of monuments dedicated to peace.</i>
5 DO POCARJEVE DOMAČIJE TO POCAR HOMESTEAD	Slovenski planinski muzej, Mojstrana	9,4 KM	3 H 10 MIN	366 M	zmerna / moderate	Pocarjeva domačija je ena najstarejših hiš v Triglavskem narodnem parku, kar priča v hišnem arhivu najdena listina z letnico 1609. Letnica 1775, vrezana na stropni tram, govori o zadnji prenovi prvotne hiše.	<i>Pocar Homestead is one of the oldest farmhouses in Triglav National Park, as evidenced by a document dated 1609 that was found in the house's archive. The year 1775 carved into a ceiling beam signifies the time of the original homestead's latest renovation.</i>
6 POT KULTURNE DEDIŠČINE ŽIROVNICA ŽIROVNICA CULTURAL HERITAGE TRAIL	Vrba	10,9 KM	4 H 30 MIN	86 M	zmerna / moderate	Ta pot ni le sprehod skozi preteklost, ampak tudi edinstveno doživetje, kjer so vse rojstne hiše izjemnih osebnosti preurejene v muzeje.	<i>This trail is not just a walk through the past but also a unique experience where all the birth houses of exceptional persons are transformed into museums.</i>
7 PETROVA POT, BEGUNJE ST. PETER'S TRAIL BEGUNJE	t.i.c Begunje	5 KM	2 H	330 M	zmerna / moderate	V naravni jami za cerkvijo sv. Petra so bile najdene daritve iz predkrščanske dobe, prva krščanska cerkev pa je tu stala že v 12. stoletju.	<i>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.</i>



KUPIJ
LOKALNO
BUY LOCAL



Pocarjeva domačija: ena najstarejših v našem parku *The Pocar Homestead: one of the oldest homesteads in TNP*

V dolini Radovna, umeščeni med Pokljuko in Mežaklo, stoji ena najstarejših ohranjenih domačij v Triglavskem narodnem parku. Pocarjeva domačija je kulturni spomenik državnega pomena, kjer si lahko vsak poletni konec tedna ogledate, kako so tod živeli v preteklosti.

In the Radovna Valley, nestled between the Pokljuka and Mežakla plateaus, stands one of the oldest preserved homesteads within Triglav National Park. The Pocar Homestead is a cultural monument of national importance and, during the summer months, opens its doors every weekend to visitors interested in what farm life was like in the past.

TINA KOMAC

Javni zavod Triglavski narodni park, področje kulturne dediščine / Triglav National Park Public Institute, Cultural Heritage Division

Ko domačija ni bila več naseljena, je bila obnovljena in muzejsko urejena, tako da danes obiskovalcem predstavlja življenje in delo ter stavbno dediščino preteklih stoletij. Unikatna je tudi zaradi ohranjenosti prikazane bogate zbirke bivalne opreme, pohištva, orodja, posod, oblačil in ostalih predmetov, ki so jih v preteklosti tu izdelovali, uporabljali in hranili.

Javni zavod Triglavski narodni park je za projekt obnove Pocarjeve domačije leta 2006 prejel diplomo Europa Nostra v okviru nagrade Evropske unije za kulturno dediščino.

Pocarjevo domačijo tvori več vgručenih strnjenih objektov: stanovanjska hiša, gospodarsko poslopje, manjši hlev za drobnico, leseni svinjak, vozarna ter šтерна za zbiranje deževnice, nekoč pa je zraven stal še enojni kozolec. Vse te stavbe kažejo na nekdanjo gospodarsko moč domačije, katere zunanost je vse do danes ostala skorajda nespremenjena.

Se nekaj letnic iz preteklosti: na stropnem tramu v hiši je vrezana letnica 1775, ki nakazuje, da je hiša v sedanjih oblikah stara vsaj 250 let, najstarejša listina, ki naj bi se nanašala na to posest in je bila shranjena v družinskem arhivu, pa sega v leto 1609.

Nekdanji lastniki domačije so si poleg obdelovanja lastne zemlje dodaten zaslužek zagotavljali še z drugimi dejavnostmi, kot sta oglarjenje in prevoznštvo. Vse to, zraven pa

še kakšno podrobnost več, boste izvedeli, če boste to poletje obiskali to prepoznavno domačijo v Zgornji Radovni.



When the farm fell into disuse, the homestead was restored and transformed into a museum where visitors can now discover the life, work and architectural heritage of past centuries. What makes it unique is the well-preserved and thoughtfully presented collection of fixtures and fittings, furniture, tools and implements, clothing and other objects that were made, used and kept here.

For its project of renovating the Pocar Homestead, Triglav National Park was awarded the Europa Nostra European Heritage Award in 2006.

The homestead includes a farmhouse, an outbuilding, a pen for sheep and goats, a wooden pigsty, a cart shed and a rainwater pump. A single straight-line hayrack used to stand here as well. The structures as a whole testify to the economic strength of the homestead, whose exterior has remained largely unchanged over the years.

Here are a few more notable dates: the year 1775 is carved into a ceiling beam in the living room, suggesting that the house is at least 250 years old. The oldest document referring to the property, preserved in the family archive, dates back to 1609.

Apart from working the land, the former owners of the homestead had additional sources of income, such as charcoal production and cartage. Discover all this and much more by visiting this remarkable homestead in Zgornja Radovna this summer. •



! €

POCARJEVA DOMAČIJA

je med poletno sezono (od 20. junija do 30. avgusta) odprta vsak konec tedna, ob sobotah in nedeljah, med 11. in 18. uro. Za najavljene skupine je domačija odprta po dogovoru.

THE POCAR HOMESTEAD

is open during summer (from 20 June to 30 August), on Saturdays and Sundays, between 11 a.m. and 6 p.m. Groups are welcome to visit by prior arrangement.

VEČ INFORMACIJ
MORE INFO



ZGORAJ / ABOVE: POCARJEVA DOMAČIJA JE ENA NAJSTAREJŠIH DOMAČIJ V TRIGLAVSKEM NARODNEM PARKU. THE POCAR HOMESTEAD IS ONE OF THE OLDEST HOMESTEADS IN TRIGLAV NATIONAL PARK.

LEVO / LEFT: V NOTRANJOSTI STARODAVNE HIŠE SI LAHKO OGLEDAMO, KAKO SO TOD ŽIVELI NAŠI PREDNIKI. INSIDE THE HISTORIC HOUSE, VISITORS CAN SEE HOW PEOPLE USED TO LIVE HERE.

DESNO / RIGHT: DOMAČIJO KRASIJO ŠTEVILNI PREDMETI, KI SO JIH NEKDANJI LASTNIKI IZDELOVALI, UPORABLJALI IN HRANILI. THE HOMESTEAD IS FILLED WITH MANY ITEMS THAT WERE MADE, USED, AND PRESERVED BY ITS FORMER OWNERS.

MUZEJI / MUSEUMS

Pocarjeva domačija / *Pocar Homestead*
Zgornja Radovna 25, Mojstrana
+386 4 578 02 00

Slovenski planinski muzej Mojstrana in info točka Triglavskega narodnega parka
Slovenian Alpine Museum Mojstrana and Triglav National Park Info Point
Triglavska cesta 49, Mojstrana
+386 8 380 67 30

Muzej Planica / *Planica Museum*
Rateče 167, Rateče
+386 31 689 806

Kajžnkova hiša / *Kajžnk House*
Rateče 43, Rateče
+386 4 587 61 48

Muzej Kranjska Gora, Liznjekova domačija
Kranjska Gora Museum, Liznjek Homestead
Borovška cesta 63, Kranjska Gora
+386 4 588 19 99

Mestni muzej Kosova graščina
Kos Manor Museum
Cesta maršala Tita 64, Jesenice
+386 4 583 35 00

Muzej delavske kulture
Worker's Culture Museum
Cesta Franceta Prešerna 48, Jesenice
+386 4 583 35 00

Prešernova rojstna hiša / *Prešeren's Birth House*
Vrba 2, Žirovnica
+386 30 425 025

Čopova rojstna hiša / *Čop's Birth House*
Žirovnica 14, Žirovnica
+386 4 580 15 03

Čebelarški muzej / *Museum of Apiculture*
Linhartov trg 1, Radovljica
+386 4 532 05 22

Lekarniški in alkimistični muzej
Pharmacy and Alchemy Museum
Linhartov trg 28, Radovljica
+386 31 744 022



JULIJSKE ALPE
TRIGLAVSKI NARODNI PARK



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1 POKLJUŠKA SOTESKA POKLJUKA GORGE

Gorje 9 KM 300 M 3 H zmerna / moderate



V najožjem delu soteske, v navpični steni, so leta 1930 uredili tehnično zahtevne, 35 metrov dolge galerije in tako omogočili najkrajšo pot iz doline Radovne proti Pokljuki.

