

BLED • BOHINJ • GORJE • JESENICE • KRANJSKA GORA • RADOVLJICA • SOČA VALLEY • ŽIROVNICA

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How, amid the noise of the comfort that surrounds us,
can we hear the almost inaudible breathing of nature?

In reality, we cannot understand sustainability
because we do not know how to place it within our own comfort zone,
where our demands for civilisational standards are taken
for granted and „reasonable“.



Welcome to our living room.

Balance is a value to us.
Simplicity is the ideal of our way of life.
Closeness is the essence of our world.

Here, everything is close and almost everything is accessible.
We love our peace here,
but we also love to share it with the people who visit us.

We respect tradition and rely on our own skills and ingenuity.
We work sustainably. We conserve what we have.
We encourage the re-use of everything that already exists.

We acknowledge each other's contributions to
making our lives pleasant and sociable in every season.
We invite each other to eat at tables laden with the fruits
of our commitment to nature and the Alps,
the purity of their waters and the light of their horizon.



Responsible. Sustainable. Local.

We were following the goals of sustainable development
long before they became global.
That is why we see them as a genuine part of our identity,
but in our own way. In a special, local way.

We understand water, life in water and on land,
and the climate – just as our ancestors did.
With respect.

We keep poverty, hunger and inequality at bay by working and
living together as part of an enduring and sustainable community,
without which we could never have survived in these harsh mountain conditions.

Responsible consumption of everything, including energy,
and a sense for innovation are in our blood.
That's what makes us such an excellent choice for everyone
who wants to learn sustainability afresh.

THE 17 SUSTAINABLE DEVELOPMENT GOALS OF THE UNITED NATIONS



SUSTAINABLE DEVELOPMENT GOALS



Everything around us is our home.

TRADITION AND THE FUTURE OF SUSTAINABILITY



Klemen Langus,
director of Bohinj Tourism and
coordinator of the Julian Alps Community

We didn't invent sustainability. We need to ask ourselves whether we even know what we're talking about when we boast about it or naïvely flatter ourselves that we are one with it, if not even one and the same as it.

The generations that came before us resisted the senseless development of civilisation until they deemed development to be reasonable. Despite everything, life does not give us the right to behave selfishly with it. Sustainability is, in fact, nothing more than the duty and compliance that we owe to life. To every living thing!

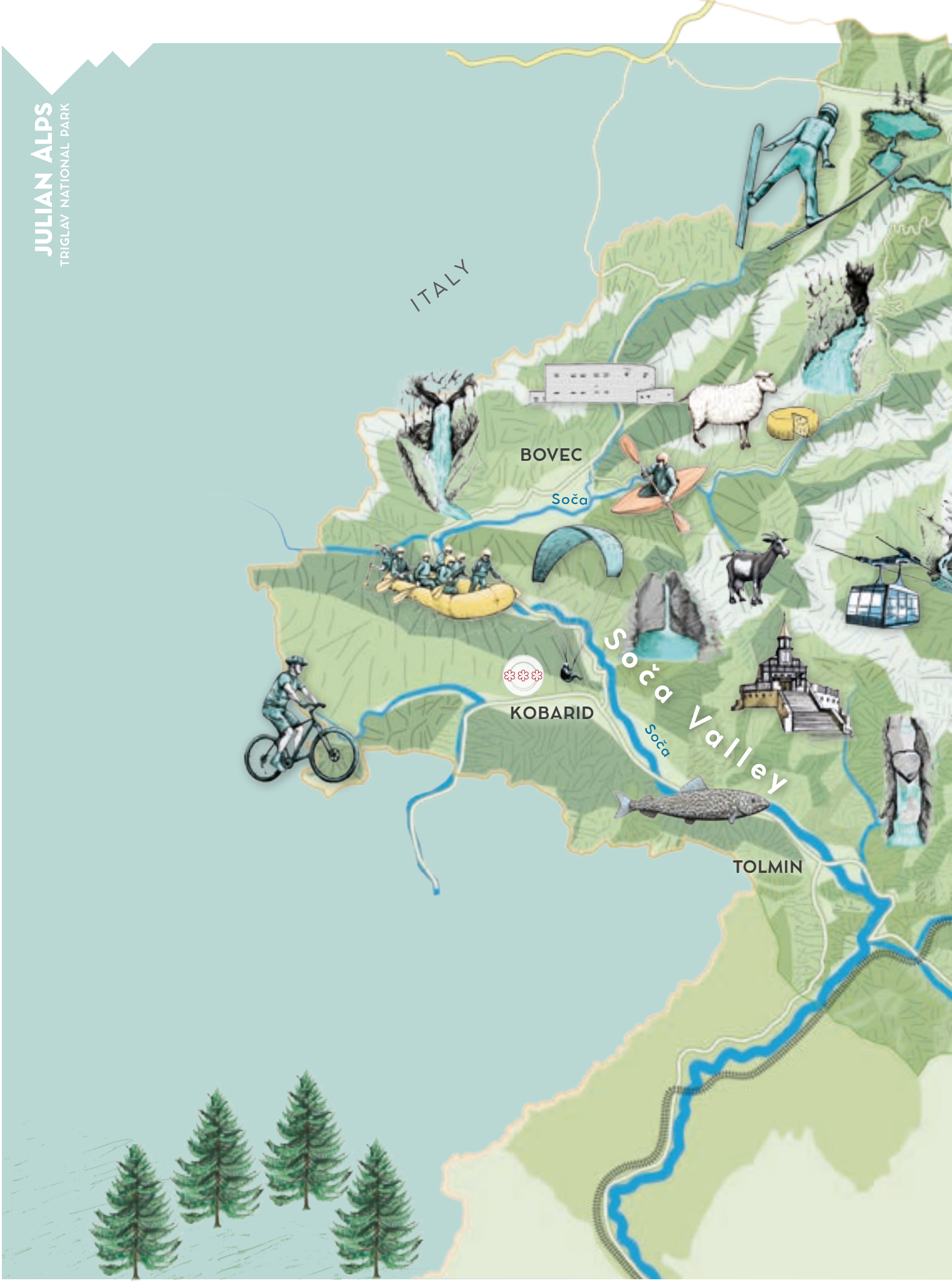
Our ancestors would tell us that they lived from nature and with nature. That they lived in it. If they took too much, it took its revenge on them. What they respected was returned to them. Nothing they grew or made went to waste. Everything was used again in some other way. That is actually what sustainability means.

That nothing goes to waste.

A respectful marriage of man and nature in which, it goes without saying, there is dialogue and listening. But what if this marriage of man and nature is a constant alternation between screaming and drama and sweetness and light? If, like so many marriages, it only appears happy on the outside, while inside there is only unhappiness?

The important thing is that all of us, within our own understanding of sustainability, contribute to a goal that will one day have another name, when sustainability will merely be the word that is now driving the world in the right direction. When sustainability is replaced by a new word, perhaps we will ask ourselves once again whether we understand it. To begin with, this new word will offer a trendy new way of understanding our respect for nature, at a higher level, but then it too will be abused and will start to feel like an imposition.

We look forward to the new word that will replace sustainability. In our case, we already refer to sustainable living simply as life in our living room. Perhaps this is another way in which we can contribute to a shift in behaviour: among ourselves and with you.


JULIAN ALPS
TRIGLAV NATIONAL PARK
ITALY
BOVEC
Soča
KOBARID
Soča Valley
Soča
TOLMIN


KRANJSKA GORA
Karavanke
AUSTRIA
Sava Dolinka
JESENICE
Triglav
ŽIROVNICA
GORJE
RADOVLJICA
BLED
Sava
Sava Bohinjka
Bohinj
SLOVENIA

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Tranquillity

Could one simultaneously inhale and exhale all the tranquillity and peace of this world?

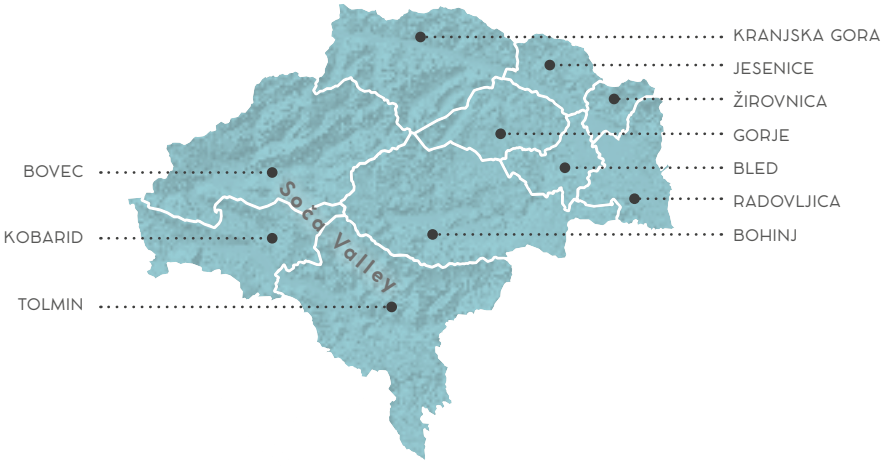
The Julian Alps community is made up of hospitable people who preserve the diversity of their world with pride and care.

At the crossroads of Slovenia, Italy and Austria, on the thresholds of the Alpine and Mediterranean worlds, in the heart of Europe, nine tourist destinations are connected by shared values, tradition and culture.

Through cooperation and a strategic approach, the most important tourist destinations in this area are not only able to generate almost a quarter of tourism revenue in Slovenia, they do so while simultaneously safeguarding natural resources, promoting the local economy and supporting sustainable agriculture and, above all, preserving the spirit and atmosphere of our “living room”.

We give substance to our commitments by participating in the Green Scheme of Slovenian Tourism and other international certification schemes.

We do not live off accolades. But they are proof that we take sustainability seriously.





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PEACE, JUSTICE AND STRONG INSTITUTIONS

We respect the past and are building the future together.
We are all in the same boat, so community matters here.
None of us can escape the justice of natural endowments.



THE JULIAN ALPS

EIGHT TOURIST DESTINATIONS CONNECTED IN A SUSTAINABLY ORIENTED COMMUNITY

Individual destinations appear on global lists of the most beautiful stories of sustainability. The managers of our sustainable destinations are among the recipients of prestigious awards.

We live in the Julian Alps Biosphere Reserve, part of the UNESCO Man and the Biosphere (MAB) programme and the first biosphere reserve in Slovenia, whose heart is the Triglav National Park.

Wherever we are, we work responsibly and sustainably. We are expanding the possibilities of sustainable mobility and endeavouring to reduce our carbon footprint, eliminate waste and use less plastic. Mutual connections allow us to establish short supply chains and increase the quality of our tourism offering.

We aim to stand out among all European Alpine destinations for our authenticity, sincerity and the connection between people and local communities.

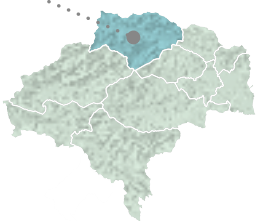
julian-alps.com



KRANJSKA GORA

Kranjska Gora's fame as a top venue for sporting events has been created by legendary alpine skiers, with the Vitranc Cup, and the ski jumpers who have set ski flying records in nearby Planica. The Upper Sava Valley is an excellent choice for outdoor activities at all times of the year. The Alpine climate is proven to have a beneficial effect on well-being. Hiking and cycling, sport climbing and downhill and cross-country skiing are just the beginning. Planica offers winter experiences even in the middle of summer. Via ferratas promise adrenaline-pumping thrills. Magical adventures for children, exquisite cuisine and fascinating cultural heritage are among the reasons to visit other interesting destinations, including Vršič, the highest road pass in Slovenia. Visit the Slovenian Mountain Museum, the first Alpine Convention information point in Slovenia, in the mountain village of Mojstrana.

kranjska-gora.si

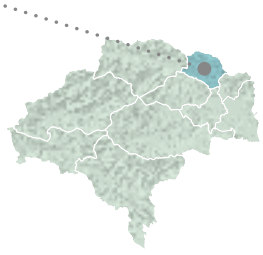




JESENICE

The core of the town, which has a rich ironworking tradition, is the museum area of Stara Sava, a cultural monument of national importance. This former foundry settlement, including the Bucelleni-Ruard mansion, the Church of the Assumption, the workers' barracks and other interesting buildings, is the centre of social events in the town. Another important building in Jesenice is the Podmežakla sports hall, home of the town's famous ice hockey team. This "town of iron will" also borders on a protected Natura 2000 area containing habitats of endangered animal and plant species. In springtime the slopes of legendary Golica and other hills above Jesenice are covered with white carpets of poet's daffodils, a protected species. Other places worth visiting above the town include Javorniški Rovt, where you will also find the Zois Park, with little lakes and various tree species, and the Mežakla plateau (1,593 m).

visit.jesenice.si



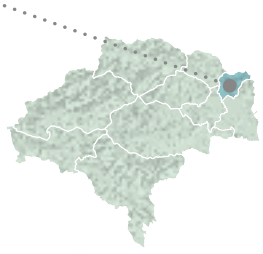


ŽIROVNICA

The villages below Stol (2,236 m), the highest peak of the Karavanke, introduce visitors to masters of Slovene literature and the father of modern beekeeping.

The Žirovnica Cultural Heritage Trail links house museums dedicated to major literary figures (Slovenia's most important poet France Prešeren, linguist Matija Čop and writers Fran Saleški Finžgar and Janez Jalen) and the apiary of Anton Janša, the first teacher of beekeeping at the imperial court in Vienna. His birthday, on 20 May, has been proclaimed World Bee Day by the United Nations (at Slovenia's proposal). Žirovnica attracts hikers and mountaineers, cyclists and horse riding enthusiasts. An ascent to Ajdna (1,046 m), which offers the best view of Triglav, is a special experience. An archaeological site here contains the remains of a fifth-century mountain village.

visitzirovnica.si



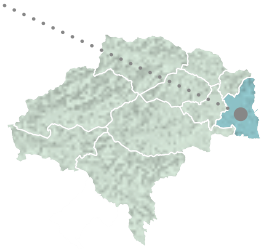


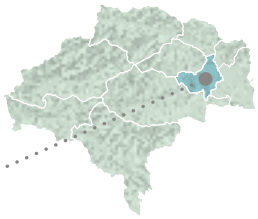
RADOVLJICA

This historic town with one of the most beautiful medieval town centres in Slovenia offers picturesque houses, museums and a wide range of gastronomic and musical events. Honey and chocolate, nature and culture come together in the "sweetest town in Slovenia". With the Museum of Apiculture and its gingerbread-making tradition, it is also considered the capital of beekeeping in Slovenia.

Radol'ca, as locals call it, is famous for its chocolate festival and a wealth of cultural heritage, both in the town itself and in the surrounding countryside. Places worth visiting near the town include Begunje, connected with the heritage of the world-famous Avsenik ensemble and the home of Elan skis, Kamen Castle, Kropa with its rich blacksmithing tradition and Brezje, a centre of pilgrimage and national shrine with its basilica dedicated to Mary, Help of Christians. It is also easy to visit Radovljica and its interesting surroundings using public transport.

radolca.si



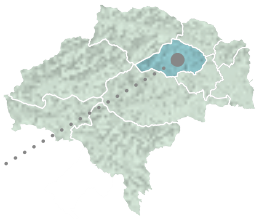


BLED

Perched atop a 130-metre cliff, Bled Castle has been watching over Lake Bled with its island and church for more than a thousand years and is well worth a visit. An Alpine holiday resort on the edge of the Triglav National Park, Bled was famous for its thermal springs in as early as the seventeenth century. A century later it became a popular natural health resort, while in the twentieth century it was an important centre of diplomatic life, with distinguished guests coming from all over the world. Today Bled, with its natural and cultural attractions, mild mountain climate and thermal lake water, is among the most popular destinations for visitors to Slovenia in all seasons of the year. Committed to sustainable and responsible tourism and a member of the Alpine Pearls network, it strives for a zero-waste society and a reduced carbon footprint and promotes environmentally friendly modes of transport.

bled.si



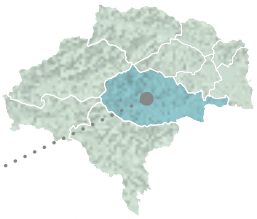


GORJE

Gorje is famous for bell-making and its rich ironworking and blacksmithing tradition. The Pogvajn forge in Višelnica is still making its renowned cowbells today. The best reason to visit this village on its unique balcony in the Julian Alps are natural attractions such as the Vintgar and Pokljuka gorges, Simon's Cave (*Šimnova jama*) and the valley of the Radovna. "Poglej Church" (*Poglejska cerkev*), a cave of glacial origin, has a climbing wall and is the starting point of the Rikli Trail, making it popular with both hikers and climbers. Gorje, which along with Bled became one of the first two certified zero-waste municipalities in Europe in 2022, is also famous for its pure water. Water sources here supply drinking water to the inhabitants of Žirovnica, Radovljica and Bled.

gorje.si





BOHINJ

Bohinj is a green oasis of responsible tourism on the shores of the largest permanent natural lake in Slovenia. Unlike many other Alpine lakes, Lake Bohinj is no fashionable resort. Instead, you will find an abundance of natural attractions here, such as the famous Savica Waterfall. Traditional Alpine dairy farming and cheesemaking are still alive and well on the mountain pastures above the lake. Bohinj's Mohant cheese holds the EU's Protected Designation of Origin. The authentic tradition, culture and creativity of the people of this area are united under the Bohinjsko/From Bohinj brand.

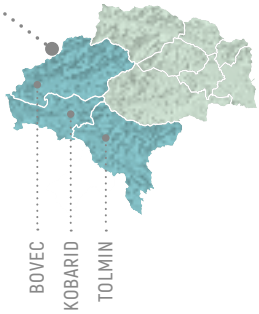
Bohinj has been chosen as one of the global top 100 sustainable destinations at the Global Green Destinations Days event and is the recipient of several prestigious international awards for sustainable tourism.

bohinj.si



SOČA VALLEY

The green and sustainable Soča Valley is among the most popular destinations for those looking for outdoor activities in natural surroundings. Three municipalities are linked by the emerald river Soča, one of the cleanest rivers in Europe.



BOVEC • Famous as a centre of sports and recreation, the Bovec area is home to a surprising number of natural wonders. These include Trenta, a fairy-tale valley where you will also find the Triglav National Park information centre, the mysterious source of the Soča, the magical Šunik Water Grove, the picturesque Great Soča Gorge, the mighty Boka Waterfall and the romantic Virje Waterfall. The road up to Mangart Saddle is Slovenia's highest-lying road. Many visitors set off from Bovec to Slovenia's highest mountain pass, Vršič. The mighty fortress of Kluže, one of the most picturesque fortifications in Slovenia, today housing a museum and cultural centre, stands above the gorge of the Koritnica.

soca-valley.com



KOBARID • This historic town sits on a broad terrace above the Soča surrounded by the high peaks of Krn, Matajur and Stol. Once an important market town, it is best known for the "miracle at Caporetto" (Caporetto being the Italian name for Kobarid) and for stories of the Isonzo Front (Isonzo is the Italian name for the Soča), as presented at Kobarid Museum. The Kobarid Historical Trail links numerous natural and cultural sights of interest. West of Kobarid is the valley of Breginjski Kot, with the Nadiža/Natisone (the border river between Slovenia and Italy) and numerous hiking trails. Various waterfalls and gorges draw visitors to the area around Drežnica and Vrsno. Nearby Livek is known for its wonderful views and the Kolovrat Open-Air Museum.