The steep rock face of the narrowest part of the gorge is fitted with 35 metres of technically demanding galleries. Constructed in 1930, the galleries are the shortest way from the Radovna Valley to Pokljuka.

2 OKROG BOHINJSKEGA JEZERA AROUND LAKE BOHINI

Ribčev Laz 11,5 KM 100 M 3 H zmerna / moderate



Bohinjsko jezero leži v ledeniško izoblikovani jezerski skledi in premore skoraj 100 milijonov kubičnih metrov vode. Pot si lahko skrajšate z vožnjo s panoramsko ladjo.

Lake Bohinj sits in a basin shaped by a glacier and holds nearly 100 million cubic meters of water. You can use a panoramic boat to shorten the walk.

POT TRAIL						OPIS / ZANIMIVOST	DESCRIPTION / INTERESTING FACTS
3 UČNA POT MRZLI STUDENEC MRZLI STUDENEC NATURE TRAIL	Mrzli Studenec	3,5 KM	1 H	39 M	lahka easy	Čeprav 99 % gozdov na Pokljuki danes sestavlja smreka, je naravnih smrekovih gozdov na planoti v resnici samo dobra polovica.	Although 99% of the forests on Pokljuka are currently composed of spruce, natural spruce forests actually only account for about half of the woodland on the plateau.
4 UČNA POT GORELJEK GORELJEK PEAT BOG EDUCATIONAL TRAIL	hotel Jelka, Goreljek	1 KM	1 H	25 M	lahka easy	Na Pokljuki so se barja ohranila, ker se je za kurjavo uporabljal les in ne šota. Učna pot Goreljek in Učna pot Mrzli studenec sta oddaljeni le 15 minut hoda.	The bogs on Pokljuka have been preserved because firewood - rather than peat from the bogs - was used for heating. The Goreljek Peat Bog Educational Trail and the Mrzli Studenec Nature Trail are only a 15 minute walk apart.
5 OKOLI BLEJSKEGA JEZERA AROUND LAKE BLEJ	Bled	6,5 KM	2 H	33 M	lahka easy	Od starodavnega gradu do cerkve na otoku - vsak ovinek poti okoli Blejskega jezera pripoveduje svojo zgodbo. Razgledniki v okolici: Mala in Velika Osojnica ter Straža.	From the ancient castle to the church on the island - every turn of the path around Lake Bled tells a story. Nearby viewpoints: Mala Osojnica, Velika Osojnica, and Straža.
6 SOTESKA VINTGAR VINTGAR GORGE	Vintgar	5,7 KM	1 H 50 MIN	150 M	lahka easy	Leta 1893 so zgradili več kot 500 metrov mostov in galerij ter sotesko uredili za javne ogled. Rezervirajte si vstopnico!	In 1893, more than 500 metres of bridges and galleries were built and the gorge was opened to the public. Book your ticket!
7 KORITA MOSTNICE MOSTNICA GORGE	Stara Fužina	12 KM	4 H	240 M	zmerna moderate	Hudičev most je po legendi zgradil sam hudič.	According to a legend, Hudičev most (Devil's Bridge) was built by the devil himself.
8 SLAP SAVICA SAVICA WATERFALL	Koča pri Savici	1,5 KM	45 MIN	140 M	lahka easy	Slap Savica dobi večino vode iz prvega Triglavskega oziroma Črnega jezera.	The Savica Waterfall receives most of its water from the first Triglav Lake, also known as the Black Lake.



CENTER
TNP BOHINJ
Stara Fužina 37-38,
Bohinjsko jezero
T: +386 (0)4 57 80 240

INFOCENTER
TRIGLAVSKA ROŽA BLEJ
Ljubljanska cesta 27
Bled
T: +386 (0)4 57 80 205



KUPUJ
LOKALNO
BUY LOCAL



Visokogorska jezera High-altitude lakes

Srce edinega slovenskega narodnega parka so Triglavska jezera, ki so zavarovana vse od leta 1924. Ali veste, koliko vodnih biserov je v Dolini Triglavskih jezer in kateri je največji med njimi?

Triglavska jezera, or the Triglav Lakes, a protected area since 1924, form the heart of Triglav National Park.

Do you know how many water bodies make up the valley Dolina Triglavskih jezer (Triglav Lakes Valley), and which is the largest among them?

ŠPELA ANKELE

Javni zavod Triglavski narodni park, vodja Infocentra Triglavska roža Bled / Triglav National Park Public Institute, Head of the Infocenter Triglavska roža Bled

Jezera, umeščena v ledeniško dolino med Trento in Bohinjem, imenujemo tudi Sedmera jezera. A naj vas pravična številka v imenu ne zavede. Na omenjenem območju je več kot sedem jezer, jezerc in mlak, vendar nekatera med njimi poleti usahnejo oziroma izginijo.

Največje, najgloblje in najčistejše med omenjenimi je Veliko jezero. Imenujemo ga tudi Jezero v Ledvicah, saj po obliki spominja na ledvico. Veliko jezero je dolgo 300 metrov, široko 120 metrov in globoko 15 metrov. Njegovo površino lahko primerjamo z velikostjo štirih nogometnih igrišč.

Najnižje (in hkrati najbolj toplo) je Črno jezero, medtem ko je najvišje ležeče Rjavo jezero, ki med sušnimi obdobji usahne. Ime barve nosi tudi Zeleno jezero, ki ga značilno obarvajo alge. Poleg teh imamo v Dolini Triglavskih jezer še: Dvojno jezero, ki ga sestavlja dve jezeri, in Jezero pod Vršcem.

Zanimivo: vode iz Jezera pod Vršcem, ki leži na skrajnem severu Doline Triglavskih jezer, odtekajo v dolino Soče in se zlivajo v Jadransko morje, vode iz vseh ostalih jezer pa se stekajo v Savo Bohinjko in tečejo naprej proti Črnemu morju. Triglavski narodni park torej leži na meji dveh pomembnih evropskih povodij: jadranskega in črnomskega.

V Triglavskem narodnem parku pa so poleg že naštetih še druga visokogorska jezera, denimo tisto na Planini pri Jezeru, Krnsko jezero, Dupeljsko jezero, Jezero v Lužnici ter tri Kriška jezera. Vsa visokogorska jezera ležijo v prvem varstvenem območju Triglavskega narodnega parka, kjer je narava strogo zavarovana.

Čeravno vas zna na kak vroč poletni dan zamikati, da bi se med pohajkovanjem pod Triglavom ohladili s skokom v jezero, si zapomnite: kopanje v visokogorskih jezerih ni dovoljeno. Zakaj? Ker so slovenska visokogorska jezera izjemno občutljivi in hkrati strogo zavarovan ekosistem.

Za ohladitev pregretyh teles si poiščite za kopanje določena območja v dolini - s tem boste tudi vi pomagali ohraniti izjemne vodne bisere med slovenskimi gorami.

VISOKOGORSKA JEZERA

Visokogorska jezera so zelo občutljivi ekosistemi. Vnos kakršnihkoli snovi, tujerodnih rastlinskih in živalskih vrst ter umivanje, kopanje in druge rekreacijske dejavnosti niso dovoljene.



HIGH-ALTITUDE LAKES

High-altitude lakes are extremely sensitive ecosystems. Input of any substances, alien plants and animal species, as well as washing, bathing and other water-based activities, is not permitted.



The lakes scattered across this glacial valley between the Trenta Valley and Bohinj, are known in Slovene as "Sedmera jezera", or the Seven Lakes. But do not be misled by this evocative number. The area boasts many more than seven lakes, lakelets, and ponds - some of which dry up or disappear during summer.

The largest, deepest and cleanest in the group is Veliko jezero (the Great Lake), also known as Jezero v Ledvicah (the Kidney Lake), owing to its distinctive form. Measuring 300 metres in length, 120 metres in width and 15 metres in depth, its surface area is roughly equivalent to four football pitches.

The lowest-lying - and warmest - is Črno jezero (the Black Lake), while the highest is Rjavo jezero (the Brown Lake), which can disappear during dry spells. Another colourfully named lake is Zeleno jezero (the Green Lake), so called because of the green algae present in its waters. In addition to these, the Dolina Triglavskih jezer (Triglav Lakes Valley) also features Dvojno jezero (the Double Lake, made up of two interconnected lakelets) and Jezero pod Vršcem.

Interesting fact: The waters of Jezero pod Vršcem, located in the northernmost part of the Dolina Triglavskih jezer, flow into the Soča Valley and onward to the Adriatic Sea. In contrast, the waters of all the other lakes drain into the Sava Bohinjka River and ultimately into the Black Sea. Triglav National Park thus lies on the divide between two major European drainage basins: the Adriatic and the Black Sea.

In addition to the lakes mentioned above, Triglav National Park is also home to several other high-altitude lakes: Jezero na Planini pri Jezeru, Krnsko jezero (the Krn Lake), Dupeljsko jezero (the Duplje Lake), Jezero v Lužnici (Lake

Pot od izhodišč v dolini do visokogorskih jezer je dolga in naporna. Pred odhodom preverite aktualne razmere in dolžino izbranih poti.



The hike from the valley to high-altitude lakes is long and demanding. Before setting out, check the current conditions and duration of your chosen route.

VARNO V GORE KNOW BEFORE YOU GO

Napotki in priporočila za varen obisk gora
Mountain safety guidelines



in Lužnica) and the three Križ lakes (Kriška jezera). All high-altitude lakes lie within the park's first protection zone area, where the natural environment is subject to the strictest conservation regime.

You might be tempted to jump into a lake while hiking around Triglav on a hot summer day, but please remember: bathing in high-altitude lakes is prohibited. Why? Because Slovenia's high-altitude lakes are extremely sensitive and strictly protected natural ecosystems.

To cool off, seek out designated bathing areas in the valley - by doing so, you will also help preserve these exceptional aquatic gems in the Slovenian mountains.

MUZEJI / MUSEUMS

Blejski otok - svetni kraj med valovi slovenstva
Island Blejski otok - Sacred Place on the Waves of Slovenian Identity
+386 4 576 79 79

Muzej na Blejskem gradu / Bled Castle Museum
Grajska cesta 61, Bled
+386 4 572 97 82

Muzej zgodovine Bohinja v hiši Tomaža Godca
Bohinj History Museum in the Tomaž Godec House
Zoisova ulica 15, Bohinjska Bistrica
+386 4 577 01 42

Muzejska zbirka Historia Bohinj
Historia Bohinj Museum Collection
Triglavska cesta 2, Bohinjska Bistrica
+386 41 384 537

Cerkev sv. Janeza Krstnika
Church of St. John the Baptist
Ribčev Laz 56, Bohinjsko jezero
+386 40 237 812

Planšarski muzej
Alpine Dairy Farming Museum,
Stara Fužina 181, Bohinjsko jezero
+386 4 577 01 56

Oplenova hiša
Oplen House

Studor v Bohinju 16, Srednja vas v Bohinju
+386 31 479 262

INFO MESTA

INFO POINTS

BIOFERNO OBMOČJE
JULIJSKE ALPE
JULIAN ALPS BIOSPHERE RESERVE



1. DOM TRENTA - INFO CENTER
TRIGLAVSKEGA NARODNEGA PARKA
Na Logu v Trenti, Soča • **T:** +386 (0)5 38 89 330

2. CENTER TRIGLAVSKEGA NARODNEGA PARKA BOHINJ
Stara Fužina 37-38, Bohinjsko jezero
T: +386 (0)4 57 80 240

3. INFOCENTER TRIGLAVSKA ROŽA BLED
Ljubljanska cesta 27, Bled
T: +386 (0)4 57 80 205

4. INFO TOČKA TNP SLOVENSKI PLANINSKI MUZEJ, TIC DOVJE - MOJSTRANA
Triglavska cesta 49, Mojstrana
T: +386 (0)8 38 06 730

5. INFO TOČKA TNP ZELENA HIŠA TIC KOBARID
Trg svobode 16, Kobarid
T: +386 (0)5 38 00 490

6. TIC BOHINJ, STARA FUŽINA
Stara Fužina 53b, Bohinjsko jezero
T: +386 (0)31 813 363

7. TIC BOHINJ, RIBČEV LAZ
Ribčev Laz 48, Bohinjsko jezero
T: +386 (0)4 57 46 010

8. TIC BLED, Cesta svobode 10, Bled
T: +386(0)4 574 11 22

9. TIC RADOVLJICA
Linhartov trg 9, Radovljica
T: +386 (0)4 531 51 12

10. TIC: PREŠERNOVA ROJSTNA HIŠA
PREŠEREN'S BIRTH HOUSE
Vrba 2, Žirovnica
T: +386 (0)4 580 20 92

11. TIC JESENICE
Cesta maršala Tita 18, Jesenice
T: +386 (0)4 586 31 78

12. TIC KRANJSKA GORA
Kolodvorska ulica 1c, Kranjska Gora
T: +386 (0)4 580 94 43

13. TIC BOVEC
Trg golobarskih žrtev 47, Bovec
T: +386 (0)5 302 96 47

14. TIC PODBRDO
Podbrdo 18, Podbrdo
T: +386 (0)5 380 04 85

15. TIC TOLMIN
Mestni trg 6, Tolmin
T: + 386 (0)5 380 04 80

16. TIC BEGUNJE
T: + 386 (0)5 916 91 76

17. TIC: ČOPOVA ROJSTNA HIŠA
COP'S BIRTH HOUSE
Žirovnica 14, Žirovnica
T: + 386 (0)4 580 15 03



18. 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

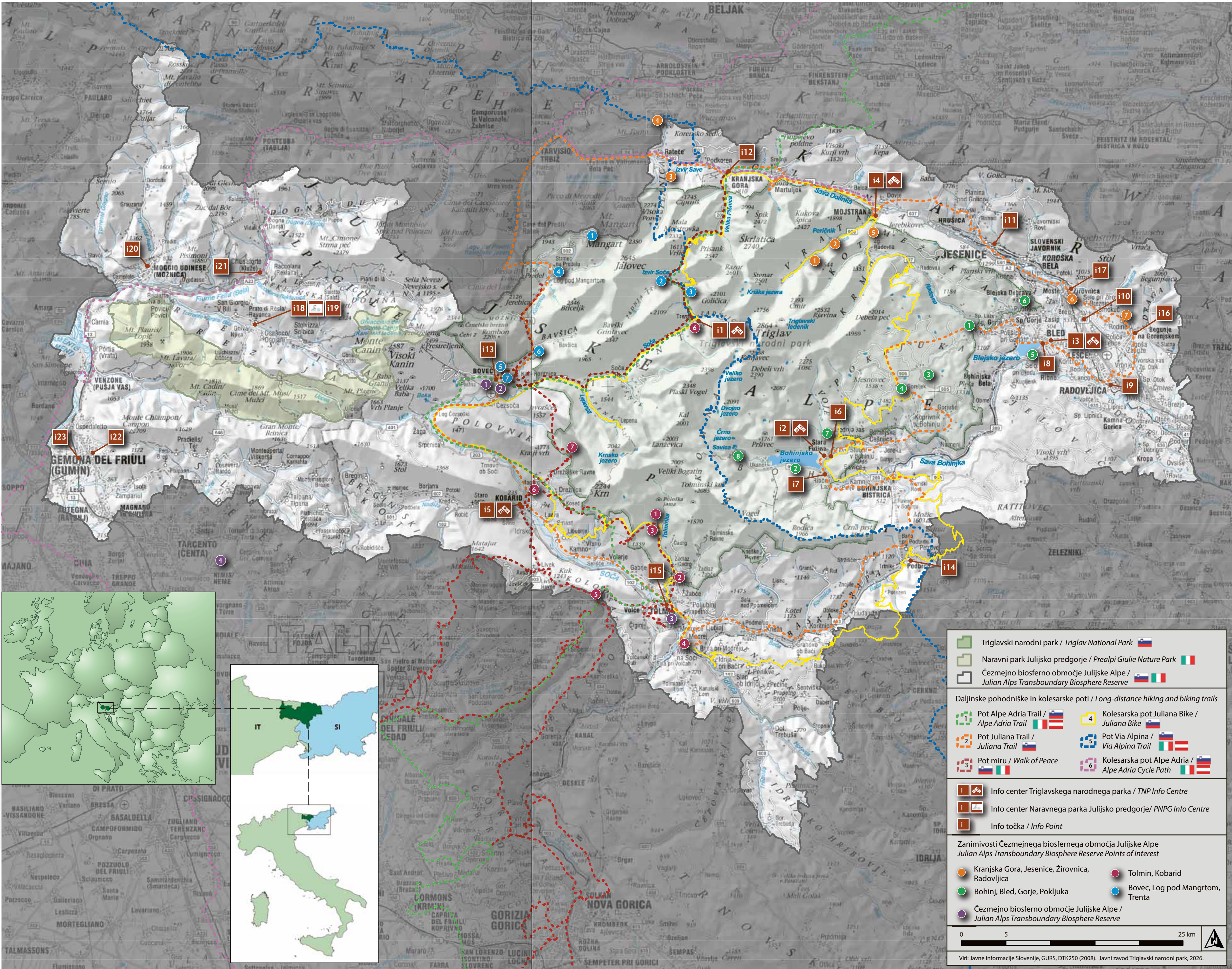
19. I.A.T. RESIA
Piazza del Tiglio 3, Prato di Resia/Ravanca - 33010 Resia/Rezija (UD) • **T:** +39 0433 53534