TOLMIN • This town at the confluence of two rivers is famous for the wild and unspoilt Tolmin Gorges, the beautiful gateway to the Triglav National Park and the park's lowest point. Not far away is Javorca with the Memorial Church of the Holy Spirit, a remarkable memorial of the First World War and a European Heritage Label site. You will find interesting local stories in Baška Grapa (the ravine of the river Bača), through which the Bohinj Railway passes, the plateau of Šentviška Planota with the church at Ponikve remodelled by the great architect Jože Plečnik, Lom with its themed circular hiking trail, and the village of Čadrg, with a famous cheesemaking tradition. Tolmin Museum presents interesting stories from all over the Soča Valley. Anglers and recreation-seekers are drawn to Most na Soči, at the confluence of two rivers, where the lake offers a wide range of recreational activities.





Respect

Could we wear slippers made of grass?

The Triglav National Park is one of the oldest protected nature conservation areas in Europe and the key area of the Julian Alps Biosphere Reserve, part of the UNESCO Man and the Biosphere (MAB) programme.

Although the Julian Alps have been inhabited for 5,000 years the region is still sparsely populated, with no large towns or settlements. Nature and rich biodiversity have long had a well-protected refuge here.

We live with tradition in a modern way, connecting knowledge conserved from the past with modern findings, new technologies and the digital age. But when the mowing season comes, we are still careful to preserve the seeds so that they can germinate the following year.





LIFE ON LAND

Conservation of mountain ecosystems and their biodiversity and increasing their benefits, which are essential for sustainable development, forms part of a logical present for the inhabitants of the Julian Alps, not merely a goal for the future.

The sustainable management of sources of food and the other vitally important resources that nature provides is implanted in our genes.



TRIGLAV NATIONAL PARK

We proclaimed the first Alpine Conservation Park, in the area of the Triglav Lakes, as long ago as 1924. We were among the first in Europe to start thinking about nature conservation. The Triglav National Park, which got its name in 1961, has grown over time and today covers 4% of the total area of Slovenia.

Since 2003 it has been part of the first UNESCO Man and the Biosphere (MAB) reserve in Slovenia. The entire biosphere reserve lies within the Julian Alps regional destination.

For an entire century, the people of the Julian Alps have been protecting soaring summits, mountain ridges, wild waters, gorges, forests, pastures, screes, glacial lakes, the living world and the cultural specificities of this little corner of the planet.

Here you will find Slovenia's largest permanent lakes and the highest-lying lakes in the country, the deepest high-mountain karst cave and the source of Slovenia's longest river.

The Triglav National Park is also a place where people live in 33 settlements, notable not only for their coexistence with nature but for their conservation of a unique cultural heritage and their unique approach to managing the highest-lying areas of Slovenia.

We don't only conserve our heritage in museums, we live with it and continue to create it.

840 km²
total area

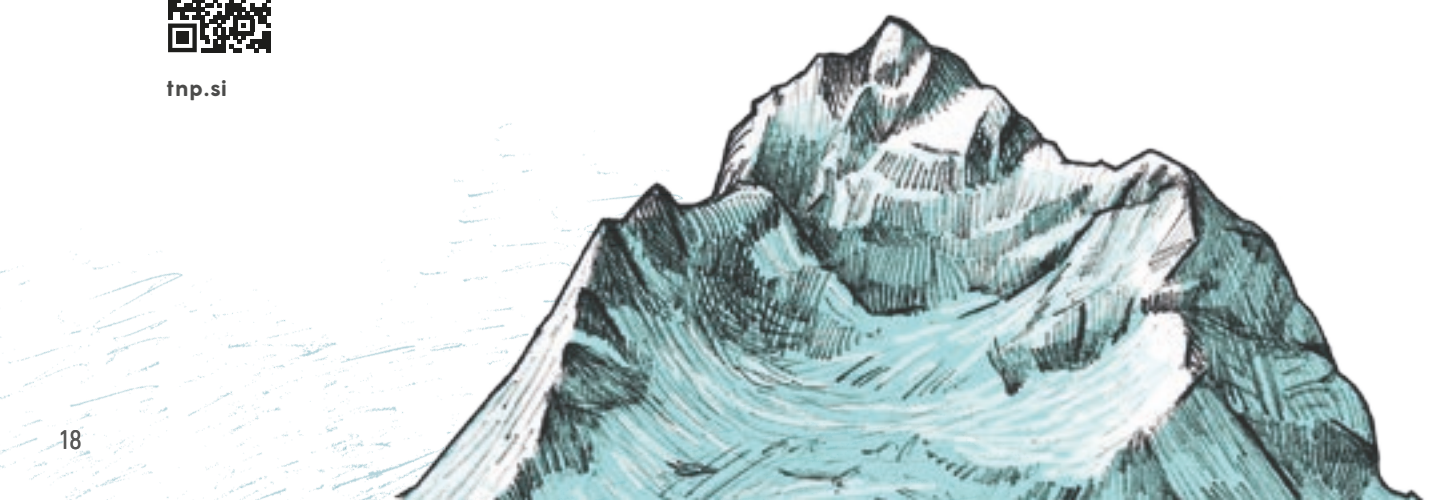
4%
of the territory of Slovenia

200
million years of geological history

TRIGLAVSKI NARODNI PARK

unesco
Biosferno območje Julijske Alpe

tnp.si





42
species of orchids

7,000
different animal species



1,600
species of plants



19
endemic plants



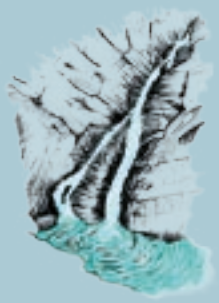
a larch that is more than **1,000** years old



132
quiet zones of enormous importance for the protection of animal and plant species and habitat types



3
cheeses with protected designation of origin: Mohant, Tolminc, Bovec cheese

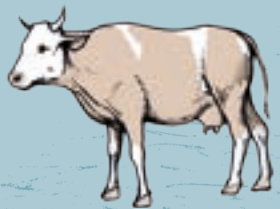


more than **250** springs





3
indigenous breeds of grazing animals: Cika cow, Drežnica goat, Bovec sheep



15
cultural monuments



HOW DO WE LOCALS RECOGNISE RESPONSIBLE VISITORS?

Everywhere in the Julian Alps, enjoy nature the way we locals do: with a sense of the balance that exists in everything that is already here and which we have no desire to interfere with.

Find out how at home you are in the Julian Alps by answering a few simple questions.

When you buy a ticket to enter a protected natural area, do you set off straight away to see the sights, or do you take a moment to familiarise yourself with the rules?
When we are inside the Triglav National Park and other protected areas, we locals make sure we observe the rules of behaviour, which are usually clearly indicated at the points of entry. We understand that the various prohibitions and tips on how to be considerate visitors are aimed at conserving nature for future generations. Thank you for respecting the rules.

When you come across a stone figure or stack of stones by a stream, river or mountain path, do you smile or shake your head?
We locals respect every stone in its natural place. As responsible visitors to the countryside, we do not build stone sculptures. They would alter the landscape, could act as misleading wayside markers and risk disturbing those forms of life associated with the shade beneath a rock or stone.

Do you prefer to look for natural pools in rivers or streams or does the sight of stones on a riverbed or riverbank make you want to build dams?
Every watercourse is a complete ecosystem! Pools exist where they have been formed by nature. Fish and other aquatic fauna know where to find shelter in the shallows and where deep water awaits. That is why locals and responsible visitors never interfere with the flow of water by building temporary dams and creating little pools for our own enjoyment.

Would you rather pitch your tent or park your camper next to a river or stream and wash your dishes in the flowing water, or choose a campsite with proper sinks for washing-up?
We locals frown when we come across tyre tracks, remains of campfires and piles of rubbish in meadows and forests, on the banks of rivers or on the shores of lakes. Responsible visitors have a wide choice of areas for every kind of camping. Please: only park and camp where this is expressly permitted.

We respect the unspoilt beauty of nature and expect visitors to do the same. Enter the area just as we do: with a rucksack containing only what we need on the trail, and which we will bring back with us on our return. Along with all our rubbish, no matter how small.

Do you buy souvenirs in the excellent souvenir shops or do you wander off the beaten track to collect them from the natural world around you?
In the Julian Alps, even we locals stick to marked and maintained paths. Not because we're afraid of getting lost, but because we don't want to interfere with natural environment. We take nothing from nature. Not plants, nor anything else. Not even stones! If we want something to remember our visit by, we take photographs or buy souvenirs made by local artisans.

Does the water tempt you to take a dip wherever you feel like it, or only where this is permitted?
On hot days a refreshing dip in cool water is a wonderful thing. But we locals know that our famous gorges and other notable spots along our rivers are not meant for bathing, swimming or splashing around. There are many places where we can gently dip our hands in the water, but we only immerse ourselves completely in designated bathing areas, so as not to disturb the unique natural life of these sensitive waters with our plunging and splashing.

When soaring across the sky, do you swoop down like a bird of prey or do you know in advance where you are going to land?
Responsible paragliders know that when they land they disturb the natural environment. That is why – both for their own safety and in order to preserve unspoilt habitats and avoid disturbing wildlife – they always know in advance where their designated landing site is.



Trenta



Triglav lakes valley

Alpine Ibex





Great Soča Gorge

PLANTS OF THREE CLIMATES

On one side of the Triglav National Park, the harsh Alpine climate meets the sub-Mediterranean influence of the Adriatic, while on the other it comes into contact with a continental climate. The varied geological composition of the soil and differences of temperature, rainfall and snow cover all combine to produce an incredible diversity of flora.

Everywhere you go in the Triglav National Park, once winter is over, you are surrounded by meadows of wild plants and unique botanical treasures that have been attracting the interest of researchers for centuries.

A Triglav quartet

Of the 19 endemic plants in the Triglav National Park, four are named after Slovenia's highest mountain.

The pinkish-red Triglav rose *(Potentilla nitida = Potentilla terglouensis)* is associated with the legend of the golden-horned chamois Zlatorog. Mortally wounded, he ate one of its flowers and miraculously revived.

The blue-flowered Triglav forget-me-not *(Eritrichium nanum)* is similar to the Alpine forget-me-not but has adapted to harsh winds and low temperatures with dwarfish growth, strong roots and a dense covering of hairs.

The Triglav gentian (*Gentiana terglouensis*) is another curious specimen that adorns rocky slopes and dry meadows with its star-shaped flowers.

The yellow-flowered Triglav hawksbeard *(Crepis terglouensis)* somewhat resembles a dandelion. Like the other three flowers, it has been known to the scientific community since 1779, when the famous botanist Balthasar Hacquet observed these four "nondescripts" in the area of Triglav and proceeded to describe them.



Triglav rose
(Potentilla nitida)



Triglav gentian
(Gentiana terglouensis)



Triglav forget-me-not
(Eritrichium nanum)



Triglav hawksbeard
(Crepis terglouensis)

Alpinum Juliana Alpine Botanical Garden

This garden in Trenta was designed in 1926 by the botanist Albert Bois de Chesne, a member of a merchant family from Trieste. He was assisted in the creation of the garden by experts such as Julius Kugy, the father of modern alpinism and a tireless seeker after the elusive Trenta scabious *(Scabiosa trenta)*.

More than 600 species of alpine, subalpine and karst flora can be found in this garden, which is well worth a visit. They include numerous rare, protected and endemic species that grow only in Slovenia. The garden is also home to the plant that Kugy sought in vain throughout the Alps: The mysterious Trenta scabious is now extinct in its former Alpine habitats but can still be found today on karst commons, where it is known as the white-flowered scabious *(Cephalaria leucantha)*.



132 QUIET ZONES

Protected areas of nature are extremely important for individual species and habitats but they are also attractive to visitors, whose presence can endanger the habitats of certain animals.

The Triglav National Park Management Plan clearly defines 132 quiet zones within the park, together covering a total area of 10,000 hectares.

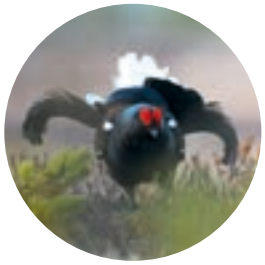
Special rules apply in these zones and human activities within them are carefully adapted. The zones are defined on the basis of important summer and winter habitats of the chamois, grouse and capercaillie and areas important for the rock ptarmigan, golden eagle and marble trout. The peat bogs on the Pokljuka plateau are also defined as quiet zones.



Chamois
(Rupicapra rupicapra)



Rock ptarmigan
(Lagopus muta)



Black grouse
(Tetrao tetrix)



Capercaillie
(Tetrao urogallus)



Golden eagle
(Aquila chrysaetos)



Marble trout
(Salmo marmoratus)



PEAT BOGS

On the Pokljuka Plateau, the largest continuously forested area in the Triglav National Park, high peat bogs have formed in the waterlogged valleys formed by glacial run-off in ages past. Small lakes filled with aquatic plants and peat mosses thrived in the increasingly acidic environment. Since these mosses are constantly growing on the surface as their lower strata carbonise, the level of the bogs continues to rise. Wooden walkways allow visitors to get to know the flora and fauna of this precious ecosystem.



Capercaillie
(Tetrao urogallus)

Silence for the capercaillie

The capercaillie is disturbed by even the slightest noise that is not part of the natural sounds of its environment. For this reason, barriers and warning signs in the park restrict access to the areas where this special bird lives.



Given the rhythms of modern life, it is difficult to convince people to be truly quiet for an hour or two and just listen to the sounds of nature. But when they do it, a miracle occurs! People realise how important silence is in life, and that you can even hear it.

Aleš Zdešar, geologist, conservationist and head of the spatial planning department of the Triglav National Park.

"If we are successful in our efforts to protect the most vulnerable species, also referred to as indicator species, then as a rule we are also successful at protecting the wider ecosystem," says Aleš Zdešar. The capercaillie (Tetrao urogallus) is one such indicator species. Where it is still able to sing during its mating rituals, we can conclude that the environment is healthy.

Monitoring birds is usually done by hearing their calls rather than by visual sightings. Monitoring of the capercaillie shows that in the last 40 years the number of its breeding grounds in the Triglav National Park has halved as a result of changes to its habitat, climate change and disturbances caused by various forms of human activity.

"The capercaillie is like a forest spirit that has always avoided humans because of its sensitivity to disturbance. Even I have yet to see one in its natural habitat. It is important to be aware that quiet zones should never be the destination of a visit to a national park. Anyone who cares about animals avoids these areas," says Zdešar. We too should learn to enjoy the peace and quiet of the living world, which is never completely silent, but its sounds are unobtrusive and blended with the surroundings, with the result that they further emphasise the power of nature.

Balance

What if we could always think of ourselves in both the singular and the plural?



The changing seasons present the inhabitants of the Alps with constant challenges that they overcome with stubborn perseverance, courage and understanding.

Challenges are what bring out the best in people, and that is why the cultural landscape and traditions of the Julian Alps are a reflection of the innovativeness of the region's modest and hardworking inhabitants, who squeeze the maximum out of every season. Regardless of when they begin and when they end.

The air over the mountain peaks tells you that there is still snow in Gorenjska when in Primorska it is already spring. That on one side there is drought while on the other the mountain torrents are in full spate.

What this actually means is that there is always just enough of everything in the Julian Alps: enough winter for happiness, enough summer for crops and harvests, enough spring for happy anticipation and enough autumn for the satisfaction of individuals, couples, families and communities.



GENDER EQUALITY

In some parts of the Julian Alps, the inclusion of both genders in the full spectrum of life is so strong that both genders use the same gender in speech, indicating that they have the same power in everyday life. Regardless of gender, everyone is guaranteed equal access to natural resources.



A personal view of the seasons



Rebeka Lah,
sbrand manager and
director of the Elan
Alpine Ski Museum

Winter is the inspiration for amazing ideas

"Skiing and other activities connected with the mountains are an important part of life and the environment where Elan comes from. Skis and other sports equipment, and the stories associated with them, have been part of our heritage since the very beginning. The innovation and excellence of these products are inspired by the winters in our Julian Alps.

At Elan we have always been tenacious, industrious, committed, inventive and full of ideas. Our team is made of people who consistently come up with amazing ideas and whose innovations have changed the world of skiing. Every year, when we first set eyes on the skis from the new collection, we are reminded of our deep love of skiing. A love that is also felt by skiing enthusiasts and nature lovers in every corner of the planet. Together with them, we play an active part in creating unforgettable moments."



Spring is a time for flowers and cooperation

"When the snow melts, the mountains burst into luxuriant bloom from their feet to their summits. To celebrate this magnificence, experts and connoisseurs and, above all, admirers of the beauties of the Alpine world and the Triglav National Park, come together at the Bohinj International Wild Flower Festival. If we are to understand why it is so important to preserve biodiversity and successfully find ways to protect plants that are already endangered, it is all the more important to be familiar with them. Only if we know that plants are most beautiful where they have been growing for centuries, will we ensure that the Alps remain flowering and colourful for future generations of botanists, visitors and inhabitants. Plants are part of our lives and without them we could not survive. They are also part of local cuisine, and a source of herbal remedies. Photographs of colourful flowers are guaranteed to cheer us up on grey days."





Peter Skoberne,
doctor of biology, conservationist,
writer, lecturer, photographer

Summer is most beautiful in the pasture

"When you spend a summer day in a mountain pasture among cows that you know by name, you soon realise what is important in life – and work! Quality you can trust because you really know where it comes from is a source of pride. At Planika we pride ourselves on buying all our milk from farmers who move their animals up to mountain pastures in summer. This milk is worthy of the originality that goes into the creation of new products such as thyme-flavoured cheese, yogurt with spruce tips or a cottage cheese spread containing local trout from the Soča. These are not traditional products as such, but they are proof of our deep connection with the environment and nature. Over the course of just a few decades we have achieved an exceptional level of recognisability for our dairy products, largely thanks to our connections with farmers, customers, restaurateurs and local inhabitants."



Anka Lipušček Miklavič,
former director of Mlekarna Planika, Kobarid





The sun is different in autumn

"In autumn, when the days begin to grow shorter, many people think how nice it would be if we could store the strength of the summer sun to use in the darker part of the year. I believe that this is possible, using advanced solutions.

My inspiration for new solutions regarding the storage of energy obtained from renewable sources came from helicopter flights over European power transmission lines and expeditions into the mountains at home, on which I observed the path of the sun and the direction of the wind. In autumn the weather in the Julian Alps is less changeable and the sunlight seems softer, while the shadows grow longer from day to day. When the mountains cast their shadow over the valleys, it is nice to have the sun captured in a storage device."

Roman Bernard,
energy engineer, businessman, helicopter pilot,
co-founder of Ngen Group

Friendship

Could we somehow transfer the hospitality of nature into the hearts of every one of us?



The paths into the essence of the Slovene soul lead over countless peaks. Our understanding and our attitude towards ourselves is best reflected in our attitude towards the mountains. Their call creates a love of mountain hiking and climbing that is passed on from generation to generation. The Alpine Association of Slovenia is one of the oldest and biggest non-governmental organisations in Slovenia.