20. I.A.T. MOGGIO UDINESE
Piazzetta Sandro Pertini, 5 - 33015 Moggio Udinese (UD) • **T:** +39 0433 51514

21. I.A.T. CHIUSAFORTE
Piazza Pieroni, 1 - 33010 Chiusaforte (UD) **T:** +39 0433 52030

22. I.A.T. GEMONA DEL FRIULI
Via Bini, 9 - 33013 Gemona del Friuli (UD) **T:** +39 0432 981441

23. SPORTLAND INFORMATION OFFICE
Piazzale della Stazione, 6 - 33013 Gemona del Friuli (UD) • **T:** +39 0432 1504271



Triglavski narodni park / Triglav National Park

Naravni park Julijsko predgorje / Prealpi Giulie Nature Park

Čezmejno biosferno območje Julijske Alpe / Julian Alps Transboundary Biosphere Reserve

Daljsnje pohodniške in kolesarske poti / Long-distance hiking and biking trails

Pot Alpe Adria Trail / Alpe Adria Trail

Pot Juliana Trail / Juliana Trail

Pot miru / Walk of Peace

Kolesarska pot Juliana Bike / Juliana Bike

Pot Via Alpina / Via Alpina Trail

Kolesarska pot Alpe Adria / Alpe Adria Cycle Path

Info center Triglavskega narodnega parka / TNP Info Centre

Info center Naravnega parka Julijsko predgorje/ PNPG Info Centre

Info točka / Info Point

Kranjska Gora, Jesenice, Žirovnica, Radovljica

Bohinj, Bled, Gorje, Pokljuka

Čezmejno biosferno območje Julijske Alpe / Julian Alps Transboundary Biosphere Reserve

Tolmin, Kobarid

Bovec, Log pod Mangrtom, Trenta

0 5 25 km

Vir: Javne informacije Slovenije, GURS, DTK250 (2008). Javni zavod Triglavski narodni park, 2026.



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 IZHODIŠČE STARTING POINT	 DOLŽINA - KROŽNA POT DISTANCE - CIRCULAR WAY	 DOLŽINA - V ENO SMER DISTANCE - ONE WAY	 VIŠINSKA RAZLIKA ELEVATION GAIN	 ČAS HOJE DURATION	 TEŽAVNOST DIFFICULTY
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1 JAVORCA / JAVORCA CHURCH

 Parkirišče pod Javorco
Parking under Javorca

 0,5 KM

 40 M

 20 MIN

 lahka / easy



Cerkev Svetega Duha v Javorci so zgradili avstro-ogrski vojaki, mojstri različnih obrti. Ostaja simbol poziva k spravi in miru.

The Church of Holy Spirit in Javorca was built by Austro-Hungarian soldiers, masters of various crafts. It stands as a symbol of a call for reconciliation and peace.

2 TOLMINSKA KORITA / TOLMIN GORGES

 Tolmin

 2 KM

 200 M

 1 H 30 MIN

 lahka / easy



Po legendi naj bi slavni Dante Alighieri v 14. stoletju med ogledom skrivnostnih korit dobil navdih za Pekl v pesnitvi Božanska komedija.

Legend has it that in the 14th century the famous writer Dante Alighieri drew inspiration for his Divina Comedia's Inferno from these mysterious gorges.

	POT TRAIL					OPIS / ZANIMIVOST	DESCRIPTION / INTERESTING FACTS
3	IZVIR TOLMINKE SOURCE OF THE TOLMINKA RIVER	Planina Polog Polog pasture	6 KM	2 H 10 MIN	330 M	zmerna moderate	The Tolminka River springs to the surface from several sources at 680 m a.s.l. Combine the visit to the source of the Tolminka River with the church in Javorca.
4	ČEZ MOST PO MODROST ACROSS THE BRIDGE TO WISDOM	Most na Soči	6,2 KM	3 H	130 M	lahka easy	A journey through the three millennia of Most na Soči.
5	KOLOVRAT, RAZKOŠNA PANORAMA NAD DOLINO SOČE MT KOLOVRAT, A MAGNIFICENT PANORAMIC HILL ABOVE THE SOČA VALLEY	parkirišče pod muzejem na prostem Kolovrat Parking beneath the outdoor museum Kolovrat	8,6 KM	2 H 50 MIN	265 M	lahka easy	A cross-border museum with an amazing view of the Soča Valley preserves the memory of the third defence line of the Italian Army fighting on the Isonzo Front during WWI.
6	KOBARIŠKA ZGODOVINSKA POT S SLAPOM KOZJAK KOBARID HISTORICAL TRAIL WITH KOZJAK WATERFALL	parkirišče slap Kozjak Kozjak Waterfall parking lot	8 KM	2 H 45 MIN	300 M	zmerna moderate	Part of the Kobarid Historical Trail, which includes visits to the Kobarid Museum, the Italian Charnel House, the ancient settlement of Tonocov grad, the Soča River Gorge and other points of interest.
7	PLANINA ZAPRIKRAJ ZAPRIKRAJ MOUNTAIN PASTURE	Drežniške Ravne	8,7 KM	4 H	560 M	zmerna moderate	In the summer season, you can also enjoy the local Tolmin cheese and cottage cheese.

Trije siri, ki so doma pod Triglavom

Three cheeses from under Mt. Triglav

Sirarstvo in z njim tesno povezano planšarstvo imata v krajih pod Triglavom bogato tradicijo. V Triglavskem narodnem parku je danes približno 600 kmetij. Nekatere med njimi se ukvarjajo s predelavo mleka in na teh nastajajo tudi trije siri z zaščiteno evropsko označbo porekla: tolminc, bovški sir in mohant. Cheese-making and alpine dairy farming have long shaped life in the pastures and villages at the foot of Triglav. Today, Triglav National Park is home to around 600 farms, many of which continue the tradition of processing milk into high-quality local products. These include three distinctive regional cheeses – Tolminc, Bovec cheese, and Mohant – all of which proudly hold the European Protected Designation of Origin (PDO) status.

ŠPELA ANKELE
Javni zavod Triglavski narodni park, vodja Infocentra Triglavska roža Bled / Triglav National Park Public Institute, Head of the Infocenter Triglavska roža Bled



delki in na domačijah oziroma pašnih planinah, kjer omenjene dobrote nastajajo. Še en namig: pri raziskovanju lokalnih okusov poiščite rumeno oznako Znak kakovosti Triglavskega narodnega parka. Znak kakovosti lahko pridobijo kmetije, na katerih med drugim nastajajo izjemni siri, podeljujemo pa ga tudi pašnim planinam, rokodelcem, ponudnikom nastanitve, zeliščarjem in šolam, skratka vsem, ki na širšem območju Triglavskega narodnega parka srčno ohranjajo tradicijo, kakovost in sožitje z naravo.



TRIJE SIRI
THREE CHEESES

Sire z zaščiteno označbo porekla poiščite pri nosilcih Znak kakovosti Triglavskega narodnega parka. Cheeses with Protected Designation of Origin are supplied by producers holding the Triglav National Park Quality Mark.

Kravji sir tolminc:
Cow's cheese Tolminc:
Ekološka turistična kmetija pri Lovrču, Čadrg 8, Tolmin

Ovčji bovški sir:
Sheep's Bovec cheese:
Ekološka kmetija Černuta, Log pod Mangartom 47b, Log pod Mangartom

Turistična kmetija Jelinčič, Soča 50, Soča

Mehki sir mohant:
Soft cheese Mohant:
Turistična kmetija Gartner – Pr Odolneku, Studor 3a, Srednja vas v Bohinju



For centuries, farmers moved their cattle to high-altitude pastures during the summer months, where fresh milk was transformed into cheese before being carried back down to the valley. This old practice has endured across the wider Julian Alps to the present day. Even now, several mountain pastures continue to operate traditional dairies each summer, producing flavourful cheeses and other dairy products using methods passed down through generations. The first of the three cheeses, Tolminc, originates from the Upper Soča Valley and is deeply connected to the early beginnings of alpine dairy farming.



TRIGLAVSKI
NARODNI PARK
KAKOVOST
QUALITY



ZGORAJ LEVO / ABOVE LEFT: BOVŠKI SIR (NA FOTOGRAFIJI), SIR TOLMINC IN MOHANT IMAJO EVROPSKO ZAŠČITENO OZNAČBO POREKLA. BOVEC CHEESE (SEE PHOTO), TOLMINC CHEESE AND MOHANT HAVE THE EUROPEAN PROTECTED DESIGNATION OF ORIGIN (PDO) STATUS.