The Julian Alps are connected by well-maintained waymarked mountain trails for mountaineers – respectful conquerors of mountain ridges and summits. They are complemented by trails for curious hikers and cyclists, who can discover the beauty of nature from the more easily accessible, less demanding sections of these routes. Common to both groups is respect and admiration for the people who have made such access to the mountains possible – individuals with a particular sensibility for the preservation of natural authenticity who are characterised by their perseverance and, often, stubborn determination.



HEALTH AND WELL-BEING

An active outdoor life in contact with nature and hospitable people has been shown to improve mood. Exploring well-trodden mountain paths and other trails contributes to health and well-being.





RESPECTFULLY TO THE SUMMIT

In the days when mountains were still sacred and inaccessible to the majority, Triglav (2,864 m) was already attracting the attention of botanists from all over the world. Their discoveries of hitherto unknown plant species brought them worldwide fame. The same applies to the first people to reach the summit of the mountain.

The first recorded successful ascent of Triglav, the highest mountain in the Julian Alps, was completed by four intrepid men in 1778. Triglav was conquered eight years before Mont Blanc, 22 years before the Grossglockner and 87 years before the Matterhorn.

We set off into these mountains, which have been attracting people for 250 years, with particular respect. Because we know that we are in a world of different paths and different rules, we count on each other's help.

Up here it is traditional to greet everyone you meet along the way. For safety reasons, experienced mountaineers and climbers enter their routes and destinations in summit registers.

Triglav, Slovenia's highest mountain, transcends geographical boundaries as a symbol of national pride and cultural identity. It features on the country's flag and coat of arms and reflects the historical and spiritual essence of the nation.

Even today, it is said that every Slovene must stand on the summit of the famous mountain at least once in their life.

An ascent of Triglav is no casual adventure. It is very demanding undertaking, so do not attempt it unprepared.

Trails blazed by volunteers

For more than a century, mountain trails in Slovenia have been marked with the red and white trail blazes or waymarks named after Alojz Knafelc (1859–1937), a pioneering mountaineer who also acted as the warden of the Triglav Lakes Hut. Waymarks along routes – along with signposts – indicate the way to hiking destinations and 52 mountain huts, bivouacs and shelters in the Julian Alps.

The well-trodden paths through high mountain areas give the impression that they have been here forever. But look – the waymarks are freshly painted, part of the steel cable is still new, some pitons added to the trail show no signs of wear, and someone has placed a log just ahead of a steep ascent to allow climbers to take a brief rest. The dense network of mountain paths in the Julian Alps is looked after by volunteers. Even after 130 years of activity, the Alpine Association of Slovenia is one of the biggest voluntary organisations in Slovenia. Today, more than 150 years after the first Alpine club (called Triglavski prijatelj) was founded in Bohinj, there are almost 300 Alpine clubs in Slovenia.

Active within these clubs are sections responsible for mountain trails, with well-trained trail markers. The clubs act as keepers of the trails, and every trail with a trail keeper designated by the Alpine Association is inspected at least once a year and regularly maintained.

The network of mountain trails, which are entered in a special register, are a unique public asset in Slovenia. As you walk along them, be mindful of your own safety and respect the forces of nature, the individuals who created, consolidated and waymarked the trails, and the landowners who allow these beautiful public trails to cross their land..

For your first mountaineering and climbing experiences, it is better to choose the scenic peaks of smaller mountains, preferably in the company of a mountain guide. Even then, it is important to have the right equipment.



SHELTER IN THE MOUNTAINS



1 Climbers and hikers can rest and gather their strength in mountain huts, most of which have dormitories for overnight stays – while some even have private rooms. These are not hotels, however, and everyone is expected to keep their consumption of energy and water to a minimum.

2 Before setting out on an expedition, check whether the huts where you plan to stop are going to be open and remember that overnight accommodation must be booked in advance!

Some huts are open all year round, while others only open in summer. Some are open every day and others only at weekends..

3 Always check the state of the trails before beginning an ascent. Tell your host your destination and your route. When you reach a hut, enter your details in the hut register.

4 Support the hut wardens by buying something to eat and drink from them. Supplies that you bring with you should be consumed on the trail, not in huts.

Check opening times and book overnight accommodation well in advance. Mountain huts are not open all year round.

ALPINE ASSOCIATION OF SLOVENIA – LIST OF HUTS

- **The mountains can get very busy in summer.** Experienced climbers prefer to come here in spring and autumn, when the flora and fauna also attract more attention.
- **Check distances and the difficulty of the trail before setting out.** Keep to marked trails and do not stray from them. Do not rely on mobile apps for navigation!
- **Conquering summits is a challenge for everyone.** Choose routes suitable for your mental and physical capabilities. Engage a licensed guide.
- **Monitor the weather** and remember that temperature, wind and other conditions can change very quickly in high mountain areas. Be sure to set off early enough in the morning to allow yourself to get back in good time. Storms are more frequent in the afternoon!
- **Make sure you are properly equipped before setting out on a mountain trail.** Your footwear should have good grip and your rucksack should contain a torch, additional energy food, an isotonic drink, a first-aid kit, a raincoat and extra warm clothes. In winter you should also have an avalanche rescue kit, an ice axe and crampons.
- **There is no municipal infrastructure in the mountains.** You are responsible for your own rubbish. Whatever you bring with you, be sure to bring it back down to the valley. Remember that there are no roads in high mountain areas, so getting supplies up to huts is a challenge.



MOUNTAIN SAFETY



SLOVENIA OUTDOOR APP

HIKING AND CLIMBING IN THE MOUNTAINS IS NOT A SIGHTSEEING RAMBLE.

CHOOSE THE RIGHT TRAIL FOR YOU:

- **An easy mountain trail** is one that you can walk along without needing to use your hands for safety or to help you proceed along the trail.
- **A difficult mountain trail** is a trail that includes more difficult sections where you need to use your hands to ensure safety and where safety features are installed on dangerous sections.
- **A very difficult mountain trail** is one that also involves a certain amount of climbing and where safety equipment is installed to help you over more difficult sections. Very difficult mountain trails include all mountain trails that cross areas where there is permanent snow or ice. To ensure safety on trails of this type, you will need additional equipment such as a helmet, a climbing harness and a belay kit, plus an ice axe and crampons in case of sections crossing snowfields.



APP
SLOVENIA
Outdoor

Maps of hiking trails are available free of charge from the Slovenia Outdoor and maPZS mobile apps.

Google Play

App Store

STEP BY STEP, STAGE BY STAGE

LONG-DISTANCE HIKING TRAILS

You don't need to keep going higher and higher to experience the magnificent beauty of the Julian Alps. Even more accessible paths, themed trails and nature trails and easy or medium hiking trails along rivers, by lakes and through valleys lead to unforgettable views and nature that will surprise you at every step. The most beautiful experiences and the most encounters with other hikers happen on the pleasant stages of long-distance trails. You can also choose to walk just one of them. To start with.

ALPE ADRIA TRAIL

This international hiking trail connects three countries, three nations and three cultures. It runs from the Hohe Tauern range (Austria) to Italy and the Julian Alps (Slovenia), then across the Brda hill region, part of the province of Gorizia and the Karst all the way to the Adriatic near Trieste.

Six stages of the Alpe Adria Trail run through the Julian Alps. They link Kranjska Gora to Trenta, follow the cheerful Soča almost as far as Kobarid, visit the settlements around Drežnica and cross the sunny mountain pastures below Krn and above the valley of the Tolminka before descending all the way to Tolmin, the southernmost and lowest point of the Triglav National Park.



- **Total length of trail:** 762.5 km
- **Number of stages:** 37 (+ 6 additional stages)
- **Average stage length:** 17.7 km



WALK OF PEACE FROM THE ALPS TO THE ADRIATIC

Following the traces of the Isonzo Front in Slovenia and Italy, the route connects the peaks of the Julian Alps, the Adriatic coast, the Brda hill region, the Vipava Valley, the Gorizia region and the Karst. Two additional branches run to Kranjska Gora and Bohinj. There are more than 300 monuments of the First World War along the Walk of Peace, which aims to spread a message of peace, cooperation and friendship among nations. The part of the route that passes through Slovenia is looked after by the Walk of Peace in the Soča Valley Foundation.

- **Total length of trail:** 550 km
- **Number of stages:** 30
- **Average stage length:** 18.5 km

E7 EUROPEAN LONG-DISTANCE PATH

The section of the international long-distance path from the Atlantic to Hungary that runs through Slovenia is also known as Naprudnik's Trail from the Soča to the Mura. In the Julian Alps it passes through Kobarid, Tolmin and the Razor mountain pasture, considered the birthplace of cheesemaking in the Upper Soča Valley. The hut on the Razor mountain pasture (1,315 m) stands at the crossroads of the E7 path, the Slovenian Mountain Trail and the Slovenian Geological Trail. In fine weather you can see the Adriatic from here.

- **Overall length of the E7 path in Slovenia:** 602 km
- **Number of stages:** 23
- **Average stage length:** 26,2 km





VIA ALPINA

The Via Alpina is a network of five long-distance hiking trails crossing nine countries and traversing the entire Alpine region.

The longest and most difficult trail is the Red Trail, which runs from Monte Carlo across eight Alpine countries to Trieste.

In Slovenia it leads across the Julian Alps, just below the summit of Triglav, and then across the hills around Cerkno and Idrija, through the Notranjska region and over the Karst to Trieste.

Via Alpina Red Trail:

- **Total length of trail:** 2,500 km
- **Number of stages:** 161
- **Average stage length:** 14.6 km

SLOVENIAN MOUNTAIN TRAIL

The crown jewel of long-distance mountain trails, the oldest such trail in Europe, is the Slovenian Mountain Trail, also popularly known as the Transversal. Since 1953 it has been connecting Maribor and the Pohorje to the Kamnik–Savinja Alps, after which it traverses the Karavanke from Begunjščica to Golica and, at Mojstrana, enters the Julian Alps, where a third of its stages are located. It visits the most famous summits, including Triglav, Razor, Jalovec, Krn and Črna Prst, descending into Trenta along the way and, of course, taking in the Valley of the Triglav Lakes. From the Julian Alps, the trail continues over the Prealps, the Trnovo plateau, Javornik, Nanos and Slavnik, before descending to the sea at Debeli Rtič.

- **Total length of the Slovenian Mountain Trail:** 617.4 km
- **Number of stages:** 43
- **Average stage length:** 14.4 km





The Soča

JULIANA TRAIL

LONG-DISTANCE HIKING TRAIL

The Juliana Trail is a trail for heroes of a different kind. Those still capable of seeing this fragile Alpine world the way it deserves to be seen.

This circular trail connects the world of the Julian Alps surrounding Triglav, their highest peak, in 16 stages. It is not aimed at "peak baggers" (those attempting to reach a collection of summits) and it is certainly not for those trying to conquer the overpopulated summit of Triglav itself.

The starting points of the stages are for the most part connected by public transport, making it possible to set off on the trail from the same accommodation for several days in a row, which is another way to be sustainable.

An additional trail turns off from the Juliana Trail and leads to Breginjski Kot. An access trail consisting of four stages leads to the Juliana Trail from Brda.



For more about the Juliana Trail visit julian-alps.com



Pokljuka

Between Kobarid and Bovec





Jesenice



Lake Bled

- **Total length:** 270 km
- **Number of stages:** 16
- **Average stage length:** 17.5 km (4–5 hours)
- **Total elevation gain/loss:** 7,163 m ascent, 7,163 m descent

Use the free Juliana Trail mobile App to plan your route.





Radovljica, old town centre

WE'RE GOING ON A FAMILY WALK

Sometimes an hour is enough for a family walk along a marked hiking trail, themed trail or nature trail. With all the interesting sights along the way, that hour stretches into enough time to chat and make new discoveries.

Bee-themed trail around Radovljica





Zlatorog Fairy Trail, Bohinj

Discover the high mountains as a family! Take the cable car (children's pushchairs and wheelchairs welcome) up to Vogel (1,535 m), where there are numerous opportunities for outdoor activities and great views of the surrounding mountains.

Visit interesting museums with interactive experiences and discover nature trails and themed trails that will arouse everyone's curiosity. Some trails lead to mountain pastures, where visitors of all ages enjoy seeing the grazing animals up close and sampling various traditional specialities.

THROUGH THE TRIGLAV NATIONAL PARK

Who will be the guide on your family hike? Who will tell you about the interesting world of unusual birds and other animals, insects and plants? On nature trails running through the Triglav National Park, you will see waterfalls, rivers flowing below suspended footbridges, sheer cliffs, natural windows and grottoes in gorges, peat bogs, and much more besides.

Discover the stories of monuments and museums and let your imagination be stirred by the legends of the land below Triglav.

CHILDREN'S TALES AND TRAILS

From the legends of Triglav to the tales of brave Kekec, this is a land of stories. Visit the hidden Land of Kekec near Kranjska Gora or set off to the Enchanted Forest above Zasip, near Bled, with a rucksack filled with special items to use on the way.

Characters from Bohinj fairy tales await you along the Zlatorog Fairy Trail. Complete tasks and fill a book with stickers. Follow a bee around Radovljica on a themed trail with a special interactive booklet. Walk the

Grumble Bear Trail near Bohinjska Bela and discover 30 species of trees, complete tasks and, with a little luck, find your way to the bear's den. Don't Upset the Ibex is the name of a trail running around Lake Bled, on which children can have fun learning about protecting the environment.



Vogel



HIGH MOUNTAIN VIEWS

In winter and summer you can take the cable car up to Vogel (1,535 m). As well as enjoying views of the surrounding mountains and the valleys below, you can take advantage of opportunities for outdoor activities at all times of the year.

THE VIEW FROM THE SADDLE

Suitably qualified riders can set off on a full-day ride over the Pokljuka plateau or a multi-day pony trek through the Soča Valley. You can also choose shorter horse riding experiences, have lessons at a riding school or simply take the opportunity to meet some horses – always popular with children – at various farms in the Julian Alps area.



Bohinj

LET'S PEDAL

The Julian Alps offer cycling routes of many different types. Family cyclists and keen cyclists who enjoy covering long distances will find a range of tours to suit their requirements.

Winding roads and mountain passes

As well as dedicated bike paths, road cycling enthusiasts will find roads characterised by superlatives (highest, steepest, longest climb, etc.) and the pleasant challenges of quieter local roads.

A panoramic climb up the highest mountain road in Slovenia leads to Mangart Saddle. The highest point on this route lies at 2,040 metres above sea level. The road up to Vršič, at 1,611 metres above sea level the highest road pass in Slovenia, features a stunning series of hairpin bends. The best time to tackle them is when the weather is right in spring and autumn. Memorable experiences are guaranteed by the circular tour on Pokljuka plateau and the new bike paths connecting Bled and Bohinj. A bike path also leads from Jesenice via Kranjska Gora and Rateče into Italy. Large numbers of cyclists are attracted by the local roads with gentle climbs between Žirovnica, Brezje and Kropa and the panoramic views offered by scenic Jamnik, taking a route that can be extended to Škofja Loka and Kranj.

Exploring by bike

Bike paths winding along rivers and through villages, safe from traffic, are popular with families. The longest of these is the picturesque, recently constructed bike path connecting Lake Bled and Lake Bohinj (Lesce–Bled–Bohinjska Bistrica–Stara Fužina).

The well-maintained path between Mojstrana and Rateče follows the route of the old railway line by the Sava Dolinka all the way to the river's source in Zelenci, and then continues beyond Rateče into Italy.

The emerald river Soča can be admired from the bike path between Tolmin and Most na Soči.

Local roads and tracks are an open invitation to explore the countryside. The extensive network of local roads and tracks offers numerous enjoyable and less-demanding excursions on which you can get to know the local cuisine, discover interesting sights and admire the views.

Cycling in the Julian Alps
julian-alps.com



Vrba



Bohinj

Trekking and gravel biking

The Slovenian countryside is criss-crossed by countless unpaved roads and paths that offer excellent opportunities for trekking and gravel biking. As a rule, cycling is not permitted on mountain paths, while even severer restrictions apply in protected natural areas.

To make route-planning easier, the Slovenia Outdoor mobile app includes the officially approved routes of 32 cycle tours covering a total of 655 km.

Suggested routes on 3,050 km of unpaved roads are aimed at recreational cyclists who enjoy picturesque and interesting routes. Forest roads lead into the heart of the Karavanke mountains, to the mountain pastures below mighty Mount Stol, through the endless forests of the Jelovica and Pokljuka plateaux and to the less-well-known but magical Banjšice plateau and the vineyard-covered hills of Goriška Brda.

With all these options available, you will certainly not run out of routes and ideas for exploring the beautiful countryside.

Singletracks and bike parks

The sensitive natural environment of the Triglav National Park means that cyclists are directed towards roads and paths where cycling is expressly permitted. For singletrack enthusiasts, this means that the best option is a visit to one of the area's bike parks.

There is an excellent bike park in Kranjska Gora, while the singletracks above the valley of the Soča offer a range of demanding downhill runs. Adrenaline-loving mountain bikers will find challenges in Žirovnica and on Soriška Planina.



APP
SLOVENIA
Outdoor

Google Play

App Store

Maps of cycle routes are available free of charge in the Slovenia Outdoor app.



JULIANA BIKE

CIRCULAR BIKE TOUR

The 1,800-kilometre Slovenian Mountain Bike Trail runs through the mountains of Slovenia. It includes a loop around the Julian Alps in the form of the circular 290-kilometre Juliana Bike trail, intended for bicycles with tyres suitable for more demanding terrain.

- **Total length:** 290 km
- **Number of stages:** 7
- **Average stage length:** 40 km
- **Total elevation gain/loss:** 8,500



Digital map of the Juliana Bike long-distance bike trail

julian-alps.com

Cycle routes and experiences

More relaxed and more responsible



Grega Šilc,
licensed cycle guide

"Visitors to the Julian Alps often say that it is no wonder that Slovenes like Tadej Pogačar and Primož Roglič are at the very top of world cycling when they have such varied terrain to cycle on at home. The Julian Alps are without a doubt one of the most interesting areas for cycling in Slovenia.

Because we also cycle through areas of protected nature, we set about planning cycle routes and interesting cycling tours with a greater sense of responsibility towards the environment and local people and with considerations that are slightly different from those anywhere else in the world. That is also why we recommend to everyone, in particular those who do not yet have any experience of cycling here, that they set out with experienced and properly licensed guides. This will enable them to devote more attention to observing the landscape – incredibly varied even over relatively short distances – than to planning the kilometres ahead. They will get a clearer view of the differences of climate and culture between the Gorenjska side and the Primorska side of the Julian Alps. They will be less at risk of entering areas where cycling can be restricted to a particular time of year in order to protect habitats or quiet zones for animals. They won't need to worry whether they've strayed onto trails reserved for hikers. Guides also make sure that they don't miss any of the sights they want to see and ensure more genuine contact with local people. By choosing a guided tour, cycle tourists support the development of sustainable tourism and the economy of the Julian Alps."



ACTIVELY DIFFERENT



IN THE AIR

Several verified local agencies and officially licensed pilots offer tandem paraglider flights. The best paraglider experiences are to be had from the scenic launch sites in Kranjska Gora, Bled, Bohinj, Bovec and Tolmin. The rush of the wind will be the only sound you hear as you enjoy a bird's-eye view of the Alps. The Soča Valley has for several years hosted paragliding competitions at the highest levels, thanks to the excellent thermals there.

The Alpine Aviation Centre in Lesce and the airfield in Bovec are glider bases that offer excellent conditions for gliding. Panoramic flights over the Alps can be arranged here, as can tandem parachute jumps.

GOLF

The 18-hole King's Course in Bled, the oldest and largest golf course in Slovenia, is ranked among the 100 best courses in the world. There are also 9-hole courses in Kranjska Gora and Bovec.



SUMMER TOBOGGAN

Race down the 1,500-metre Besna Pehta summer toboggan run in Kranjska Gora and lose 293 metres of altitude in just five minutes!

Enjoy the view of the lake as you ride a summer toboggan down the hill at the Straža ski resort ear Bled.





UPWARDS AND ONWARDS

Legendary Slovene alpinists have established some of the most difficult routes in the highest mountains in the world, while outstanding climbers from Slovenia are today attracting the attention of a global audience of sports enthusiasts. The Julian Alps offer sport climbers and recreational climbers the chance to test their skills on natural rock faces and indoor climbing walls. Climbing courses are available for beginners who want to take their first steps in climbing. Less experienced climbers can engage a climbing instructor for their first, unforgettable climbing exploits on routes of various difficulty levels, while more skilled climbers can choose their own routes, graded by difficulty.





STEEL CABLES HIGH ABOVE THE GROUND

Visit Planica to experience floating on air in a wind tunnel and simulate the experience of ski jumping as you ride the steepest zipline in the world.

The Učja Gorge near Bovec is home to Europe's biggest zipline park, with four kilometres of ziplines and a hanging bridge. Ziplines are also available below Kanin and in Bled – where the zipline crosses the Sava Dolinka a full six times.

Clarity

Could we carry all the water we need for a month on our own backs?



The Julian Alps were shaped by water. This is a karst landscape criss-crossed by rivers and studded with lakes, yet clearly influenced by the seasons – and by global warming.

We are spoilt: the water that flows from our taps is subject to strict quality control. Expert analysis ranks it among the highest quality water in Europe.

The management of waters and water sources in the Julian Alps takes a holistic approach that covers everything from sanitary water to water sports.

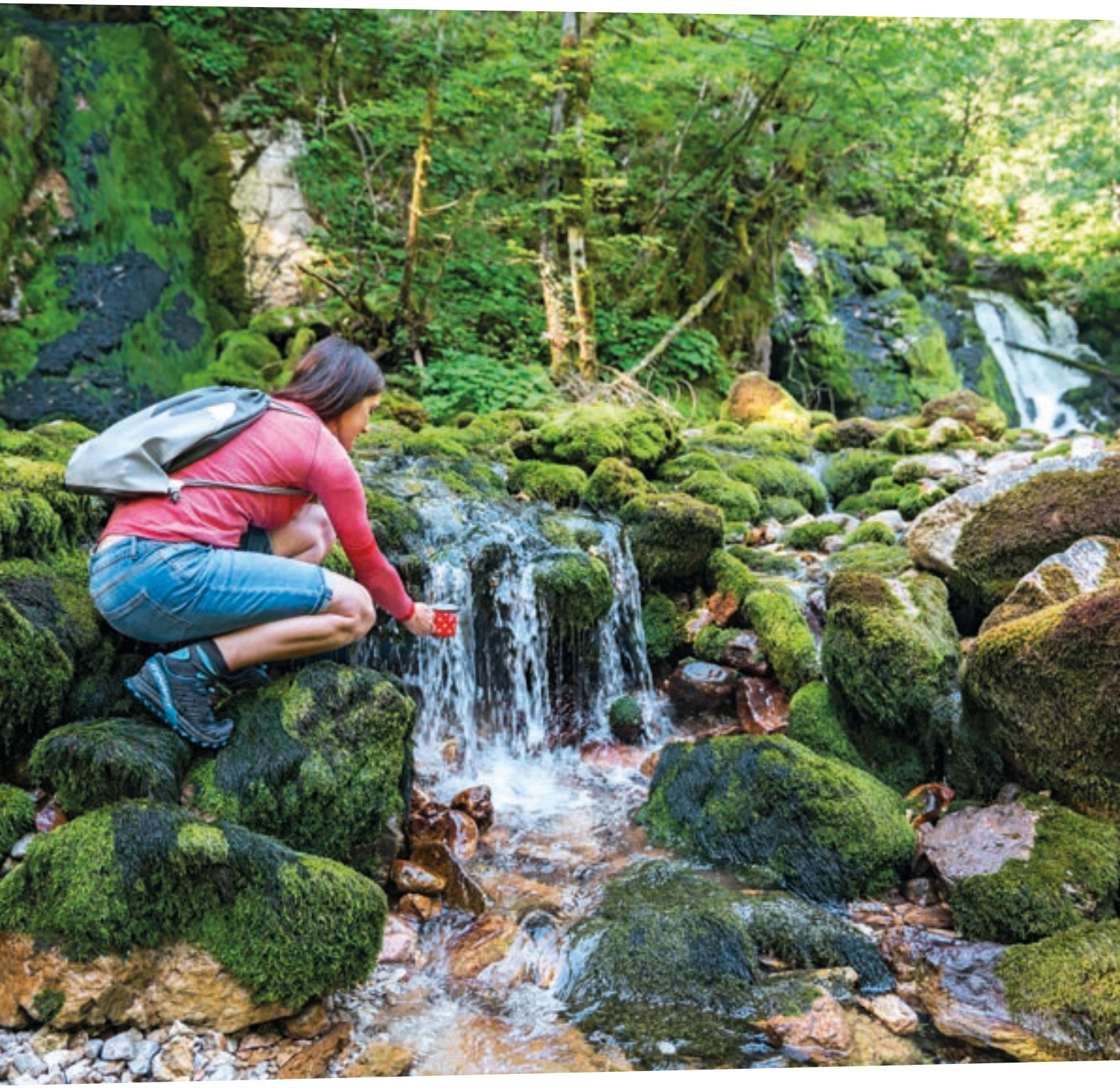
The number of water users increases by more than 60% in summer, and the number of bathers and watercraft overwhelms the capacity of rivers and lakes. That is why access to our rivers and lakes is restricted or, in the heart of the Triglav National Park, even prohibited.

It is thanks to the protection of the natural environment that our natural waters are drinkable and we can drink the water from any tap.



LIFE IN WATER

In Slovenia, one of the few countries that has included the right to clean drinking water in its constitution, we see looking after water sources and managing wastewater as essential activities, both to maintain quality of life and to conserve the diversity of aquatic ecosystems.





Great Soča Gorge

A HYMN TO WATER

There are more than 250 water sources in the Triglav National Park alone. Both the Sava, Slovenia's longest river, and the Soča, one of the cleanest rivers in the Alps, rise here. They are home to fish that are not found anywhere else in the world. Streams carve out steep gullies, ravines and gorges.

This is also the location of the highest-lying Alpine lakes in Slovenia and the southernmost high peat bogs in Europe. Rainfall is highest here and the high meadows are filled with colourful flowers.

A karst spring at the end of the idyllic Trenta Valley is the source of the river Soča, which is joined by numerous other Alpine streams and rivers on its 138-kilometre journey to the Adriatic Sea. The fast-flowing Soča has carved out numerous gorges along its course. The most famous of these is the Great Soča Gorge, which in places is less than two metres wide and up to 15 metres deep.



Zelenci

The Sava Dolinka rises in a small green lake in the Zelenci nature reserve, while its sister the Sava Bohinjka rises just behind Lake Bohinj. At Radovljica they merge to become the Sava, Slovenia's longest river, which flows towards the Danube and continues with it to the Black Sea. The tributaries of the Sava include the Radovna, responsible for carving out the famous Vintgar Gorge.



The Sava



ASTONISHING RIVERS

The crystal-clear rivers of the Julian Alps, among them the Soča, which astonishes visitors from all over the world with the emerald shades of its waters, offer plentiful opportunities for water sports, including some of the extreme variety, as well as quiet stretches for fishing and idyllic spots for bathing in natural bathing areas.

Along with the Sava Dolinka and Sava Bohinjka, the Soča – clean, emerald-green, wild in places, winding its way through pools and gorges – is known for adrenaline-filled water adventures.

But the wild nature of the waters of the Julian Alps means that they are viewed with respect even by experienced river users. Quiet stretches alternate with narrow gorges and rapids, so long-distance river tours lasting several days are not to be expected here. The water level in torrential rivers changes dramatically after heavy rainfall. Water reappears in dry beds and channels and creates powerful streams.

For reasons of safety and responsibility, adventures on the rivers below Triglav should always be accompanied by experienced instructors.

Rafting and guided kayaking expeditions are experiences you will not forget. Experienced instructors from professional local sports agencies provide all the necessary equipment, transport and guides and choose the most suitable sections of river depending on the season and the weather.



Information on navigation regimes applying to the waters of the Julian Alps

julian-alps.com

Our waters are wonderful but they also need to be treated with responsibility. Although access to water is a constitutionally guaranteed right in Slovenia, access to waters for watercraft is restricted and regulated.

- Access to the water is only permitted at designated entry and exit points.
- A permit must be acquired for every watercraft.
- Navigation is not permitted all year round or at all times of the day: it is limited by navigation regimes.
- Washing watercraft before they enter the water is essential for preventing the introduction of harmful non-native organisms that can cause serious damage to local ecosystems.
- Navigation is prohibited on certain stretches of rivers. The Koritnica is a river that is only suitable for experienced kayakers, while the Soča, Sava Dolinka and Sava Bohinjka offer sections of varying difficulty because of their changeable character, with navigation strictly prohibited on certain sections. The lake at Most na Soči, Lake Predil (across the border in Italy), Lake Bohinj and Lake Bled are ideal for peaceful paddling.





A WORLD OF GORGES, RAVINES AND WATERFALLS

Alpine rivers have boldly reshaped the rocky landscape to create awe-inspiring gorges in which crystal-clear water flows between high cliffs and where diverse flora and fauna abound.

The Julian Alps region contains the most powerful, most abundant and most picturesque waterfalls in Slovenia. They are at their most beautiful in spring and autumn and can be reached by marked hiking trails.



Celebrated by poets, the Savica Waterfall in Bohinj is a double waterfall consisting of a stream that divides into two separate cascades while still underground and then plunges over a drop of more than 78 metres in the shape of a letter A.

The surprising gorges of the river Mostnica in Bohinj offer a panoramic trail with numerous bridges.



Also worth a visit is the Great Kozjak Waterfall near Kobarid, where the waterfall has hollowed out an unusual cavern with a deep pool.



The Tolmin Gorges, where a circular trail runs between the Tolminka and Zadlaščica rivers, are among the many attractions of the Soča Valley.



On the eastern edge of the Triglav National Park is the impressive Vintgar Gorge, carved out by the river Radovna, with vertical cliffs that are 100 metres high in places.



One of the most visited waterfalls is the Peričnik Waterfall in the picturesque Vrata Valley. Visitors can even step "behind the scenes" of the lower part of this 52-metre-high waterfall – behind the waterfall itself.

In Kranjska Gora it is worth hiking along the mountain path to the Upper and Lower Martuljek Waterfall.



The most abundant waterfall in Slovenia is the Boka Waterfall in the Soča Valley.



Lake Bohinj

THE TRIGLAV LAKES

Right at the heart of the Triglav National Park is Lake Bohinj, the largest permanent natural lake in Slovenia, which is even deeper than the deepest point of the sea off Slovenia's coast.

Most of the lake is more than 20 metres deep. The path running around the lake is roughly 11 kilometres long.

Not far from here is Lake Bled with its famous island, for centuries an icon of Slovenian tourism.



Lake Bled



Jasna Lake

Bohinj and Trenta are separated by a karstified valley roughly eight kilometres long, known as the Valley of the Triglav Lakes. The largest of the high mountain lakes is Krn Lake (1,394 m), while the highest-lying lake in the Triglav National Park is the Upper Križ Lake (2,154 m), one of four lakes near the panoramic Križ Plateau *(Kriški podi)*.

Other popular and accessible lakes in the Julian Alps include Jasna Lake near Kranjska Gora, the Kreda Lakes in the middle of the forest above Mojstrana, Ledine Lake near Rateče (the only intermittent lake in the region), Završnica Reservoir and the lake at Most na Soči.

A pearl from the tap

In a land where clean drinking water is carefully protected and respected, you can learn to distinguish spring water and tap water from bottled water and you can even sample water cocktails.



"As a water sommelier, I am proud to be able to recommend to guests the 'pearl of the Alps', which is how we refer to the tap water in these parts."
Jan Dobravec, water sommelier

As a trained water sommelier, he can taste the differences between different waters and different types of water cocktail.

"It is a fact that water dilutes other drinks," he says with a laugh, before explaining that members of the European Water Sommelier Association develop water cocktails according to the highest standards, in a process that involves mixing a particular type of water with another drink of a particular type in order to achieve the best blend of the two. "There is one Slovenian mineral water, for example, that has slight citrus notes, which means it goes particularly well with tropical fruit flavours." Water, he explains, has its true flavour at room temperature and therefore should not be served excessively chilled.

"Water should also be served in the right glass, one that allows it to circulate," continues Jan, who prefers spherical glasses for water tastings. Packaging has a significant effect on water quality. Glass is definitely a better choice than other options where the effects of the storage method, exposure to heat during transport, time from bottling to drinking, and other circumstances are greater. After a guided water tasting, participants are also able to taste the differences between different waters.

"People are often surprised that there is even such a thing as a water sommelier," says Jan, "but even a tasting of two different waters quickly rouses their interest." Jan himself was inspired to train as a water sommelier partly out of curiosity and partly as a result of the activities of the Bled Water Festival. This is an event that promotes understanding of high-quality drinking water and the search for innovative solutions to preserve water sources and the water environment. Through the European Water Sommelier Association, it is giving new dimensions to water.



UP CLOSE AND PERSONAL WITH FISH



The Soča

In the Julian Alps we've been doing our bit to keep our waters alive for centuries! That is what makes fishing in our rivers so extraordinary today.

The Soča Valley is a destination on the bucket list of many anglers.

Fishing in the Julian Alps is quite simply different from fishing anywhere else. There are enough clear waters here for you to fish in solitude and enough native and trophy fish to satisfy all fishing passions.

The diversity of the watercourses and their inhabitants guarantees you a different fishing experience every time. There is no doubt that the Danube salmon *(Hucho hucho)* tops the list of desired catches in the Sava basin, while the marble trout *(Salmo marmoratus)*, that elusive diva, is the queen of the pools in the Soča basin.



Marble trout *(Salmo marmoratus)*



Danube salmon *(Hucho hucho)*

From the bank or from a boat

Anglers fish Lake Bled for wels catfish, pike, carp and lake trout. At Lake Bohinj – from the shore or from a boat, with one rod, one hook and one lure – they fish for lake char, brown trout, rainbow trout, chub and burbot. The Sava Bohinjka attracts anglers in search of the Danube salmon, a trophy fish that is difficult to catch.

Other popular fishing locations include Ribno Pond near Bled, Jasna Lake near Kranjska Gora, the pond in Javorniški Rovt, Završnica Reservoir near Žirovnica, the lake at Most na Soči and other fishing beats in the Julian Alps.

FLY FISHING FESTIVAL

Fly fishing enthusiasts meet in Bohinj in late September every year. This traditional festival is an opportunity to get to know different fishing beats in the Julian Alps, discover the secrets of fly tying and watch films about fly fishing.



The Savica



MARBLE TROUT FESTIVAL

The Marble Trout Festival takes place every year in the Soča Valley. Running from World Water Day (22 March) until Earth Day (22 April), it includes a range of workshops, lectures, exhibitions, film projections and guided tours. It is also an opportunity for visitors to join forces with locals in cleaning up rivers.

FISHING IN THE JULIAN ALPS



The Sava

Fly fishing for marble trout

Slovenes are famed as pioneers of the art of tying flies. The Slovenian school of fly fishing has been attracting the interest of connoisseurs around the world for more than a century.



Fly fishing is the preferred technique of the most skilled anglers. The documented beginnings of modern fly fishing in Slovenia date back to 1910 on the river Tolminka. Decades later an original Slovenian fly rod, called the Soča 180, became legendary.

The responsibility for conserving fish species and maintaining the quality of Slovenia's fishing rivers is shared by the Fisheries Research Institute of Slovenia and local angling clubs, which also manage hatcheries and fish farms to rear young fish and repopulate the waters.

The clubs also take part in festivals and other events designed to raise awareness about the wealth of fish in Slovenia.

The marble trout was once the only trout species to inhabit the watercourses of the Adriatic basin. It can grow to considerable size. The largest marble trout caught to date was 120 centimetres long and weighed 25 kilograms. The marble trout is an endangered species, above all as a result of cross-breeding with the brown trout, which has driven it to the verge of extinction.

Thanks to a repopulation programme in recent decades, its presence has been largely restored. Two types of marble trout can be distinguished on the basis of external appearance and genetic profile.

Trout of the Zadlaščica type have characteristically marbled bodies in which red coloration is rarely present.

Trout of the Idrijca type have red coloration in the form of speckles and spots, usually along the lateral line, in addition to the characteristic marbling.

Other fish native to the rivers of the Julian Alps include grayling, brown trout, marble trout/brown trout crosses, and rainbow trout.

The Sava basin is also home to the Danube salmon – the largest fish of the Salmonidae family and a close relative of the salmon and the taimen. It is often referred to as the king of Slovenia's rivers.

A form of fly fishing known as dry fly fishing, where the fly floats on the surface of the water instead of sinking below it, is today considered the most attractive fly fishing experience.

Most fishing beats only allow catch-and-release fly fishing or angling.

THE PRESTIGE OF ACCESSIBLE DIVERSITY

Waters in Slovenia are divided into the Adriatic and Black Sea basins, with the watershed between them running along the highest ridges of the Julian Alps. The principal Adriatic river is the Soča with its tributaries, while the main Black Sea river is the Sava with its tributaries.

The Soča is known for its distinctive and characteristic turquoise colour, the consequence of dissolved limestone on the riverbed that affects the reflection of light.

Fishing rivers of the Adriatic basin in the Julian Alps

Soča, Lepenjica, Koritnica (tributary of the Soča), Učja, Zadlaščica, Nadiža, Bela, Tolminka, Idrijca, Bača, Koritnica (tributary of the Bača), Trebuščica, Kneža

Fishing waters of the Black Sea basin in the Julian Alps

Sava Dolinka, Sava Bohinjka, Savica, Mostnica, Radovna, Sava, Lipnica, Lake Bohinj, Lake Bled, Završnica Reservoir and Jasna Lake.



Partnership

Would the current of life carry our boat to its destination if we were rowing in different directions?



Understanding of community and the individual's responsibility towards it, the environment and the future is reflected in the growing power of connections.

Modern approaches to design enhance the quality and value of local products, services and tourism products. Short supply chains enable us to strengthen cooperation and the economic sufficiency of farms and micro enterprises. We preserve traditional knowledge by passing it on to younger generations.