ZGORAJ DESNO / ABOVE RIGHT: NA VIŠOKOGORSKIH PAŠNIŠKIH V TRIGLAVSKEM NARODNEM PARKU SO DOMA TRI AVTOHTONE PASME DOMAČIH ŽIVALI: BOVŠKA OVCA (NA FOTOGRAFIJI), DREŽNIŠKA KOZA IN KRAVA CIKA. SLOVENIA'S ONLY NATIONAL PARK IS HOME TO THREE INDIGENOUS BREEDS OF DOMESTIC ANIMALS: THE BOVEC SHEEP (SEE PHOTO), THE DREŽNICA GOAT, AND THE CIKA CATTLE.

DESNO / RIGHT: NA NEKATERIH PLANINAH POLETI DELUJEJO SIRARNE, V KATERIH PRIPRAVLJAJO MLEČNE IZDELKE NA STAR, TRADICIONALEN NAČIN. / ON SOME MOUNTAIN PASTURES BELOW TRIGLAV, ALPINE DAIRIES OPERATE IN SUMMER, WHERE LOCALS EXPERTLY PRODUCE DAIRY PRODUCTS USING TRADITIONAL, TIME-TESTED METHODS.



The third distinctive cheese, Mohant, could well be called "the eccentric of Bohinj," thanks to its bold aroma and piquant flavour. In recent years, this unique cheese has experienced a revival, with innovative chefs from Bohinj proudly reintroducing it into their contemporary culinary creations. In Triglav National Park, the heart of the Julian Alps Biosphere Reserve, you can find all three cheese varieties at local markets, specialty shops offering homemade products, as well as directly at farms and alpine dairies where these delicacies are still crafted. One more tip: when exploring local flavours, look out for the yellow Triglav National Park Quality Mark. This label is not only awarded to farms and cheesemakers, but also to mountain pastures, artisans, accommodation providers, herbalists, and even schools. It recognises those who are committed to preserving tradition, ensuring quality, and living in harmony with nature across the wider Triglav National Park area. •

MUZEJI / MUSEUMS			
Kobariški muzej / <i>Kobarid Museum</i> Gregorčičeva ulica 10, Kobarid +386 5 389 00 00	Sirski muzej Kobarid <i>Cheese Museum Kobarid</i> Gregorčičeva ulica 32, Kobarid +386 5 384 10 00	Rojstna hiša Simona Gregorčiča <i>Simon Gregorčič's Birth House</i> Vrsno 27, Kobarid +386 70 952 814	Domačija Cirila Kosmača <i>Homestead of Ciril Kosmač</i> Slap ob Idrijci 15, Slap ob Idrijci +386 5 381 13 60
Tolminski muzej / <i>Tolmin Museum</i> Mestni trg 4, Tolmin, +386 5 381 13 60	Nježna hiša / <i>'Nježna hiša' Homestead</i> Jevšček 7, Kobarid +386 5 380 04 90	Breginjski muzej / <i>Breginj Museum</i> Breginj 103, Breginj +386 5 384 98 03	Interpretacijski center Grad Kozlov rob <i>Interpretive Center Kozlov Rob Castle</i> Tolmin, +386 5 381 13 60



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IZHODIŠČE
STARTING POINT

DOLŽINA - KROŽNA POT
DISTANCE - CIRCULAR WAY

DOLŽINA - V ENO SMER
DISTANCE - ONE WAY

VIŠINSKA RAZLIKA
ELEVATION GAIN

ČAS HOJE
DURATION

TEŽAVNOST
DIFFICULTY



1 UČNA POT MANGRT / MANGRT NATURE TRAIL

Mangrtsko sedlo
Mangart Saddle

8 KM

400 M

2 H 45 MIN

zmerna
moderate



DOSTOP DO IZHODIŠČA JE OMEJEN, CESTA JE PLAČLJIVA!
RESTRICTED ACCESS TO THE STARTING POINT. ROAD TOLL.

Učna pot vključuje različne zanimivosti, kot so geologija, geomorfologija, meteorologija, botanika, živalstvo, pašništvo, gornišтво in posebnosti povojnega obdobja.

The trail covers various fields such as geology, geomorphology, meteorology, botany, zoology, grazing, mountaineering, and post-war points of interest.

2 SOŠKA POT / SOČA TRAIL

Izvir Soče
The source of the Soča river

28 KM

460 M

8 H 30 MIN

težka
difficult



VODENJE VSAK ČETRTEK V JULIJU IN AVGUSTU OB 9.00, ZBORNO MESTO:
KOČA PRI IZVIRU SOČE / GUIDED TOURS EVERY THURSDAY IN JULY AND AUGUST
AT 9 A.M., MEETING POINT: HUT AT THE SOURCE OF THE SOČA

Povezuje steze in mirne, manj znane dele doline Trente in Soče, stran od ceste in hrupa. Posebna zanimivost so slikovite brvi, po katerih večkrat prečkamo reko.

The trail connects paths and quiet, lesser-known parts of the Trenta and Soča Valleys, away from the road and the noise. Footbridges crossing the river are a particularly interesting feature.

POT TRAIL						OPIS / ZANIMIVOST	DESCRIPTION / INTERESTING FACTS
3 ALPINUM JULIANA ALPINUM JULIANA ALPINE BOTANICAL GARDEN	Alpinum Juliana, Trenta	200 M	30 MIN	20 M	lahka easy	Alpinum Juliana je najstarejši alpski botanični vrt v naravnem okolju na slovenskem ozemlju.	Alpinum Juliana is the oldest Alpine botanical garden in a natural environment in Slovenia.
4 SENARSKA POT SENARSKA (HAY) TRAIL	Strmec na Predelu	14 KM	7 H 40 MIN	1360 M	težka difficult	Kmetje se niso ozirali po razgledih, ko so nosili seno izpod Mangrta v dolino. Prav ti pa so tu izjemni.	Farmers did not look at the views when they carried hay from the high slopes of Mangrt to the valley. But the views here are exceptional.
5 SLAP VIRJE VIRJE WATERFALL	Bovec	9,5 KM	2 H	200 M	lahka easy	Izvirna voda, ki privre na plano med številnimi kamni ledeniškega gradiva, doseže največ 7 °C.	The spring water, which bubbles up from beneath many rocks of glacial origin, reaches a maximum of 7 °C.
6 BAVŠICA BAVŠICA VALLEY TRAIL	Trdnjava Kluže	7,2 KM	3 H	710 M	lahka easy	V času Napoleona Bonaparteja konec 18. stoletja je francoska vojska trdnjavo Kluže požgala in porušila. Novo utrdbo so zgradili v času Avstro-Ogrske v letih 1881–1882.	During the reign of Napoleon Bonaparte, in the late 18th century, the French army burned and destroyed the fortress. A new fortification was built during the Austro-Hungarian period in 1881–1882.
7 ČELO, MUZEJ NA PROSTEM ČELO FORTRESS TRAIL	Bovec	8,7 KM	2,5 H	360 M	zmerna moderate	Na pobočju markantnega hriba Svinjak, ki daje prepoznavno podobo Bovški kotlini, je avstro-ogrska vojska leta 1914 zgradila 200 m dolg strelski jarek s topniškima položajema, kuhinjo, bivališčema, opazovalnico, zakonom 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.



DOM TRENTA -
INFO CENTER TRIGLAVSKEGA
NARODNEGA PARKA
Na Logu v Trenti, Soča
T: +386 (0)5 38 89 330



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Alpski botanični vrt Juliana praznuje sto let *Alpinum Juliana celebrates 100 years*

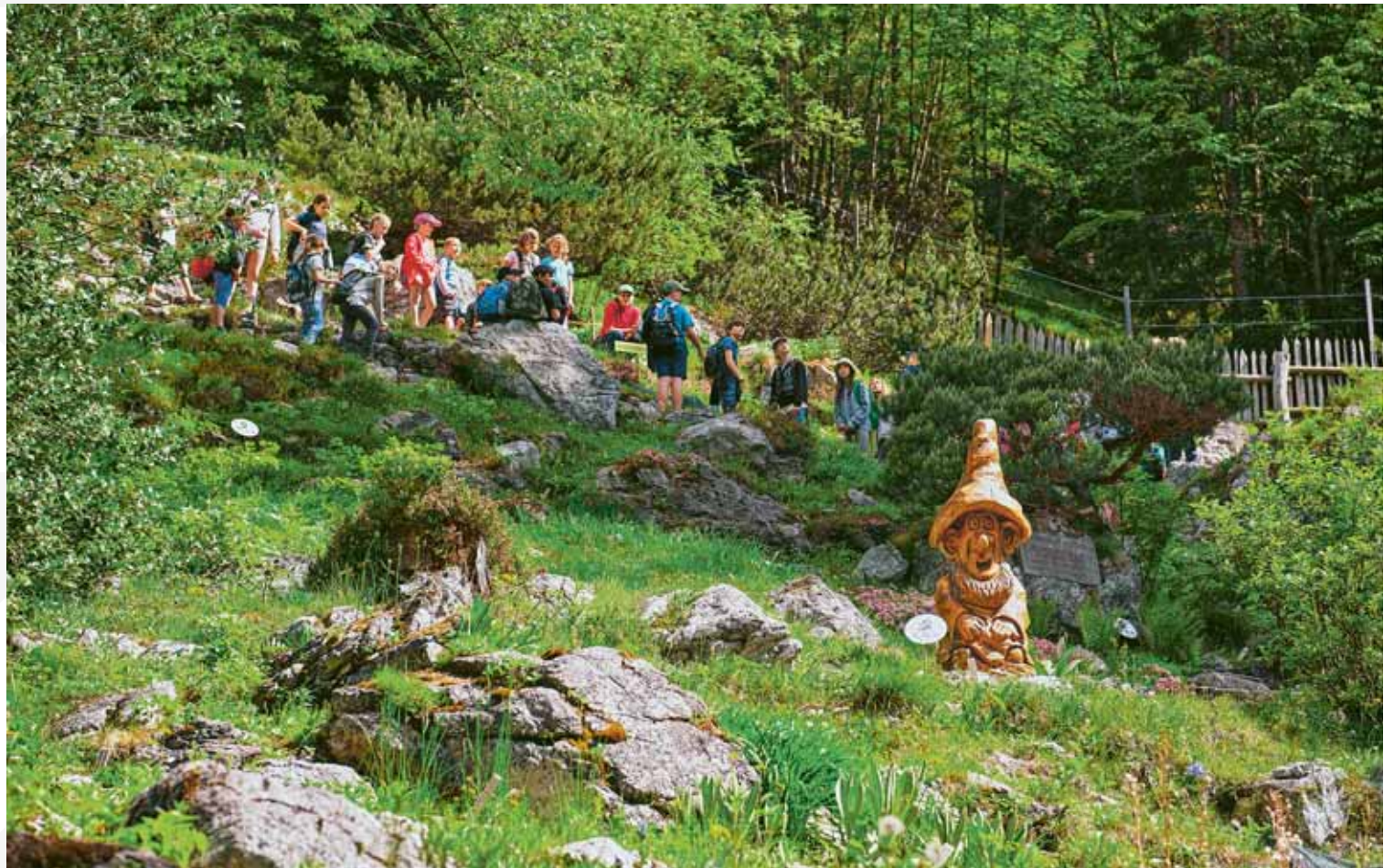
V osrčju Triglavskega narodnega parka, na pobočju Kukle v dolini Trente leži Juliana – najstarejši alpski botanični vrt v Sloveniji. Vrt je ustanovil botanični zanesenjak Albert Bois de Chesne in letos pod okriljem Prirodoslovnega muzeja Slovenije praznuje sto let.
In the heart of Triglav National Park, on the slopes of Kukla in the Trenta Valley lies the oldest Alpine botanical garden in Slovenia – Alpinum Juliana. The garden, which was founded by the botanist Albert Bois de Chesne and now operates under the auspices of the Slovenian Museum of Natural History, celebrates its 100th anniversary this year.

SPELA PUNGERŠEK
Prirodoslovni muzej Slovenije, strokovna vodja Alpskega botaničnega vrta Juliana
Slovenian Museum of Natural History, Head of the Juliana Alpine Botanical Garden

Vrt je leta 1926 ustanovil tržaški botanik, gornik in trgovec z lesom Albert Bois de Chesne (1871–1953). V njem je poskušal predstaviti rastlinske združbe, kakršne najdemo v naravi. Ker v vrtu ni bilo izvira, je vodo od bližnjega slapu napeljal v vrt ter oze mlje ogradi. Spomladi leta 1927 so v vrt začeli prinašati rastline iz Julijskih Alp, Furlanskega hribovja, s kraških košenic in predalpskega sveta, nekaj pa tudi iz Karavank, Kamniško-Savinjskih Alp in od drugod. Za vrtnarja je Albert Bois de Chesne zaposlil domačina Antona Tožbarja (1905–1993) in ga poslal na šolanje v Padovo, njegova pomočnica pa je postala Ančka Kavs (1907–2000).

Po začetnih uspešnih letih vrta, ko je vanj pogosto zahajal tudi Albertov prijatelj Julius Kugy (1858–1944), je prišlo do izbruha druge svetovne vojne. Po njej Albert Bois de Chesne vrta ni več obiskoval, kljub temu pa sta vrtnarja zanj skrbela po svojih močeh. Za Juliano so se zavzeli nekateri slovenski naravoslovci, predvsem ravnateljica Prirodoslovnega muzeja v Ljubljani in referentka za varstvo narave, Angela Piskernik (1886–1967). Prirodoslovni muzej Slovenije je za vrt skrbel že med letoma 1949–1953, dokončno pa ga je prevzel leta 1962.

Alpski botanični vrt Juliana je prava učilnica na prostem, kjer obiskovalci najdejo in-



The garden was established in 1926 by the botanist, mountaineer and timber merchant from Trieste, Albert Bois de Chesne (1871–1953). In it, he sought to present plant communities as they occur in nature. As there was no natural water source in the garden, he diverted water from a nearby waterfall and enclosed the area. In the spring of 1927, plants began to be brought from the Julian Alps, Friulian hills, karst meadows and pre-Alpine world, as well as from the Karavanke, the Kamnik-Savinja Alps, and other regions. For the role of the gardener, Albert Bois de Chesne employed a local man, Anton Tožbar (1905–1993), and sent him to study in Padua, while Ančka Kavs (1907–2000) became his assistant. After the garden's early successful years – when Alpinum Juliana was also frequently vis-

ited by Albert's friend Julius Kugy (1858–1944) – the outbreak of the Second World War brought a major turning point. After the war, Albert Bois de Chesne no longer visited the garden, although the gardeners continued to care for it as best they could. Juliana was supported by several Slovenian naturalists, most notably Angela Piskernik (1886–1967), the director of the Slovenian Museum of Natural History and nature conservation officer. The museum had already been responsible for the garden between 1949 and 1953, and formally took it over in 1962.

Alpinum Juliana is a true outdoor classroom, where visitors can learn about plants characteristic of the Alpine and pre-Alpine regions of the Julian Alps in Slovenia, as well as the dry meadows of the Slovenian coast and Istria. The garden is home to numerous protected, rare, and endemic species, allowing visitors to see a wide range of Slovenia's botanical specialties in one place.



THE JULIANA ALPINE
BOTANICAL GARDEN

is located in Trenta, near the Church of St. Mary. There are several parking spaces near the church, as well as an information board directing visitors to the garden. Alpinum Juliana is 25 kilometres from Kranjska Gora and 23 kilometres from Bovec. Open daily from 1 May to 30 September, from 8:30 to 18:30.

GUIDED TOURS

The summer tours of the Juliana Alpine Botanical Garden guided and on 20 by the team of the Slovenian Museum of Natural History will take place on: 23 and 30 May (at 11 a.m.), on 2 and 7 June (at 11 a.m.) and on 20 June (at 11 a.m. and 6 p.m.). The 11 a.m. tours will also be held on 11 July, 1 and 22 August, and 5 September 2026.

VEČ INFORMACIJ
MORE INFO



ZGORAJ DESNO / ABOVE RIGHT:
ALPSKI BOTANIČNI VRT JULIANA
JE ODPRT OD ZAČETKA APRILA DO
KONCA SEPTEMBRA.
THE JULIANA ALPINE BOTANICAL
GARDEN IS OPEN FROM THE BEGINNING
OF APRIL TO THE END OF SEPTEMBER.

ZGORAJ / ABOVE:
ROŽNATI VOLČIN IMENUJEMO TUDI
ROŽA VENCA.
THE ROSE DAPHNE IS ALSO KNOWN AS
THE GARLAND FLOWER.