When we are connected, it is easier for us to preserve what the people of the Julian Alps created before us and create the things that will be respectfully preserved by the generations that follow.



REDUCING INEQUALITY

Everyone has the right to work and create and be satisfied with the results or their contribution to the local community. Children have the right to spend their free time with their parents and their peers. The smiles on the faces of the locals are contagious.





A guarantee of excellence

Here in the Julian Alps we have clear systems in place to certify geographical origin and high quality.

From Bohinj

Bled Local Selection

Soča Valley Finest

Kranjska Gora Finest

Four collective brands enable the more rational development of the local environment and guarantee the geographical origin and high quality of products and services. While each destination has its own certificate, the certification system functioning in the background is common to all of them.

The administrators of the collective brands in the Julian Alps help providers achieve the right solutions through training, workshops and individual consultations on developing and enhancing their offering. We develop initiatives, support innovative approaches and help turn the business ideas of the local population into reality.

Providers of certified products and experiences are ambassadors of local quality. Their offerings are a model of excellence and the inspiration for the development of new products that are recognisably local and genuine.

Behind the four collective brands are well-tested processes for integrating providers into a network, expert assessments and the granting of rights to use a brand certificate.

The brands appear on produce and foodstuffs, craft products and contemporary design pieces, dishes and beverages in restaurants, and tourist experiences, events and accommodation. They are a guarantee that the chosen product or service is of high quality and genuinely connected to the local environment. "House of Flavours" and "House of Gastronomy" certifications are a special category.

MASTERFUL INSPIRATION

From traditional skills to contemporary design – artists in the Julian Alps draw inspiration from nature.

The artisans and craftspeople of the Julian Alps know how much variety there is in the wood of our trees. The type of wood used to make a traditional Gorjuše pipe, when the tree used to make a masterfully designed piece of furniture was felled, or what is used to polish wood that is made into jewellery – these things matter here.

Materials known throughout the world have unique properties here and are used in unique ways. The wool of the indigenous breed of sheep is slightly coarser than other wools, so someone wearing hand-knitted socks, gloves and hats made from this wool will never be cold – but never too hot either.

Many places, particularly Radovljica and the Soča Valley, have a long tradition of pottery and produce excellent ceramics. Individual artists cultivate traditional skills and create masterpieces in their workshops.

Using a wealth of know-how and experience, local craftspeople transform the gifts of nature into things that people need.













GENUINE EXPERIENCES

By testing and verifying experiences, destination organisations ensure that the selection available to visitors is truly genuine, typically local and of high quality.

They encourage providers to revive, maintain and develop experiences that bring the nature and culture of the area closer to visitors in the way that we inhabitants of the Julian Alps understand them.

In contact with local people, visitors learn new skills and experience fascinating aspects of local life. Many visitors are attracted by cookery workshops, knitting courses and opportunities to learn about local herbs and flowers. Here you can learn about traditional beekeeping, discover how gingerbread hearts and other sweet honey and chocolate treats are made, try the different flavours of the region's famous potica cake or ride a hay wagon to a farmer's table filled with the creations of acclaimed chefs – right next to a vegetable patch.



Experiences in the Julian Alps
julian-alps.com



Unique and only available here

You can walk through all the forests of the world without ever hearing the melody sung by a tree in the Julian Alps.

You can live every day like a holiday but that doesn't mean that your heart will ever sing the way it does when you feel the rhythm of a folk dance in a Gorenjska farmhouse.

The Slovenian Tourist Board has included **Melody of the Forest** and **Festive Sounds** in its selection of 5-star Slovenia Unique Experiences.

SLOVENIA UNIQUE EXPERIENCES

MELODY OF THE FOREST

Take part in a guided forest bathing experience and discover, in a meditative way, how alive, how audible and yet how fragile the forest is when human sounds are stilled.

Discover the resonance of trees and be part of the harmony of a forest melody. Immerse yourself in a sound bath, experience natural foot reflexology, relax in a hammock and enjoy a forest tea party.



FESTIVE SOUNDS

The Julian Alps are home to happy people. We still know how to celebrate the way our ancestors did in the nineteenth century. In the afternoon we ride in a traditional horse-drawn carriage or fiacre (fijaker in Slovene) to the starting point of an evening walk by lantern light. Then we continue on foot to a farmhouse that has been observing workdays and holidays for half a millennium.

The master and mistress of the house welcome us like part of the family. We sing together and dance traditional dances and tell stories from the local area as we enjoy home-cooked fare and local beverages.

Illumination

Could we light our way with stars even in cities?



In the Julian Alps, a high-lying region where life can be hard but people are hardy, winter is on our minds from spring to autumn. By the time we are measuring the snowfall in metres at the highest altitudes, our storerooms and larders are full. For this reason it is even easier in winter than in other seasons to observe the shadows created by the sun and gaze at the starlight over the mountains on frozen nights when the sky is filled with countless stars. We are also warmed by the fact that where physical exercise was once a necessity, a way to get from A to B, today it is more often than not a choice dictated by pure joy.

In the Julian Alps we value sunlight, the dark of the night sky and renewable energy sources. Our long winter nights are lit by electricity from hydropower plants on our rivers. We manage it carefully.

We illuminate significant buildings and monuments but endeavour to use energy-saving light sources and make sure they are pointed in the right direction, so as to prevent light pollution.

We care about e-mobility but we are even keener to promote sustainable, human-powered transport and the use of public transport.

We can make snow for our ski slopes if necessary but we are more proud of the fact that we can still offer skiing on natural snow.



AFFORDABLE CLEAN ENERGY

Energy self-sufficiency and the guaranteeing of renewable energy sources are short-term challenges for the Julian Alps community. Despite the enormous challenge and pressure of tourism, energy self-sufficiency plans are feasible, as has already been demonstrated by the examples of some local communities.



Under a clear sky with a torch in your pocket

Anyone seeking the inspiration of a starry sky will feel at home in the Julian Alps at night. While stars and constellations are visible even from the valleys in summer, the view is even better in winter if we observe them from Pokljuka, Soriška Planina, Vogel or another higher-altitude spot, says astronomer and astrophysicist Tomaž Zwitter.

"In winter, the night sky is at its most fascinating when fog seals off light pollution from the valley. But any day (or night) of the year is good for stargazing in these parts: all you have to do is step outside. Those who remember going camping as children probably know that even at night you can walk safely without a torch. If you can see the moon and stars, the road ahead is usually sufficiently visible too. It might be too dark in a forest, but out in the open you can move around with no great difficulty. Without lights, the world opens up. It gains a new breadth. We feel differently and hear differently. Instead of staring at the glow of a light in front of us, we turn our gaze to the sky." This is how Professor Zwitter describes the beauty of observing one's surroundings without the unwanted glare of lights, although he recommends keeping a handy torch in your pocket, to be used only when you absolutely need it and when you need to make sure that others can see you – for example when walking on the side of a road.



Without lights, the world opens up. It gains a new breadth. We feel differently and hear differently. Instead of staring at the glow of a light in front of us, we turn our gaze to the sky.

Professor Tomaž Zwitter,
astronomer and astrophysicist

For nights free from glare

Professor Zwitter is a great advocate of reducing the use of public lighting. Not only to prevent light pollution, but also to conserve biodiversity. "Even just a few lights can destroy populations of cicadas or bats, which in Bohinj are also responsible for controlling the mosquito population around the lake. Breeding colonies of bats are particularly sensitive to light," explains Professor Zwitter, who hopes that e-mobility will herald a return to dark nights. It may be that the night-time use of electricity to charge electric vehicles will encourage us to switch off more public lighting, which in his opinion is not needed throughout the night. Although in many places investment in street lighting is a source of pride, street lights do have unwanted side effects. Even when modern solutions are adopted (such as directing the light downwards instead of upwards into the sky), all lights cause glare, which reduces contrast and affects clarity of perception, particularly among older people.

Testing the limits of cosmology

"Technology is a good thing, but it's even better when we use it sensibly in a way that is adapted to nature and ourselves. There was a time when people were still capable of lifting their heads to the sky (instead of constantly gazing down at their phones). We knew how to orient ourselves by the stars, where all civilisations have sought answers to questions about the creation of the world. We are currently living in interesting times, in which we are finally able to verify some of these stories about the cosmos. A little more than a century ago any discussion about the number of planets would have been unthinkable, yet in the last 30 years we have discovered around 5,500 of them. Today we know that the majority of stars have a planet similar in size to our Earth. These discoveries change our understanding of everything." This is another reason why it is important to keep our skies dark and to keep ourselves ready to perceive life, the heavens, the universe and everything.



Triglav

Celebrated winters

The Julian Alps are an inspiration for outdoor exercise at all times of the year. In winter, when the light on the natural snow is at its most attractive, they have been inspiring exploits and superlative achievements for at least a century.



PLANICA NORDIC CENTRE

This modern sports centre located in a glacial valley below the mountains of the Ponca group boasts ski jumps of every category (7 ski jumps, 1 flying hill), a cross-country skiing tunnel where you can ski even in summer, and a vertical wind tunnel where you can experience the sensation of flying.

A total of 25 kilometres of groomed cross-country skiing trails are available in the valley every day in winter.

Other activities at the Nordic Centre include guided tours and a permanent museum collection on the history of ski jumping and ski flying, with interactive content and a virtual jump from Planica's ski flying hill.

A sports hotel with altitude rooms offers ideal conditions for athletes.

Record-breaking

More than 40 world ski jumping and ski flying records have been set in Planica, the venue that saw the world's first ski jump to exceed the magic distance of 100 metres and later saw the 200-metre mark surpassed for the first time too. This is where the first Sky Flying World Championship was held in 1972. Planica also hosted the FIS Nordic World Ski Championships in 2023.

Alpine skiing and ski touring

The first organised cross-country skiing course in Bohinjska Bistrica took place in 1914. Skiing lessons were offered in Kranjska Gora between the wars. A permanent ski school, based in the Valentin Stanič Hut below Triglav, began operating in 1932 and strongly influenced the development of alpine skiing in Slovenia.

Competitive

Ski flying and ski jumping challenges, cross-country skiing and biathlon, and numerous alpine skiing competitions have grown the reputation of the Julian Alps as a first-class venue for the best in the world. The Julian Alps are proud to host World Championships, World Cup competitions and other international events in alpine skiing and various Nordic disciplines. The people who live here are always hospitable and welcoming to those who come here seeking relaxation in the snow.

On famous skis

The Julian Alps are also home to Elan skis, with which the legendary Ingemar Stenmark won all of his victories. In the second half of the 20th century these skis also captured the attention of the global public through the successes of numerous Slovenian skiers. Elan's world-first innovations and the medals won by competitors in various disciplines using Elan equipment are part of Slovenia's story as a skiing superpower. You can discover this story at the Elan Alpine Ski Museum in Begunje na Gorenjskem.



The Pokljuka Biathlon Stadium regularly hosts biathlon World Cup competitions and has also hosted the World and European Championships.



The Elan Alpine Ski Museum presents the pioneering achievements of Slovenia's world-famous maker of skiing equipment.

READY FOR WINTER

There are no really big ski resorts here, which means you can really enjoy yourself.

We promise you that our ski resorts are accessible, manageable and family-friendly. Here there is no pressure on you to master all the latest skiing techniques. Here you can ski the way you know how. Those who don't yet know how to ski can join one of the many ski schools here, which offer courses and instructors for children and adults alike, for absolute beginners and those who want to further refine the skills they already possess.

Of course we also have ski resorts that serve as venues for major international skiing competitions, and where we ensure that there is always snow available. If there isn't any snow, we make it. As a rule, though, we prefer natural snow and an environment in which you can emulate the great aces of the sport or ski the way people used to ski here.



The high-altitude **Vogel** Ski Centre has 13 runs covering a wide variety of terrain and the largest snow park in Slovenia, offering extreme thrills for freestyle skiers and snowboarders.

More information on winter sports activities

julian-alps.com



At **Kranjska Gora** you have a choice of 18 easily accessible runs of different difficulty levels, linked by a system of six chairlifts and 13 drag lifts. A Snow Beach is located between the hotels and the ski slopes. Groomed cross-country skiing trails are also available for night expeditions.

Alpine skiers enjoy the runs at the well-known resorts of Kranjska Gora and Vogel, while many choose friendly smaller resorts such as Soriška Planina, Senožeta, Pokljuka, Mojstrana, Zatrnik and Log pod Mangartom for their winter adventures.

JULIAN ALPS SKI PASS

The Julian Alps Ski Pass, which gives access to 15 ski resorts in Slovenia, Italy and Austria, offers a fantastic winter experience.



Soriška Planina is a smaller ski resort that is a popular choice with families. As well as runs and facilities for skiers of all levels of experience, there are organised activities for children and children's runs by a dedicated children's lift.



FOR CROSS-COUNTRY SKIERS AND BIATHLETES

Cross-country skiing enthusiasts can choose from a large number of trails in Planica and Rateče, on the Pokljuka plateau, and in Gorje, Bled, Bohinj and Kranjska Gora. In winters with plenty of snow, the trails in Kamna Gorica and elsewhere in the Julian Alps are excellent. The Planica Nordic Centre is popular with cross-country skiers in all seasons: even in summer you can tackle snow-covered cross-country trails in an underground tunnel. On Pokljuka, as well as cross-country skiing, you can try biathlon – a sport that combines cross-country skiing and rifle shooting.

SLOVENIA Outdoor

All information on cross-country skiing trails is available in the Slovenia Outdoor app.





THE JOY OF THE WHITE SLOPES

The snow-covered slopes are just crying out for toboggans, inflatable tubes, sledging mats and boards! Marked toboggan runs are available at most winter sports centres and in children's snow parks. In some places tobogganing is best at night! Gozd Martuljek has the first floodlit toboggan run in Slovenia, a full 2,500 metres long. In the Julian Alps you can even toboggan down snow-covered roads accompanied by a guide – a unique experience.

SKATING ON FAMOUS ICE

In times past people used to skate on frozen lakes in mountain valleys. Although these days the ice is often too thin, and skating on high mountain lakes is prohibited, skating is still a popular activity. Bled has an indoor ice rink and in Jesenice you can skate at the rink that is home to Slovenia's most famous ice hockey team. Small temporary outdoor ice rinks are also available in winter in Radovljica, Kranjska Gora, Bohinj, Gorje, Bovec and Kanal.



WINTER IN THE MOUNTAINS

Skis have been used to traverse ungroomed snowy terrain since time immemorial. Ski touring, which allows you to explore remote mountain areas while enjoying genuine contact with winter conditions, is increasingly popular, although it requires a lot of experience and good orienteering skills. It is important to prepare properly for a tour, which includes making sure you have the right equipment and a plan of your route. Your guide should have a winter guiding licence.



JULIANA SKITOUR

GUIDED SKI TOURING EXPEDITION IN THE JULIAN ALPS

- **Total length:** 52 km
- **Number of stages:** 4 (x 2)
- **Average stage length:** 13 km (5–6 hours)
- **Total elevation gain/loss:** 4.367 m vzponov, 4.891 m spustov

More information on Juliana SkiTour
julian-alps.com

Juliana SkiTour is a four-day ski touring expedition in the Julian Alps. It is not a long-distance, continuous expedition but a combination of four different ski tours.

The combination of these four tours, together with transfers, offers a ski touring adventure covering the whole of the Julian Alps, from Kranjska Gora in the north to Tolmin in the south. It can also be done in the opposite direction. Each of the four stages is offered in two variants, making it easier to adapt to the actual winter conditions at the time of departure.

The essential idea of the tour is a ski touring expedition where you don't have to sleep in cold mountain bivouacs but instead return to the valley at the end of each day for a hot shower, a normal bed and a decent dinner.

Knowledge

Could music and words nourish our body as well as our soul?



Here, where we have always lived in harmony with nature, knowledge and skills deserving of global attention have been passed down from generation to generation. Some of us have taken the things we have learnt from our surroundings and our ancestors and carried them off to Europe's great cities, from where this knowledge has then spread across the entire continent and around the world. One such individual was Anton Janša, the pioneering father of modern beekeeping. Following his arrival in Vienna, beekeeping knowledge from Slovenia spread throughout central Europe. Today the whole world celebrates World Bee Day on Anton Janša's birthday.

In the days when Enlightenment-era Vienna was the nearest major centre, many artists and other creative individuals travelled there for knowledge and then returned to the dramatic landscape of home – and the Slovene sense of duty – to share the knowledge they had gained and use it to create a legacy for future generations. That is the reason why even today we continue to test the things we learn at school out in the open air, in school gardens and by the apiaries of young beekeepers.

Artistic expression and creativity in our corner of the world was also strongly influenced by the tragedy of the First World War.

Reminders for future generations talk of the importance of peace and cooperation, interwoven with a sense of community and connection. The history of the Julian Alps is also a story of perseverance, adaptability and determination on the part of people who, together, brave the isolation of their home environment to overcome natural and human obstacles. That is why knowledge here has always been passed on by word of mouth, from hand to hand, from village to town and back again, from the broad sky to solitary reflection, from the incredible creativity of nature to the artistic creations of remarkable individuals and communities.



EDUCATION OF QUALITY

The transfer of knowledge, skills and values from generation to generation. The survival of the old and the opportunity for new progress. Awareness of one's own exceptionality, which is an inspiration for new challenges.



WAR AND PEACE. HAVE WE LEARNT ANYTHING?

The Julian Alps are a place of peace, not only because of the magnificence of nature but also as a result of the bloody experiences of the past. Memories of fronts and battles and the tragic stories of two world wars remind us of the fragility of human lives and of the urgent need for international cooperation and the preservation of peace. Throughout the Julian Alps, and in particular in the Soča Valley, we carefully preserve reminders of the past for the sake of peaceful coexistence in the present and future. May the remarkable structures from the time of the First World War and the still painful reminders of the Second World War serve as an inspiration for peace for present and future generations.



EUROPEAN HERITAGE LABEL

MEMORIAL CHURCH OF THE HOLY SPIRIT IN JAVORCA

This church on a picturesque hillside is a temple of humanity and a true jewel of European cultural heritage, every detail of which reflects a desire for peace and coexistence among nations. The wooden church with its spire and sundial was built by soldiers of the Austro-Hungarian army in 1916, at the time of the battles on the Isonzo Front. The names of 2,565 fallen soldiers are inscribed on the ceiling, columns, walls and altar. An inscription by the door to the church reads Ultra cineres hostium ira non superest (Hatred reaches not beyond the ashes of the dead).

The church, in a beautiful panoramic location, is part of the Walk of Peace from the Alps to the Adriatic.



KOBARID MUSEUM

offers visitors the most comprehensive account of the Soča (Isonzo) Front, mountain warfare in the Julian Alps and the 12th Battle of the Isonzo, known as the Battle of Caporetto (Kobarid in Slovene; Karfreit in German). The museum was awarded the Council of Europe Museum Prize in 1993.

OPEN-AIR MUSEUMS

Numerous fortifications, dugouts, trenches, cemeteries and other relics of war are today arranged as open-air museums (Ravelnik, Čelo, Zaprikraj, Kolovrat, Mrzli Vrh and Mengore). Many items and stories from the war are collected in museums and private museum collections. The most beautiful monuments on the Walk of Peace in the Soča Valley are the fortress of Kluže, the ossuaries in Kobarid and Tolmin and the Memorial Church of the Holy Spirit on Javorca.