20. MEDNARODNI FESTIVAL
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14

Biosferno območje Julijske Alpe in okolica

Julian Alps Biosphere Reserve

and its surrounding areas



PARTNER TRIGLAVSKEGA NARODNEGA PARKA – NARAVNI PARK JULIJSKO PREDGORJE, ITALIJA

TRIGLAV NATIONAL PARK PARTNER – JULIAN PREALPS NATURE PARK, ITALY



POHODNIŠKE POTI V NARAVNEM PARKU JULIJSKO PREDGORJE WALKING TRAILS IN THE JULIAN PREALPS NATURE PARK



POTI, KI POVEZUJEJO OBA DELA ČEZMEJNEGA BIOSFERNEGA OBMOČJA JULIJSKE ALPE

TRAILS CONNECTING BOTH SIDES OF THE TRANSBOUNDARY JULIAN ALPS BIOSPHERE RESERVE

VEČ INFORMACIJ O POTEH MORE INFORMATION ABOUT TRAILS



POT TRAIL	OPIS	DESCRIPTION	
1 OD BOVCA DO REZUJE FROM BOVEC, SLOVENIA, TO RESIA/REZUA, ITALY	Pot povezuje dve državi, dva parka, pohodnika pa navduši z izjemnimi razgledi na Soško dolino in Rezijo.	Connecting two countries and two parks, the trail offers spectacular views across the Soča Valley and Val Resia.	
2 OD REKE SOČE DO NADIŽE FROM SOČA TO NADIŽA RIVERS	7-dnevna lahka čezmejna kolesarska tura med Dolino Soče in Benečijo.	7-day easy cross-border cycling tours between the Soča Valley and Benečija.	
3 MED ALPAMI IN VINOGRADI BETWEEN THE ALPS AND THE VINEYARDS	8-dnevno kolesarjenje v dolini Soča, z obiskom vinogradov Goriških Brd in Benečije.	8-day cycling in the Soča Valley, with a visit to the vineyards of Goriška Brda and Benečija.	
4 NARAVA BREZ MEJA NATURE WITHOUT BORDERS	7-dnevna čezmejna kolesarska tura od Terske doline do Blejskega jezera.	7-day cross-border cycling tour from the Torre Valleys to Lake Bled.	

DALJINSKE POHODNIŠKE IN KOLESARSKÉ POTI LONG DISTANCE HIKING AND BIKING TRAILS



VEČ INFORMACIJ O POTEH MORE INFORMATION ABOUT TRAILS



POT TRAIL	OPIS / DESCRIPTION	
1 POHODNIŠKA POT ALPE ADRIA TRAIL ALPE ADRIA TRAIL	43 etap / približno 750 km 43 stages / approx. 750 km	
2 POHODNIŠKA POT JULIANA TRAIL JULIANA TRAIL	16 etap / približno 270 km 16 stages / approx. 270 km	
3 POHODNIŠKA POT POT MIRU WALK OF PEACE	30 etap / več kot 500 km 30 stages / more than 500 km	
4 KOLESARSKA POT JULIANA BIKE JULIANA BIKE	7 etap / približno 290 km 7 stages / approx. 290 km	
5 POHODNIŠKA POT VIA ALPINA VIA ALPINA	342 etap več kot 5.000 km 342 stages more than 5.000 km	

Na svetu je trenutno 784 Unescovih biosfer-nih območij. Od teh je le 25 čezmejnih. Med njimi je tudi leta 2024 razglašeno Čezmejno biosferno območje Julijske Alpe, ki združuje celotne Julijske Alpe in povezuje ljudi in na-ravo dveh zavarovanih območij, Triglavskega narodnega parka in Naravnega parka Julijsko predgorje.

Currently, the UNESCO World Network of Biosphere Reserves includes 784 sites. Twenty-five of them, including the Julian Alps Transboundary Biosphere Reserve, designat-ed in 2024, are transboundary. The reserve encompasses the entire Julian Alps and con-nects the people and natural environments of two protected areas: Triglav National Park and Julian Prealps Natural Park.

SPOZNAJTE NAS / MEET US



TRIGLAV NATIONAL PARK

15

Kaj je novega v Trenti?

What's new in Trenta?

Dom Trenta, največji info center Triglavskega narodnega parka, doživlja pravi preporod. Obiskovalce bosta poleg dobro založene trgovinice to poletje pričakali dve fotografski razstavi, nova razstava o travnikih in prenovljen film o Soči. Kmalu se obeta še temeljita prenova razstave o Trentarjih in njihovem tradicionalnem načinu življenja ter nova maketa Čezmejnega biosfernega območja Julijske Alpe, podprta z digitalnimi interaktivnimi prikazi.

Dom Trenta, home to the largest information centre of Triglav National Park, is undergoing a revival. In addition to a well-stocked shop, visitors will be welcomed this summer by two photography exhibitions, a new exhibition on meadows, and a renewed film about the Soča River. A comprehensive renovation of the exhibition on the people of Trenta and their traditional way of life is also on the way, along with a new model of the Transboundary Julian Alps Biosphere Reserve, enhanced with digital interactive displays.

ŠPELA ANKELE

Javni zavod Triglavski narodni park, vodja Infocentra Triglavska roža Bled / Triglav National Park Public Institute, Head of the Infocenter Triglavska roža Bled

O b začetku letošnje poletne sezone smo v Domu Trenta (Na Logu v Trenti 31, Soča) odprli razstavo slovenskega fotografa Dana Briškega z naslovom Julijske Alpe.

Razstava bo v Trenti, od koder bo kasneje po-tovala v svet, predstavljena premierno.

Poleg tega bo pred Domom Trenta to po-letje postavljena fotografska razstava Prirodo-slovnega muzeja, ki bo obeležila stoti rojstni dan Alpskega botaničnega vrta Juliana. Mi-mogrede: ta je le štiri minute vožnje oddaljen od Doma Trenta.

In to še ni vse: dolgoletna atrakcija Do-ma Trenta videoinstalacija Skrivnosti Soče je pred kratkim doživela digitalno restavriranje in je po nekaj letih ponovno na ogled. Uni-katni projekt je delo nagradjenega slovenskega filmskega ustvarjalca Andreja Zdraviča, ki se je poglobil v podvodno snemanje reke Soče, pomembne naravne vrednote Triglavskega narodnega parka.

»Prvi poskusi podvodnega snemanja So-če leta 1987 so me navdihnili, da sem razvil posebno napravo, s katero sem lahko pričaral človekovemu očesu doslej še neznane zorne kote Soče,« je o stalni videoinstalaciji, ki je na-stala leta 1995, dobra tri desetletja kasneje pa je povsem prenovljena, zapisal Andrej Zdra-vič. Mimogrede: obnovljena videoinstalacija Soča in nova maketa Čezmejnega biosfernega območja Julijske Alpe nastajata pod okriljem projekta Itinerant (Interreg Italia – Slovenia).

Največji info center Triglavskega narodnega parka bo v poletje vstopil s še eno novo razstavo.



INFO CENTER DOM TRENTA

Informacijsko izobraževalno središče je odprto od 27. aprila do 31. oktobra vsak dan, med 10. in 18. uro.

POLETNA VODENJA PO SOŠKI POTI

Triglavski narodni park pripravlja ob poletnih četrtek (od 2. julija do 27. avgusta 2026) vodenja po Soški poti. Odhod je ob 9. uri spred Koče pri Izviru Soče. Tri poletne četrtke (9. in 30. julija ter 6. avgusta) boste lahko pot podaljšali še do botaničnega vrta, kjer vas čaka vodeni ogled. Predhodne prijave niso potrebne.



INFO CENTER DOM TRENTA

The information and educational centre is open daily from 27 April to 31 October, from 10 a.m. to 6 p.m..

GUIDED SOČA TRAIL TOURS

During summer months, Triglav National Park will run a guided tour of the Soča Trail every Thursday between 2 July and 27 August. The tour starts at 9 a.m. from the hut at the source of the Soča River. On three Thursdays (9 and 30 July and 6 August) the walk will extend to include a guided tour of the botanical garden. No advance booking required.

VEČ INFORMACIJ MORE INFO



At the start of this year's summer season, Dom Trenta (Na Logu v Trenti 31, Soča) opened an exhibition titled The Julian Alps by the Slovenian photographer Dan Briški. The exhibition premiered in Trenta and will later travel to other locations.

In addition, an outdoor photography exhibition of the Slovenian Museum of Natural History will be set up in front of Dom Trenta this summer to mark the 100th anniversary of the Juliana Alpine Botanical Garden. Incidentally, it is just a four-minute drive from the information centre.

And that's not all: the Mysteries of the Soča video installation, a long-term attraction of Dom Trenta, has recently been digitally re-stored and is available for viewing again after a few years. This unique project is the work of

award-winning Slovenian filmmaker Andrej Zdravič, who has immersed himself in under-water filming of the Soča River, one of the key natural treasures of Triglav National Park.

"My early attempts at underwater filming of the Soča River in 1987 inspired me to develop a special device that allowed me to reveal visual perspectives of the river previously unknown to the human eye," Andrej Zdravič wrote about the permanent video installation. Originally created in 1995, it has now been completely renewed more than three decades later. Incidentally, the refurbished Soča video installation and the new model of the Transboundary Julian Alps Biosphere Reserve are being developed under the Interreg Italy–Slovenia project Itinerant.

The largest information centre of Triglav National Park will enter the summer season with yet another new exhibition. Titled Man and Meadows, it was created within the framework of the EU project Life for Seeds.



More than enough reasons to stop at Dom Trenta while exploring the famous glacial valley, which – despite its small size – offers a wealth of natural beauty. •



OD ZGORAJ NAVZDOL / FROM TOP TO BOTTOM:

DOM TRENTA BO POLETJE PRIČAKAL S ŠTEVILNIMI NOVOSTMI.