KLUŽE FORTRESS

The mighty fortress of Kluže has served as unique backdrop to dramatic moments in history. Roman coins from the time of the Republic have been found in the vicinity of Kluže. In as early as the fifteenth century, its walls served as a defence against the raiding Ottomans. The Austrians further reinforced it in the eighteenth century, when it was put to a severe test by the army of Napoleon Bonaparte. Other modifications were made to the fortress in subsequent years. The partially hidden Fort Hermann is located half an hour's walk away. Built during the Austro-Hungarian period, it served as an additional defence for the whole of Bovec Valley.





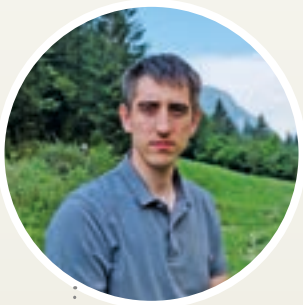
THE RUSSIAN CHAPEL ON THE VRŠIČ

The road that connected the valleys of the Soča and the Sava in the First World War via the Vršič Pass was built by around 10,000 Russian and other prisoners of war. Next to it is a tomb with a monument in the shape of a pyramid and an inscription in Russian to the "Sons of Russia". The Russian chapel, with the tomb of a Russian prisoner of war, is an important place of memory. In 2015 it was declared a monument of national importance.



Memorial church of the Holy spirit in Javorca

The Devil take war and politics!



The legacy of the war has always been present in my life. There is even a military cemetery near the house where I grew up.

Jernej Komac, historian and archivist, author of the monograph *Srce se mi trga od žalosti* (Sorrow tears my heart).

The Julian Alps guard the heritage of the First World War. Along the 90 kilometres of the front between the peaks of Rombon (2,203 m) and Krn (2,244 m), and continuing on to the mouth of the Soča (Isonzo), where the river empties into the Gulf of Trieste, the trenches, bunkers, dugouts and other remains of the war, together with the area's museums and cemeteries, today invite peace. An important part of this heritage, along with the presentation of the military aspects of the twelve battles of the Isonzo, which between June 1915 and the end of October 1917 altered the landscape and left a permanent mark on the lives of the inhabitants of the Soča Valley, is an understanding of the meaning of war and the importance of peace that, in these parts, is transmitted from generation to generation and from locals to visitors.

A Farewell to Arms is the title chosen by Ernest Hemingway, winner of the Nobel Prize in Literature, for his novel of (among other things) events on the Isonzo Front. Jernej Komac, how important does it seem to you, the appeal against war contained in the title of Hemingway's book? Do today's visitors to the six open-air museums that conserve the memory of the bloodiest front of the First World War still hear this appeal?

It wasn't until after the Second World War that this appeal was heard in Europe. But at what a price!

Now I am seeing once again that this appeal is growing ever quieter. That is why it is more important than ever that museums and themed trails should continue to preserve it. Years ago, when I was working as a local tourist guide in the Bovec district, I noticed that visitors are most touched by the human experiences of soldiers and civilians. Some because they themselves had ancestors who were marked by war, and others because it is possible, on a human level, to identify with the tragedy of having to abandon one's home and become a refugee. Personal feelings take root more easily in our awareness of the senselessness of war.

The battles presented in detail by the Kobarid Museum lasted for 29 months. When you think about the Soča Valley, with your heart and with your specialist knowledge: what places would you say that visitors absolutely have to see, so that they don't just understand what happened here in the war but also feel it?

In the Bovec district, where I am from, they should certainly visit the Kluže fortress, the open-air museums at Čelo and Ravelnik and the entrance to the dugout in Naklo (on the road between Bovec and Čezsoča) as a reminder of gas warfare and its consequences. And then the military cemeteries in Bovec, Log pod Mangartom and Soča and the Italian ossuary in Kobarid, which show that in the end there are no heroes, only fields planted with crosses. Since my main interest as a researcher is the fate of the local population, I would also recommend a visit to the exhibition Stories from Bovec's Past at the Stergulc House in Bovec.

You are from the Bovec area. Did you encounter the legacy of war when growing up?

Not far from our house there was a military cemetery, where I used to go. Local collectors looking for military remains in the surrounding area would stop at the village shop. Sometimes they would give me some rusty item of military equipment as a present.

I often saw the members of the 13-13 Society portraying the events of the First World War in their tragicomic way at Kluže and in Bovec. Their theatrical presentations still attract a lot of people to Kluže today. Apart from that, I used to listen to the stories of my grandfather, my parents and other local inhabitants about incidents and events behind the front line – particularly when I came across some military relic in the attic at home. My grandfather's phrase "The Devil take war and politics!" is still one of my favourite quotations from that period, since it perfectly illustrates how even when people disagree with war and are opposed to it, in the end everything is in the hands of the politicians currently in power, who choose war as a way to solve a given problem.

You have researched everyday life in that period: what has surprised you the most, what has moved you, what has inspired you?

The fate of refugees forced to abandon their homes at very short notice with just a few scant belongings and set off to an unknown destination in the interior of the country – their stories are very moving.

The fates of soldiers on the two warring sides could also differ greatly. Through the memoirs and diaries of Austro-Hungarian and Italian soldiers, we can immerse ourselves in the experience of a war that was traumatic on both sides. The inhabitants of this area know a lot about the front, about the twelfth offensive, also known as the Miracle at Caporetto (Kobarid), and about the consequences that shaped the post-war period. The fate of the local population is less firmly fixed in collective memory, and knowledge about it tends to survive more in fragments of family memories. This is another reason why it is important for visitors to have contact with locals, since this gives them an additional personal insight into life during the war in the Bovec area.



The Italian ossuary in Kobarid

HIKING TO HOLY PLACES

When you look around you at the more accessible nearby peaks, you are greeted in by churches in every direction. When you climb up to them, you will often be rewarded by beautiful views. The rich sacred heritage of the Julian Alps can also be felt in the many chapels, shrines and crucifixes dotted across the region, and sometimes in the miracles that nature creates all around us. To visit churches and other religious monuments is to discover the diversity of the times that came before us, although we are often accompanied by the same hopes that animated the pilgrims of the past on their way to these special churches.



The pilgrimage site of Brezje



SLOVENIA'S NATIONAL SHRINE

It is estimated that more than 13 million pilgrims have visited Brezje since 1800! The Basilica of Mary, Help of Christians, officially designated a national pilgrimage centre in 1999, has a rich façade with decoration by the architect Ivan Vurnik. The area in front of the basilica is laid out according to plans by Jože Plečnik, Slovenia's most famous architect. The park contains a statue of Pope John Paul II, who officially proclaimed the church a basilica during his visit in 1996. Close to the basilica is the Nativity Museum, which in addition to traditional Nativity scenes from Slovenia contains more than 500 Christmas, Passion, Pentecost and Resurrection scenes from all over the world.

The people of the Julian Alps also like to visit Monte Lussari near the triple border of Slovenia, Italy and Austria, which has been a centre of pilgrimage for Slavs and Germanic and Romance peoples since the sixteenth century. Monte Lussari lies at the end of the 143-kilometre Gorenjska or Monte Lussari branch of the Way of St James, connected to the famous European pilgrimage routes that make up El Camino de Santiago.



Without a doubt one of the most visited churches in Slovenia is the church dedicated to Our Lady of the Assumption on the island in the middle of Lake Bled. The first church was built here in the year AD 745, on the site where a pagan temple dedicated to the goddess of life and fertility once stood. Visitors entrust their intentions to the Virgin Mary by ringing the wishing bell.



Many people like to stop in Vrba, the birthplace of France Prešeren, whose poems also mention St Mark's Church, dedicated to the patron saint of the poet's native village. The porch in front of the church, on a site where a church has stood since the thirteenth century, contains a bust of Archbishop Anton Vovk, a candidate for sainthood.

PLACES THAT INSPIRED GREAT WORKS

When wandering through the Julian Alps, you will often find yourself in the locations or settings of some of Slovenia's best-known stories. At the Savica Waterfall in Bohinj, many Slovenes will find themselves picturing the events of Prešeren's epic poem Baptism at the Savica Waterfall, which among other things mentions the temple of the goddess Zhiva on the island in Lake Bled. On encountering the river Soča, many people will remember the opening line from Simon Gregorčič's poem To the Soča, a work considered by many to articulate the poet's vision of the First World War: "How fair thou art, limpid daughter of the mountains!"

Catching sight of Mount Triglav, one cannot but think of the first Slovene feature film In the Kingdom of the Goldhorn (1931) – and the second, The Slopes of Triglav (1932), the screenplay for which was written by Janez Jalen. Both films portray the Slovenes' love of the mountains.

Many people also associate the Julian Alps with the legendary Kekec, the hero of a trilogy of children's stories by Josip Vandot (1884–1944), set in these mountains, and the various films based on them.

The towns and villages below Triglav have produced many artists, while iconic views of the Julian Alps have long inspired a variety of works by artists both local and foreign.

Artistic creativity is on display at various art galleries in the Julian Alps area. Among the more important of these is the Šivec House Gallery in Radovljica, which presents works by Slovene and foreign artists and original illustrations from children's and youth literature beneath the Gothic vaulting of an old town house.



Šivec House Gallery in Radovljica





The house in Vrba where France Prešeren, Slovenia's greatest poet and the author of the national anthem, was born

In the footsteps of important literary figures

The Julian Alps have been home to many important artists and other creative individuals. The house in the village of Vrba where France Prešeren was born was converted into a museum in 1939 – the first house museum in Slovenia to be opened to the public. In it, visitors can learn about the poet's life and works and discover why we Slovenes celebrate Culture Day as a national holiday.

The nearby village of Žirovnica is the birthplace of Prešeren's friend and contemporary Matija Čop (1797–1835), a renowned linguist and literary critic. Visitors to the house where he was born will also find information on other literary figures from the area and nearby attractions. Other houses worth visiting are those of the writer Fran Saleški Finžgar (1871–1962), the author of the historical novel Pod svobodnim soncem (Under the sun of freedom), and the writer and dramatist Janez Jalen (1891–1966).

Radovljica is the home town of Anton Tomaž Linhart (1756–1795), a pioneer of Slovene drama, whose life and work are presented in the town museum.

In the Soča Valley you can visit Vrsno and the house of the poet Simon Gregorčič (1844–1906) and hike to the farmhouse that was home to the writer Ciril Kosmač (1910–1980). As well as providing an insight into these writers and their works, these houses provide a vivid illustration of how people lived in past eras.

The house in Vrba where France Prešeren, Slovenia's greatest poet and the author of the national anthem, was born.



ŽIROVNICA CULTURAL HERITAGE PATH

The oldest themed trail in Slovenia connects cultural and historical monuments along a route running from Žirovnica to Vrba. The 10-kilometre trail is suitable for hikers of all ages. Stops along the way include the house where the poet France Prešeren was born, the houses of three important Slovene writers, the apiary of Anton Janša, a world-famous pioneer of modern beekeeping, and several other places of interest. Notable figures from the area can also be seen on the Avenue of Famous Men, a series of busts on columns.

Inventiveness

Can everything around me replenish itself while I sleep?



The inventiveness of the local inhabitants and their incredible sense for detail have left traces throughout the cultural landscape of the Julian Alps. Stone from the Primorska side, wood from the Gorenjska side and, in between, iron – sought and valued in these parts since prehistoric times – which over the centuries people have learnt to work with artistic skill: these are the elements that give the places here their unique appearance. Everywhere you look, you see evidence of the skill and imagination of people who have built their homes and other essential buildings with natural materials, using them sparingly and always respectfully.

The careful use of accessible materials is connected to the carpentry skills and other types of craftsmanship needed to build the hayracks that are visible everywhere in this region, their architecture distinguished by the perfection of the golden ratio. The same form repeated for centuries. Faultlessly. The heritage of our ancestors also informs contemporary Alpine architecture, which is given a special value by the works of great architects and the picturesqueness of old village and town centres.

In this environment, a sense of perfection is also present in industrial processes. The old skills of ironworkers continue in the modern steel industry. Mining for ore shares certain similarities with modern cement production – which even has a link to the construction of the Suez Canal. A fascination with nature interweaves with innovations in the manufacture of skis, a natural feeling for the fickleness of the weather is reflected in the approaches adopted by the textile industry, the traditional thriftiness of the population finds an echo in new attitudes to energy.

The natural characteristics and cultural heritage of the Julian Alps affect every aspect of our lives.



INDUSTRY, INNOVATION AND INFRASTRUCTURE

Just like in the past, most homes in the Julian Alps are still warmed by an old-fashioned stove, which also serves for cooking and heating water. The ingenuity of the peasant is apparent in the energy efficiency of local architecture and agriculture. Everything our ancestors knew about saving energy is still cherished and fostered in the Julian Alps today.



The ironworking heritage of the Julian Alps

From Noric steel to advanced modern steelmaking

When we come across the traces of shallow ore pits in the mountains and are surprised by the remains of paved roads at high altitudes, we remember that we are in an area where iron ore deposits have been known for millennia. The pits are the remains of ancient and medieval mining in the high mountains, and the roads served to transport the extracted ore to medieval foundries in the valleys below. Ironworking developed here at least as early as 800 BC, reaching its peak in the Roman era with so-called Noric steel, named after the province of Noricum. Thanks to the excellent properties of this material from the Julian Alps, known throughout the Roman Empire, it was used to forge weapons of the finest quality. The largest and best-known Iron Age and ancient ironworking centres were in Bohinj and Trenta. Also important are the finds of very high quality iron products from the fourth century, which archaeologists unearthed in the remains of Ajdna, a settlement from late antiquity.

In the Middle Ages, when ironworkers had learnt to use the power of water to work iron, the foundries moved into the valleys. The thriving iron industry meant that, from the thirteenth century until the eighteenth, more people lived in Kropa – the site of the preserved remains of the oldest smelting furnace in southern Europe – and Kamna Gorica than in Radovljica!

More than 60 waterwheels on the Kroparica and Lipnica streams served to power hammers and the blacksmiths in these parts, who were famous for their nails, were granted special rights by the future Holy Roman Emperor Ferdinand I in 1550.

The foundries in Kropa and Kamna Gorica continued to smelt iron until the second half of the nineteenth century, by which time the ore deposits were exhausted and they were too far away from newer transport infrastructure to continue operating profitably. This was the period of the development of Jesenice, which with the onset of industrialisation became a leading iron and steel town.

The Jesenice ironworks was awarded a gold medal at the 1873 World's Fair in Vienna for the discovery of a process to produce ferromanganese, in this way placing itself among the pioneers and inventors of the steel industry. The town's rich ironworking tradition is maintained and continued today with high-quality steels for niche markets around the world by SIJ Acroni Jesenice. The development of ironworking and processes from ore to steel are presented at the Slovenian Ironworking Museum. The skills of the ironworkers and master blacksmiths of the past are preserved for posterity by monuments of technical heritage, museum collections and interesting activity workshops in places with ironworking and blacksmithing traditions.

Kropa and Kamna Gorica are two pearls of ironworking and the blacksmithing trade in Gorenjska. Both bear witness to the strong determination and traditions of the past and the spirit of craftsmanship that is still alive in the heart of Gorenjska today.

In Kamna Gorica, where some ornately decorated houses of ironworking families are still preserved, there is a network of canals that once drove the waterwheels that powered the smiths' hammers.

Kropa, the first village in Slovenia to be designated a protected monument in its entirety, offers visitors a genuine contact with the technical heritage and skills of blacksmithing, the history of which is presented in the Iron Forging Museum. Here, where smiths once made up to 120 different types of nails and supplied them to the whole of Europe, you can visit the unique Vigenj Vice forge and forge your own nail. As you stroll through Kropa or the refined streets of Radovljica, you will observe many examples of traditional and artistically shaped ironwork that give a special distinction to houses, streets and parks.



Blacksmithing in Kropa and Kamna Gorica

Demonstration of nail-making at the Vigenj Vice forge



Stara Sava museum complex in Jesenice

STARA SAVA IN JESENICE

Stara Sava, a preserved nucleus of buildings of a former ironworking settlement dating from the late seventeenth century, maintains the authentic atmosphere of an ironworking town with exhibitions and workshops.

The central square is surrounded by a church and industrial buildings connected with ironworking, including the remains of a charcoal-fired blast furnace – used to smelt iron – dating from the early sixteenth century.

The settlement is dominated by the Bucelleni-Ruard mansion, which today houses the exhibition "From Ore to Steel". Numerous exhibits and models present the history of ironworking and mining in the area and the impact of the Jesenice ironworks on the life of the wider community.

The workers' barracks (late eighteenth century) is among the oldest surviving examples of collective workers' accommodation in Slovenia and offers visitors the chance to see how ironworkers' families once lived.

The Kolpern, once a well-ventilated storehouse for charcoal, is today a banqueting hall used for a wide range of ceremonial and gala events.

THOUSANDS OF YEARS OF UNIQUE HABITATIONS

How does one build on Alpine peaks?
How does one settle on an island
in the middle of an Alpine lake?
How were people able to do this
in the Early Iron Age?

Ajdna, the most beautifully presented and highest-lying archaeological site in Slovenia, shows that even in prehistoric times the Julian Alps were a place with their own unique culture, language, writing, ironworking techniques, agriculture, music and religious beliefs. The path to the rocky ledge at 1,046 metres above sea level, sheltered by the summit of Stol (2,236 m), leads over exposed cliffs and for a long time was known only to a few locals. Yet this remote and inaccessible place was already inhabited in the second millennium BC! In late antiquity, in the fifth and sixth centuries, Ajdna was a high-altitude outpost for the inhabitants of the valley below. It was settled again in the ninth century, at the time of the early Slavonic principality of Carneola. The story of Ajdna is presented in the Museum Room in Žirovnica.



AJDNA

Valuable finds from Ajdna include a stylus (an iron writing implement), a whistle, a sheep bell, jewellery, nails, arrows, a reliquary, a ring with a cross and a bird brooch dating from the first century AD. The buildings at Ajdna, which include an Early Christian church, have been reroofed with shingles. The story of the remarkable little settlement, which still inspires wonder today, is presented on information boards.

Life in the Iron Age

A museum collection in Most na Soči reveals the presence of a surprisingly large Hallstatt settlement in this area. Tonovcov Grad is a hill on which there are well-preserved architectural remains from the late fifth century. Rich archaeological finds have led to the site being considered one of the most important late antique hilltop settlements in the eastern Alps.

Evidence that the area of present-day Bohinj was already inhabited at that time – 2,500 years ago – is provided by the late antique settlement of Ajdovski Gradec. The houses and blacksmith's workshops that stood here on terraces surrounded by stone walls were inhabited for an entire millennium – until the fall of the Roman Empire. The island in the lake at Bled was already inhabited by the seventh century BC.



Tonovcov Grad above Kobarid

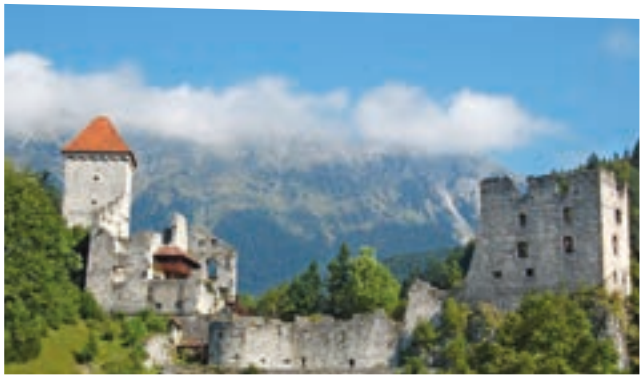


The castle above Lake Bled

Medieval castles, mansions and fortifications

The castle perched atop the 130-metre cliff above Lake Bled, first mentioned in historical sources in the year 1011, is the oldest castle in Slovenia. Offering the best views of Bled and numerous opportunities for a wide range of experiences, the castle also contains a museum presentation of the history of Bled from the time of the first settlers onwards.

Other remains of mighty castles in the Julian Alps that still attract the attention include Kamen Castle, closing the narrow Draga Valley near Begunje na Gorenjskem. Stories of the knight Casper Lambergar are linked to this twelfth-century castle.



Kamen Castle, Begunje na Gorenjskem



Kozlov rob above Tolmin

Also interesting are the ruins of Lipnica Castle and the remains of the castle on Kozlov Rob above Tolmin, where the renovated tower will soon host a museum collection.

The region's castles and mansions are mute witnesses to different periods of history. The Kos mansion in Jesenice, the imposing mansion in the centre of Radovljica and the house dedicated to Sergej Mašera in Kobarid – all of them draw visitors to these interesting town centres and invite them to discover the stories contained in their fascinating museum collections.

An icon of our cultural landscape



People in past centuries, entirely dependent on nature and living in a challenging environment, could not afford mistakes. That is why their creations are so often focused on perfection.

Hayracks and hay barns are architectural icons of Slovenia's landscape that reflect the peasant's ability to adapt to natural conditions. In Primorska, where the climate is warmer and drier, hayracks and hay barns are often combined with living quarters and also used to dry crops. In the Gorenjska region, where winters are cold and wet, hayracks are designed with a view to the efficient ventilation and drying of hay. The double hayracks of Bohinj are architectural wonders that offer protection from rain and snow. Hayracks in Gorenjska are entirely made of wood (apart from their stone foundations) and are constructed without the use of wrought iron and nails..

HAYRACKS BELOW THE VILLAGE OF STUDOR

Roofed double hayracks of the type known as a toplar are roughly hewn wooden structures designed according to the principle of the golden ratio. Their structure allows good ventilation and protection from the weather. Farmers use them to dry and store hay, maize and other crops.

Hayracks are a unique and iconic element of the Slovenian landscape. They reflect adaptability and inventiveness in dealing with limited resources and a difficult climate.



The Nježna House

STONE HOUSES IN THE SOČA VALLEY

Among the rural houses in the Soča Valley, a few examples of single-storey and two-storey houses built above cellars, typical of the Slovenian-Venetian architectural style, as the Nježna House, the oldest building in the village of Jevšček. These stone buildings have lime plaster and wooden, straw-thatched roofs. The cellar was used to house animals, while the attic was used for storing crops.

Other museum houses that reflect the domestic life of past eras include the Kosmač house, where Ciril Kosmač lived, and the birth house of the poet Simon Gregorčič in Vrsno.

HISTORIC CORE OF BREGINJ

The densely built village of Breginj, close to Slovenia's western border, was once a stunning example of the unique architecture of the Slavia Veneta region. Following the devastating earthquake of 1976, the village was almost entirely rebuilt. The only surviving pre-earthquake buildings are a row of three-storey stone houses connected by wooden galleries. Today they are preserved as an architectural and ethnological monument illustrating the ingenious approach to building adopted in the past, in harmony with the natural environment.



Breginj



The Liznjek House and Barn in Kranjska Gora is an example of a genuine Alpine house from the second half of the seventeenth century.

THE FARMHOUSE MUSEUMS OF GORENJSKA

The traditional architecture of the Gorenjska region is represented by farmhouses converted into museums. The birthplace of the writer Fran Saleški Finžgar in Doslovče illustrates how small farming families lived in Gorenjska in the late nineteenth century. The Oplen House in Bohinj is an example of the extended type of farmhouse, with the family's dwelling at one end and a barn at the other. The Liznjek House in the Upper Sava Valley tells of the time when the façades of houses were enlivened by frescoes and carved balconies and the interior was beautified by painted furniture. The Pocar Farmhouse, one of the oldest in the Triglav National Park, conjures up a picture of life in the land below Triglav as it has been for centuries.

Distinctive urban architecture

Urban centres in the Julian Alps reflect the history and heritage of the region. Radovljica boasts one of the most beautiful old town centres in Slovenia, Jesenice is full of fascinating reminders of its ironworking heritage, Bled with its sumptuous nineteenth-century villas speaks of the refinement of that age, and Kobarid is an interesting example of the urban redevelopment of the Soča Valley after the First World War.





RADOVLJICA

The heart of this town built on a terrace above the Sava is Linhart Square. One of the most beautiful old town centres in Slovenia, it is the location of the Museum of Apiculture, the Municipal Museum and the Pharmacy and Alchemy Museum. The Šivec House is an important monument of late Gothic architecture containing a unique museum of illustration. Next to the old town centre is a park that recalls the former baroque park on this site. The main road through Radovljica is lined by Art Nouveau villas. Notable among them is the building known as Čebelica ("Little Bee"), due to the colourful bee-themed decoration above its entrance, which today houses the local offices of the state administration. Another important figure to have left a mark on Radovljica, besides the dramatist Anton Tomaž Linhart (1756–1795), a central figure of the Slovene Renaissance, was the famous architect Ivan Vurnik (1884–1971).

Alpine architecture for the future

The vulnerability of the Alpine region means that strict planning and architectural principles apply in order to preserve its unique natural and cultural landscape. Despite these restrictions, award-winning architectural creations inspired by traditional approaches continue to appear here, many of them well worth a visit. Developments in this area are carefully planned, mindful of the extraordinary natural setting and respectful of cultural heritage.

Within the Triglav National Park and the protected historic centres of towns and market towns, special restrictions apply with regard to the size, height and colour of new buildings or renovations. When building in the central area of the Triglav National Park, architects are required to observe the traditional proportions of the golden ratio, both in the arrangement of premises and in the exterior design of buildings.

They are also required to use traditional materials (wood and stone) and characteristic architectural elements such as covered balconies, carved wooden balustrades and dual-pitched roofs. This strict regulation serves to maintain the traditional appearance of the landscape and the identity of the Alpine region.



Most na Rju in Bohinj won an award in the transport infrastructure category at the prestigious A+Awards in 2022. This covered wooden bridge for cyclists and pedestrians is conceived as a house on the water, with a design reminiscent of the region's traditional hayracks.



A unique Museum of Contemporary Art is being built in Bled. Along with 3,500 m² of exhibition spaces, the new museum will have a research centre, a specialised library, a multipurpose hall, a shop and a restaurant. The museum building was designed by the world-renowned architect David Chipperfield, a winner of the Pritzker Architecture Prize.



The promotional pavilion at the Planica Nordic Centre surprised visitors to the 2023 FIS Nordic World Ski Championships, the biggest sporting event ever held in the Julian Alps, with its concertina-like structure. All the sustainable structural elements were chosen with a view to reuse, and will be able to be used in other projects once the pavilion is dismantled.

GREAT MUSEUMS AND FASCINATING COLLECTIONS

You are always in contact with heritage in the Julian Alps. Stories from momentous times draw you into museums that are worthy of global attention. Local customs, traditional crafts and other curiosities wait to be discovered in fascinating house museums.

Wherever you go, there will almost certainly be a museum or collection to visit, meaning that you can get to know local heritage and traditions in larger towns and small villages alike.

Learning about traditional activities such as beekeeping, Alpine dairy farming and cheesemaking, blacksmithing, fishing and so on is particularly fascinating. Many old farmhouses and other houses that were the birthplaces of poets and writers have been converted into museums illustrating everyday life at various times in the past. Visting house museums of this kind is always an intimate experience that connects you to the spirit of another age.

In a land where outdoor exercise is a way of life, museums presenting the remarkable local traditions of climbing and skiing are well worth a visit.

The joy associated with the music of the Gorenjska region (Oberkrain, Upper Carniola) is evoked by a museum dedicated to the pioneers of popular folk music in Slovenia. Various routes to health are indicated by a unique museum containing exhibits on pharmacy and alchemy, while spiritual dimensions can be explored in museums such as the Nativity Museum, with its collection of Christmas cribs.

Larger museums and archaeological monuments offer a glimpse into periods ranging from prehistory, via medieval castles and the coming of ironworking and industry, to the war-ravaged twentieth century.

Experience time on your own terms. Choose a historical museum or themed collection that is worth your time.

GREAT MUSEUMS AND
INTERESTING MUSEUM HOUSES



Tolmin Museum



Slovenian Alpine Museum

The roots of mountain hiking and mountaineering run deep in Slovenia. Our mountains have always been a place of respect, challenges and conquests. Slovenes have written themselves into history with a series of achievements that have echoed around the world.

The museum is designed to resemble a rocky mass that blends in with the natural environment. The regularly placed slats and irregularly placed planks of the façade recall the shelters of Alpine dairy farmers high up in the mountains. The museum is a winner of the Albert Mountain Award, awarded by the King Albert I Memorial Foundation in Switzerland, and in 2017 won the Živa Award for Best Slavic Museum.

The Slovenian Alpine Museum presents the rich history of mountaineering and also modern achievements in alpinism. Special attractions include integrated gamification and a wealth of interactive content such as a virtual summit walk, a virtual zipline, a hologram of Jakob Aljaž, a guided roleplay involving a mountain bivouac, and a fun escape room.

Slovene alpinists have established some of the most difficult routes in the Himalayas and other mountain ranges around the world. Individuals such as Tomo Česen and Silvo Karo and many other outstanding climbers have left an indelible mark on the world of alpinism.

Modern sport climbing, a field in which Slovenia nurtures world champions, should not be overlooked either. Olympic gold medallist and multiple world champion Janja Garnbret is just one of the many talented individuals currently thrilling spectators all over the world with their extraordinary climbing skills.

A visit to the Slovenian Alpine Museum in Mojstrana is an opportunity to feel pride and respect for all who have contributed to Slovenia's rich mountaineering heritage in the past and who continue to do so today. The museum is a celebration of tradition, courage and the legendary desire of Slovenes to explore the unknown.

Tradition

Could it always be possible to say everything without words?

In the Alps, sustainable practices are deeply rooted in tradition. Here, communities have always lived self-sufficiently, making optimal use of natural resources, trusting to the wisdom of their ancestors and their own common sense, and carefully managing forests, water and soil.

Every stone or wooden house, every steep roof in the Alps is living proof of the wisdom of past generations, who esteemed and respected nature and adapted their environment to the climate and the seasons. Traditional agricultural activities such as Alpine dairy farming and beekeeping are still current here, although they also embrace modern technology and adopt globally sustainable approaches where this makes sense.

The Julian Alps Biosphere Reserve, part of the UNESCO Man and the Biosphere (MAB) programme, is proof of the harmony between man and the environment and a living symbol of it. Here tradition meets modernity and creates a unique cultural landscape, characterised by mountain pastures and steep meadows, farmland and traditional architecture. The connection with the environment also leads to connections among people, who, through a wide variety of clubs, societies and associations, maintain traditions and, at the same time, create new ones.





SUSTAINABLE TOWNS AND COMMUNITIES

Sustainability is not just about managing crowds, it begins at the front door of every home and, within the domestic walls, is woven into our way of evaluating the world. It comes from our hearts and beliefs. It is we locals who create a sustainable model for the development of tourism.



Alpine dairy farming



Laz mountain pasture

Dairy farming in the Julian Alps is a tradition that stretches back thousands of years. People were grazing their animals in high mountain pastures as far back as the Iron Age. Later, with the development of agriculture in the Middle Ages, mountain pastures became even more important. High mountain areas offered additional pasture and, over time, became essential for the survival of people and animals. This resulted in the development of Alpine dairy farming, which is today a key part of the traditional production of cheese, butter and other dairy products.

Mountain pastures are also home to numerous rare and endemic species, which complement their biodiversity, while the abundance of summer flowers and herbs provides excellent, rich pasture for livestock. While Alpine dairy farming is traditionally connected to the migration of herdsmen and dairymen from the valleys to the high pastures, today this way of life has attained the status of intangible cultural heritage. Cheese and other products of the mountain pastures are a key source of income for many families, while herdsmen's huts are becoming increasingly popular among visitors who want to sample mountain life and learn about its history.

This rich heritage is preserved by numerous cheese dairies, museums and cultural institutions, including through events that help bring this culture closer to locals and visitors alike. Alpine dairy farming is an essential part of the cultural identity of the Julian Alps, where historical heritage intertwines with protection of the environment and the sustainable development of local communities.

In the summer months, livestock (sheep, goats and cows) are moved up into the mountains, where they graze on mountain pastures. Here, too, are the traditional wooden huts in which the herdsmen spend the summer and make their cheese and other dairy products.

Work on the mountain pasture, balm for the spirit



Lucija Gartner,
dairy farmer on the
Laz mountain pasture

"The mountain pasture has its own rhythm and logic. I've been coming up here with the cows and pigs my whole life. This year our donkey Fyodor came too and immediately became a great attraction among the children. I'm used to life in a mountain pasture. Up here on the Laz pasture, it is almost as though time stops from the moment you arrive until the moment you leave. I am constantly active throughout these summers in the mountains. Every day goes by too quickly. There are the cows that have to be milked twice a day, and cheese to make. Sometimes you have to go looking for the cows because they've wandered off somewhere, or one of them has decided to graze for a bit longer, but then everything sorts itself out. But all the work connected with the mountain pasture is a balm for the spirit.

Amid all this incredible activity, the animals, climbers and hikers who barely understand where they're going or what kind of hills they're setting off into, there is a kind of unreal world of beautiful life in remote seclusion. We don't use an app for the weather forecast because the signal up here is poor or non-existent. We look at the sky and the rumbling that echoes among the far-off peaks tells us that a storm is coming even before the clouds do. We are always looking upwards, our gaze only alighting on the mountain peaks in passing, while at night our gaze and our thoughts are filled with stars. Hardly a day passes without dramatic complications and challenges. Perhaps because we are separated from phones and tablets, we experience every trifling incident as a highlight of the day.

The cheese we make up here is a product of this happy utopia, where over the summer the plants, the animals and we ourselves, without phones, brim with life. Yes, our cheese is a kind of tonic even in the winter that follows, because the pasture the cows feed on is full of herbs and mountain flowers and you can taste that in the final product."

THE BOHINJ CIKA

The Cika is an indigenous breed of cow from Bohinj that is well-adapted to Alpine regions. Its small frame, agility and ability to endure harsh conditions enable it to survive in the mountains. A piebald breed with a brown and white coat, the Cika is a robust and adaptable animal. It was traditionally bred for its high-quality milk and meat and as a working animal. Today its milk is a key ingredient in the production of Alpine cheeses. The breed is prized for its adaptability and the quality of its milk.



AGRICULTURE IN A MODERN GUISE

Almost every farm in the Julian Alps recalls the traditional farming heritage: a small piece of land, some forest and a few head of cattle. Today, this approach is interwoven with modern practices. Just as the farmers of old would only mow meadows after they had flowered, in this way preserving their elemental beauty, so modern farming methods support late mowing as a way of maintaining the biodiversity of an area. Modern challenges such as the decline in the number of farms, have brought new solutions. Grants for traditional farming practices and projects designed to support them encourage farmers to practise sustainable management just as our ancestors did. Direct links between farms and food manufacturers, combined with the promotion of local products, help establish short supply chains, which are of key importance for maintaining the authenticity and sustainability of the region.

THE BOVEC SHEEP

This indigenous breed from Bovec is well adapted to mountain regions. Bovec sheep have thick white fleeces and their wool is used for traditional hand-spinning and textile production. They are bred for their wool, their meat and their milk.





THE DREŽNICA GOAT

The Drežnica goat is an indigenous breed from the Soča Valley. It is a sturdy goat with a medium-long coat, usually dark in colour. It is traditionally bred for its meat and for its high-quality milk, which is used to make various dairy products.



Zajamniki mountain pasture



Livek

A TRADITIONAL DAIRY IN THE SOČA VALLEY

The Planika dairy in Kobarid maintains the cheesemaking tradition and, in a modern spirit, spreads and promotes it among younger generations.

Tolminc cheese, with a protected designation of origin and one of the dairy's most recognised products, is made to a recipe that has been handed down from generation to generation. Every little piece of cheese tells the story of the herdsmen who, for centuries, have planned their work in accordance with natural conditions, and of the local farms that, via the dairy, still strengthen the local community.

The dairy also operates Chesse Museum that showcases ancient cheesemaking techniques, the specific characteristics of the local environment and dairying traditions, as well as the organic aspects of dairy farming in the Soča Valley.

Planika Dairy from Kobarid invites you to visit the Bogata Estate near Bovec, which is open to visitors and offers guided tours. Visitors can see the animals up close and purchase products from a cheese vending machine.





Beekeeping culture

Beekeeping is more than merely an occupation or a hobby in Slovenia. It is culture, tradition and a priceless heritage that teaches us about coexistence with nature and respect for the bees that play such an important role in our ecosystem and in the pollination of crops.

Beekeeping in Carniola underwent intensive development in the eighteenth century. It was an important part of agriculture and of the state policy of Empress Maria Theresa. In 1770 the Empress appointed Anton Janša (1734–1773), a beekeeper from the Duchy of Carniola (present-day Slovenia), as the first teacher of the newly founded state beekeeping school in Vienna. With its beekeeping tradition and favourable climate, Carniola was even then known as an advanced beekeeping province.

Anton Janša condensed his knowledge, enriched by traditional approaches and his own experiences from his native Julian Alps, into two books, through which he influenced the development of beekeeping throughout Europe.

Although interest in honey production has declined since the introduction of sugar, a cheaper alternative, the Carniolan honey bee remains a popular choice for beekeepers both in Europe and elsewhere around the world. From the nineteenth century to the mid-twentieth century, Carniolan queen bees were sold and dispatched throughout the world – including to America, South Africa, Australia, Russia, India and Japan.

World Bee Day

On 20 May, in honour of the day on which Anton Janša, the pioneering father of modern apiculture, was born in 1734 in Breznica in what was then Carniola and is today part of Slovenia's Gorenjska region, the whole world celebrates World Bee Day. Proclaimed by the United Nations in 2017 at the proposal of Slovenia, World Bee Day aims to draw attention to the important pollinators without which food security would be impossible to imagine. The proposal received the support of every member of the UN.

MUSEUM OF APICULTURE IN RADOVLJICA

Since 1959 this specialised museum housed in a mansion in the centre of Radovljica has been presenting Slovenia's beekeeping heritage, the life of the indigenous Carniolan honey bee and the legacy of world-famous beekeepers. The permanent exhibition includes paintings from beehive panels, beekeeping equipment and crafts associated with apiculture. From May to October visitors can also view a hive containing live bees.



Why are bees so important?