DOM TRENTA WILL WELCOME THE SUMMER SEASON WITH NUMEROUS NEW FEATURES.

V DOMU TRENTA SE VSAKO POLETJE USTAVI VELIKO OBISKOVALCEV, KI SE MUDIJO V TEM DELU TRIGLAVSKEGA NARODNEGA PARKA.

EVERY SUMMER, MANY VISITORS STOP AT DOM TRENTA WHILE SPENDING TIME IN THIS PART OF TRIGLAV NATIONAL PARK.

V LEDENIŠKI DOLINI TRENTA JE NAJVEČJI INFO CENTER TRIGLAVSKEGA NARODNEGA PARKA.

DOM TRENTA, THE LARGEST INFORMATION CENTRE OF TRIGLAV NATIONAL PARK, IS LOCATED IN THE GLACIAL TRENTA VALLEY.



UPORABNE INFORMACIJE USEFUL INFORMATION

KLIC V SILI • SOS CALL
112



**VREMENSKA
NAPOVED**
WEATHER
FORECAST



**RAZMERE NA
CESTAH**
ROAD
CONDITIONS



**TRIGLAVSKI
NARODNI
PARK**
TRIGLAV
NATIONAL PARK



JULIJSKE ALPE
JULIAN ALPS



**DOGODKI
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FOTOGRAFIJA NA NASLOVNICI | COVER PHOTOGRAPHY
Čreda ovac na Mangrskem sedlu / A flock of sheep on the Mangrt
Saddle • Dan Briški

TRIGLAVSKI NARODNI PARK
TRIGLAV NATIONAL PARK

15. 5.–31. 10. 2026
letnik 16, št. 21 | Year 16, № 21

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Biosfernega območja Julijske
Alpe in narodnega parka v
poletni sezoni 2026.
The official guide for visitors to
the Biosphere Reserve Julian Alps
and the national park in the
summer season 2026.

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Pr' Lovrču: tradicija, ki gre v korak s časom

Pr' Lovrču: tradition that keeps up with the time

»Življenje na kmetiji je naporno, a hkrati koristno, zadovoljno in izpolnjeno,« pravi Marija Bončina, ko jo pokličemo v idilično vasico Čadrg, ki na posoški strani Triglavskega narodnega parka slovi po odličnih sirarskih kmetijah. Naša sogovornica je doma na eni od takšnih kmetij, Pr' Lovrču.

"Life on a farm is hard, but it is also meaningful, fulfilling, and rewarding," says Marija Bončina when we reach her by phone in the idyllic village of Čadrg. Located on the Soča side of Triglav National Park, the village is best known for its cheese-making farms. Our interviewee comes from one of them, the well-known Pr' Lovrču farm.

ŠPELA ANKELE

Javni zavod Triglavski narodni park, vodja Infocentra Triglavsko roža Bled / Triglav National Park Public Institute, Head of the Infocenter Triglavsko roža Bled

Marija Bončina, ki se je na omenjeni domačiji rodila, nato nekaj časa živela v Tolminu, preden se je pred tremi desetletji vrnila nazaj v Čadrg, nadaljuje: »Nima vsak možnosti, da se zjutraj zbudi in sliši ptičje petje. In zavedam se, da nima vsak možnosti slišati tišine, ki nastane zvečer.«

Kmetija Pr' Lovrču je v družinski lasti že več generacij. Kot pravi Marija, so se tudi njeni predniki ukvarjali s sirarstvom, zato je bilo logično, da bosta z možem Danilom to tradicijo nadaljevala. »Pred nekaj leti je kmetijo prevzel najin sin Aljoša,« ponosno podčrta sogovornica in doda, da na domačiji danes živijo tri generacije, ki imajo vsak dan kosilo za isto mizo.



Pr' Lovrču nastajajo odlični siri, sirarska skuta in ostali mlečni izdelki, značilni za Posočje. Mimogrede: kmetija Pr' Lovrču je ena od tistih domačij, ki so pridobile Znak kakovosti Triglavskega narodnega parka (več si lahko preberete na strani 11).

Marija Bončina, ki je zaradi svoje srčnosti in zavzetosti tudi ambasadorica Biosfernega območja Julijske Alpe, nadaljuje: »Po potresu leta 1998 je na domačiji ostala le ena stavba in odločili smo se, da jo obnovimo in v njej uredimo dva apartmaja. Kasneje smo zraven dodali še prostor, na katerem lahko gostje postavijo šest šotorov, in manjše parkirišče.« Omenjenega leta so se vse tri sirarske kmetije v vasi Čadrg odločile, da se usmerijo v ekološko kmetovanje.

Ko govori o preteklosti, Marija omeni še eno letnico: »Leta 2004 je našo vas, in to na povabilo Triglavskega narodnega parka, obiskal švedski kraljevi par. Obisk je bil zelo odmeven, Čadrg je tedaj pridobil na prepoznav-



nosti in mi smo se tudi zaradi tega odločili, da kmetijo usmerimo še v izletništvo, saj smo opazili, da gostje iščejo tudi pristne lokalne okuse, ki jih lahko dobijo le pri nas.«

Naša sogovornica pogovor sklene z besedami, ki bi jim bržčas pritrdila večina od več kot 2000 prebivalcev Triglavskega narodnega parka: »Zdravi smo, dela imamo dosti, vse ostalo pa se bo že uredilo.«

MARIJA BONČINA

je ena od šestih ambasadorjev Biosfernega območja Julijske Alpe. Ekološka turistična kmetija družine Bončina, Pr' Lovrču, je vključena v Znak kakovosti Triglavskega narodnega parka.



MARIJA BONČINA

is one of the six ambassadors of the Julian Alps Biosphere Reserve. The Bončina family's organic tourist farm Pr' Lovrču is part of the Triglav National Park Quality Mark scheme.



OD ZGORAJ NAVZDOL / FROM TOP TO BOTTOM:
**MARIJA BONČINA MED PRODAJO IZDELKOV
V TRGOVINI, KI JO IMAJO NA DOMAČIJI.
KMETIJA PR' LOVRČU JE ENA OD TREH
SIRARSKIH KMETIJ V VASI ČADRG, KI SO
USMERJENE V EKOLOŠKO KMETOVANJE.**
MARIJA BONČINA IN HER FARM SHOP. PR' LOVRČU
IS ONE OF THE THREE ORGANIC CHEESEMAKING
FARMS IN ČADRG.

**DOMAČE DOBROTE S KMETIJE PR' LOVRČU,
KI JO VODI DRUŽINA BONČINA.**

HOMEMADE DELICACIES FROM THE PR' LOVRČU
FARM, RUN BY THE BONČINA FAMILY.

**NA KMETIJI IMAJO TUDI ŽIVALI, ZATO DELA
NIKDAR NE ZMANJKA.**

WITH MANY ANIMALS TO CARE FOR, THERE IS
NEVER A SHORTAGE OF WORK ON THE FARM.



Marija Bončina, who was born on the farm and then moved to Tolmin for a time before returning to Čadrg three decades ago, says: "Not everyone has the chance to wake up to birdsong. And I am aware that not everyone gets to experience the silence that comes with the evening."

The Pr' Lovrču farm has been in the hands of the same family for generations. According to Marija, her ancestors were also cheesemakers, so it was only natural that she and her husband, Danilo, would continue the tradition. "A few years ago, our son Aljoša took over the farm," adds Marija, proudly noting that the farm is now home to three generations who sit down to lunch at the same table every day.

At Pr' Lovrču, a variety of amazing cheeses, cottage cheese, and other dairy products typical of the Soča Valley are produced. The farm is also one of the holders of the Triglav National Park Quality Mark (more about this on page 11).

Marija Bončina, who has been appointed an ambassador of the Julian Alps Biosphere Reserve thanks to her passion and enthusiasm, continues: "After the earthquake in 1998, one building on the farm remained standing, so we decided to restore it and convert it into two apartments. Later, we added a space for six tents, and a small car park." In the year of the earthquake, all three cheesemaking farms in Čadrg decided that organic farming was the right way forward.

When speaking about the past, Marija mentions another important milestone: "In 2004, our village – at the invitation of Triglav National Park – was visited by the Swedish royal couple. The visit attracted considerable attention and Čadrg became more widely known. It was then that we decided to open our farm to tourists, as we realised that guests are seeking authentic local flavours that can only be experienced here."

She concludes the conversation with words that most of the 2,000-plus residents of Triglav National Park would likely agree with: "We are healthy, we have plenty of work, and everything else will just fall into place." ♦



REPUBLIKA SLOVENIJA
MINISTRSTVO ZA NARAVNE VIRE IN PROSTOR
MINISTRY OF NATURAL RESOURCES AND SPATIAL PLANNING

JULIJSKE ALPE
TRIGLAVSKI NARODNI PARK

I FEEL
SLOVENIA