Bees are among the most important pollinators, helping ensure food supply and food security, supporting sustainable agriculture and biodiversity, contributing to the mitigation of the effects of climate change and facilitating environmental conservation.





JANŠA APIARY

A remarkable apiary, constructed more than 300 years ago by the father of Anton Janša, the first teacher of apiculture at the court of Empress Maria Theresa, stands in the village of Breznica near Žirovnica. This apiary with its painted beehive panels has been restored to its original appearance. It contains beehives of the *kranjič* or Carniola type – large hives with removable frames invented by Anton Janša, who was also the author of two books on apiculture. Janša's apiary has a thatched roof and a floor of natural beaten clay. The painted beehive panels depict religious themes, historical scenes and stories of everyday life in the countryside.

THE INDIGENOUS SLOVENIAN BEE

known as the Carniolan honey bee or Carniolan grey *(Apis mellifera carnica)* is the second most widespread species of melliferous (honey-bearing) bee in the world. It is popular among beekeepers because of its gentle and non-aggressive nature, its industriousness and frugality, its rapid development in spring, its good sense of orientation and its resistance to several types of bee disease. It has a slender body, dark brown stripes and grey hairs on its abdomen.

It is the only bee species permitted to be kept in Slovenia. Slovene beekeepers rear bee colonies, commercial queens and breeder queens under strict veterinary control.



LOOKING OUT FOR ONE ANOTHER

There is always something happening here, partly thanks to the many amateur and voluntary associations, societies and clubs in the area. We locals are used to joining forces, coming together, looking out for one another and preserving many things that we think are important. Through meetings, workshops and events organised by local clubs and societies, we ensure that there is always plenty going on for locals and visitors alike. And always with a strong sense of community!



RURAL WOMEN'S SOCIETIES

Still known as rural women's societies for reasons of long tradition in many villages and other areas, these days they have quite a few male members too. In the past they really were exclusively for women, who would come together to share news and juicy gossip while they worked on their sewing or embroidery, free of disturbance from husbands or children. Nowadays these societies are more about passing on traditional skills, participating in events, and food – in the sense of preserving old recipes and cooking skills.



TOURISM ASSOCIATIONS – KEEPING THINGS LOOKING NICE

Local tourism associations are another interesting form of community organisation that help ensure that villages are well-kept and maintain floral displays. They also run campaigns to clean up litter and organise events of various kinds.



MOUNTAIN RESCUE SERVICE

Volunteer mountain rescue teams operate under the aegis of the Mountain Rescue Association of Slovenia. Their activities have their roots far back in the past, when local people would conduct rescue operations without the help of modern equipment and techniques. Although today's trained rescue teams can make use of modern aids, the voluntary element remains the true heart of the mountain rescue service. Volunteers will set out at any time of day or night and in all weathers in the case of accidents in the mountains and other inaccessible areas. Mountain rescuers have good mountaineering skills and are mentally trained for rescue work. They are proficient in rescue techniques and first aid. They perform their mission on a voluntary basis, without payment.

VOLUNTEER FIRE BRIGADES

Fire brigades are among the most visible examples of organised voluntary work and an essential part of local communities. They are an integral part of everyday life and an active element of social cohesion. The members of volunteer fire brigades also participate in mountain rescues and are ready to help in emergencies of all kinds. When major natural disasters occur, their selflessness and solidarity are simply indispensable.

CULTURAL SOCIETIES

Numerous cultural societies and interest groups operate in villages and other localities throughout the region. The most common type are those connected to folk traditions such as folk dances, songs, music, customs, games and, last but not least, traditional costumes that are no longer part of everyday wear. They also organise cultural events. Musical and theatrical societies bring welcome variety to the local social scene.

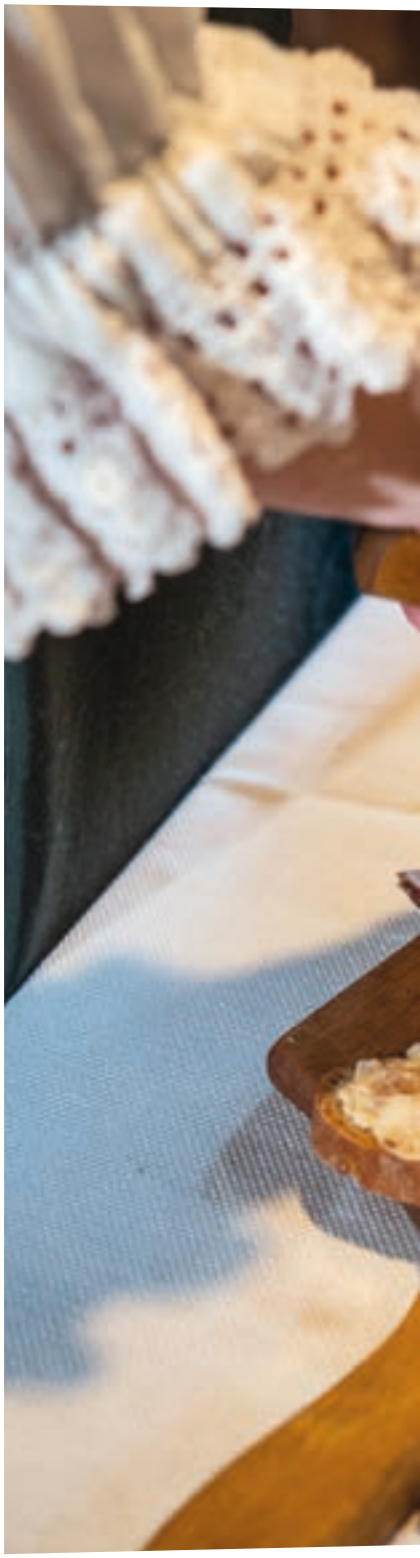
HISTORICAL SOCIETIES

Amateur cultural societies also include various collectors' clubs and historical societies. Their activities help conserve the historical memory of a place and in many cases they are the co-founders of village museums or museum collections.



Dedication

Could we sweeten everything that makes life bitter with some manna from heaven?



Nature knows what it's doing and we farmers follow its lead! When you think about the Julian Alps, culinary delights may not be the first thing to come to mind, but they could easily be high on the list. Believe it or not, this astonishing mountain region and the Triglav National Park are a gold mine of gastronomic diversity and innovation well worth exploring.

The Julian Alps are an ideal environment for short supply chains. Step outside and you're in a field where time seems to pass more slowly and where crops have a mysterious connection with the climate and environment. Growers here focus on sustainable practices and the conservation of old know-how and methods that are passed on from generation to generation.

Short supply chains are not simply a passing fad in the Julian Alps, they are a way of life! Farmers here do not stint on freshness and quality. We produce locally and in small quantities. Buckwheat, trdinka maize and other important local crops are treated with respect. Our grandmothers had never heard of modern "superfoods" but nevertheless swore by indigenous varieties. They grew buckwheat not only to make žganci (a traditional crumbly porridge or polenta) but to provide a dose of Alpine superpower. And if you ever wonder why our fruit and vegetables taste so irresistible, the answer is simple: these are the flavours of crops and varieties that are perfectly adapted to the environment and that we carefully protect.

The cuisine of the Julian Alps, inspired by tradition and enhanced by the originality of top chefs, deserves all the Michelin stars it has won. With Ana Roš, one of the world's best chefs, and other maestros of the kitchen, we set high standards for ourselves that are helping to place our region alongside the world's top gastronomic destinations.



ZERO HUNGER
RESPONSIBLE CONSUMPTION AND PRODUCTION

Respectful stewardship of the land is evident in the fields and in the gardens that still surround almost every house. Local self-sufficiency is already a tradition in the Julian Alps. We know how to provide for our own needs. The integration of suppliers and providers into closed chains tells a story of responsibility that visitors can also appreciate.



DOBER TEK – BON APPÉTIT!

Welcome to the Julian Alps, where every meal becomes an unexpected and surprising story.



Cuisine is always interesting in places that are a crossroads of nations and cultures. But the best flavours are those that preserve their local character even with the passing of time and the blurring of borders. They reflect specific natural conditions and the culture of the people who are inspired by these conditions to strive for something new.

In the Julian Alps, even the most sophisticated gourmets are surprised by the flavours created in the shelter of mountains, forests and flowering meadows and the experiences provided by hospitable locals, with a touch of humour and a wealth of knowledge about recipes that are passed on from generation to generation.

Here, where discerning diners seek out prestigious Michelin stars – the highest accolades in the gastronomic world – we are still proud of our humble *žganci*, once described as the "pedestal of Carniola", of our pickled turnip and sauerkraut, of our famous Carniola sausage and, of course, of the trout from our rivers and lakes.

And what better way to finish off a meal than with a glass of *gorenjski tepkovec*, an excellent local brandy made from an old variety of pear called the *tepka*.

ŠTRUKLJI AND KRAPI

Dough parcels with various fillings are popular throughout the Julian Alps. Kobarid *štruklji* (sweet filled dumplings) have a delicious filling of breadcrumbs, raw butter, walnuts, raisins and other choice ingredients. In Rateče they make parcels of potato dough or filo dough and fill them with one of two characteristic fillings. Those with a filling of boiled and minced dried pears, honey and cinnamon are known as *kocovi krapi*, while those filled with cornmeal and curd cheese are called *špresovi krapi*.



BLED CREAM SLICE

For more than 70 years this symbol of Bled cuisine has been one of the excellent reasons to visit this iconic resort town with its lake and island. More than 15 million traditional Bled cream slices – consisting of puff pastry, vanilla cream and whipped cream – have been sold to date.



BOHINJ CAKE

At one time cheeses and other delicacies would make their way from the Slovenian side of the Julian Alps to the Italian side, while almonds and other such "refined" ingredients would enter the land below Triglav from the opposite direction. A recently discovered recipe from the late nineteenth or early twentieth century was the inspiration for a delicious moist almond and walnut sponge topped with chocolate icing.

Discover the Tastes of the Julian Alps
julian-alps.com





BOHINJ VENISON

In this land of forests, delicious game dishes have long been among the traditional specialities. One particularly well known recipe is for Bohinj-style roe deer venison.

ČOMPE WITH CURD CHEESE

There are as many as 132 different names for potatoes in Slovenia. In the Soča Valley they are known as *čompe*. Boiled in their skins and served with local curd cheese *(skuta)*, they make an unforgettable and tasty meal.





LAKE TROUT AND BROWN TROUT

In the land of the protected marble trout, native to the Soča, we are proud to serve farmed fish grown to the perfect size in the pure waters of flow-through fish farms, giving their meat the right firmness and a characteristic flavour. Fish are usually rolled in cornflour before being placed in the oven, as prescribed by a recipe for trout that appeared in the first cookery book in the Slovene language, published in 1799.

Star-studded cuisine

Accolades from prestigious gastronomic experts

The Michelin Guide, the world's most prestigious gastronomic publication, recognises and recommends the "exceptional cuisine" of Hiša Franko, the "excellent cooking" of Milka and the "high-quality cooking" of Hiša Linhart – three restaurants in the Julian Alps region.

Recommendations for diners seeking a high-quality authentic experience that is also good value for money include Majerca in Stara Fužina and Triangel in Gozd Martuljek, both of which are Michelin Bib Gourmand restaurants.



Hiša Franko, Kobarid

3 STARS FOR THE BEST FEMALE CHEF

Ana Roš has been named the world's best female chef at the Best Chef Awards for several years now and is currently the only woman listed among the top 10 chefs in the world. She and her team have made Hiša Franko, which already has three Michelin stars, one of the world's 50 best restaurants. Famous for her originality, she is also distinguished by her respect for local ingredients and her systematic cooperation with local suppliers.



Milka Restaurant,
Kranjska Gora

2 STARS WITH THE MOST BEAUTIFUL VIEW

At Milka, a restaurant with two Michelin stars, the culinary marvels created by chef David Žefran and his team are accompanied by views over the crystal-clear Jasna Lake. Here you will taste dishes created from regional ingredients. The inspiration for the new dishes on the menu are the short seasons that characterise life in the Alps.

1 STAR AND A GREEN APPROACH

Uroš Štefelin has been one of Slovenia's best known chefs for many years. Hiša Linhart, his restaurant in Radovljica, holds both a Michelin star and a Michelin green star for sustainable practices. Together with local farmers, he and his restaurant revive forgotten dishes and ingredients and develop new traditions for the future. Hiša Linhart also operates a cookery school.



Hiša Linhart, Radovljica

THE TRADITIONAL AND UNIQUE CHEESES OF THE Jjulian ALPS

SPECIALITIES WITH PROTECTED DESIGNATION OF ORIGIN

This region, where cows and sheep graze on Alpine pastures, has always been a place of distinctively flavoured cheeses. The most unique among them have been awarded the European Union's Protected Designation of Origin, which confirms that all the ingredients come from a precisely specified local environment and that the process of preparation is traditionally characteristic of this area.

The Protected Designation of Origin scheme makes it easier to choose and guarantees that we are really tasting something that is different from products found anywhere else in the world. The quality of PDO products is strictly controlled. Their stories are complemented by unique gastronomic and culinary experiences.



MOHANT

This spreadable cheese with Protected Designation of Origin is a Bohinj delicacy with a characteristic aroma and a tangy flavour. It is made to an ancient recipe and ripened in wooden firkins and churns. In summer, when it ripens more quickly, it is made from full fat cow's milk; in winter, skimmed milk is used.



TOLMINC

This PDO cheese – a product of the Upper Soča Valley from feed to pasture to ageing – has been made the same way for more than 700 years. In the thirteenth century it was even used as a means of payment. The round cheeses, made from cow's milk and weighing up to five kilograms, are aged for at least 60 days.



BOVŠKI SIR (BOVEC CHEESE)

The first written mention of this PDO cheese, made from the milk of indigenous Bovec sheep, dates from the fourteenth century. A surviving price list from the eighteenth century proves that even then it was more expensive than other cheeses. A round cheese with a characteristic full, robust aroma, it is usually aged from 60 to 90 days but can be aged for up to two years.

FESTIVALS OF FOOD AND FLAVOURS

The best cheeses from Alpine pastures and *frika*, a local cheese-based speciality are the focus of FrikaFest in Tolmin, which takes place in October. The weekend on which the herdsmen return from the high mountain pastures is a unique rural festival and an opportunity to taste Tolminc cheese and other dairy products from the Soča Valley.

Autumn is also full of flavour in other parts of the Julian Alps. Kobarid, famous for its *štruklji*, hosts the Jestival food and art festival in September, with special menus available at participating local restaurants and a variety of gastronomic events.

Kranjska Gora is enriched by the Caravan of Flavours, Slovenia's first food truck festival, featuring the best street food.

Dishes made using foraged wild plants are an added springtime attraction in Bohinj, during the International Wild Flower Festival, while the Cheese and Wine Festival is another reason to visit the area in October.

In spring, when the fishing season begins, we pay tribute to the abundance of our rivers and lakes. In March and April, from World Water Day to Earth Day, the Soča Valley hosts events connected to the Marble Trout Festival, which draw attention to the importance of clean waters and indigenous fish species.

Radovljica is full of culinary attractions throughout the year. The April sunshine draws visitors to the famous Chocolate Festival, featuring a sumptuous range of chocolate specialities, tastings, concerts, activities and workshops. June is the month of Okusi Piva, Slovenia's biggest craft beer festival, while in October and November it is well worth visiting Culinary Autumn: Taste Radol'ca, with guided tours, tastings and, for a whole month, set menus based around local ingredients offered by participating restaurants.



Frikafest, Tolmin

RADOVLJICA CHOCOLATE FESTIVAL

Sweet Radol'ca, as locals call it, is undoubtedly the sweetest town in the country, at least during Slovenia's largest chocolate festival! Every year the festival offers new chocolate-based experiences and proudly announces the winner of the best chocolate praline competition.



Hospitality

Can I find a way to accept everything that is alien to me as something familiar?



The hospitality of the Julian Alps is apparent in little things that are also big, depending how you look at them: a starry sky seen from the yard of a house, a dawn chorus sung by countless birds, water that is drinkable wherever you find it, minimal noise, countless little corners of nature where you can experience your surroundings in an authentic way.

The accessibility of individual areas combined with measures to ensure protection and safety; the orderliness and organisation that nevertheless allow an impression of elemental wildness – these things gain true meaning through encounters with locals.

Every destination likes to boast of the hospitality of its inhabitants. In the Julian Alps, we locals are part of an environment that we have arranged for ourselves and those who visit us in such a way that it is like stepping into the unusually pleasant living room of a friend's house.

17 PARTNERSHIPS FOR THE GOALS

PARTNERSHIP TO ACHIEVE GOALS

Every destination in the Julian Alps has unique spaces in which to live and work. Together, we create spaces and paths of interconnection that transcend municipal and regional boundaries.





WAKE UP REFRESHED

You won't find huge tourist resorts or big international chain hotels in the Julian Alps. Instead, we proudly accommodate our visitors in family-run hotels, on farms, in guesthouses and B&Bs, in apartments and private rooms, on campsites and glamping sites, in holiday chalets and, last but not least, in mountain huts provided for climbers and hillwalkers.

Our hotels are small, family-run and boutique. Their connection with the local environment is plain to see, and their choice of sustainable practices is certified.

Many excellent campsites in the Julian Alps (including three with five stars) hold the Slovenia Green Accommodation sustainability label.

Genuine contact with your hosts is one of the characteristics of farm stays, where the quality of services is indicated by apples. The best farm stays offer varied activity programmes to complement their simple but comfortably furnished rooms.



ACCOMMODATION BOOKINGS

RESPONSIBILITY TOWARDS THE LOCAL COMMUNITY

When you bypass the big international booking systems, you pay the same price (or even less!) for your accommodation while at the same time ensuring that any commission you pay goes to the provider and the local community. By booking directly, you are supporting the local community and enabling its sustainable development. This is a simple way to help local providers earn a little extra and support the continued development of tourism in the region.

DIRECT BOOKING OF ACCOMMODATION

The destination accommodation finder allows you to choose and book your accommodation directly.

Julian Alps Booking Centre
e: explore@julian-alps.com
julian-alps.com

TRUSTWORTHY STANDARDS AND CERTIFICATES

When choosing the accommodation you want, you can rely on international recommendations, national quality labels and specialised accommodation designations.

Accommodation providers that hold the Slovenia Green Accommodation label meet the requirements of the Green Scheme of Slovenian Tourism and their sustainable approach is proven by international certifications such as Bio Hotels, Ecocamping, EU Ecolabel, Green Globe, Green Key, Travelife for Accommodation, World of Glamping Green and Hostelling International Quality & Sustainability.

Alpine Pearls, an international Alpine network of holiday destinations committed to environmentally friendly mobility, in which Slovenia is represented by Bled and Bohinj, recommends the most exemplary providers, who orient visitors towards car-free holidays and environmentally friendly activities.

Some campsites and farm stays have been awarded the Triglav National Park Quality Label (ZKTNP).





WELLNESS IN THE GREAT OUTDOORS



"Water is beneficent, air more so and light most of all!" This was the motto of the Swiss physician Arnold Rikli, who in the mid-nineteenth century began treating numerous diseases in Bled using a revolutionary new "hydropathic" method. In the centre of Bled he built a wooden structure with a bathing pool and footbaths on the ground floor and a dormitory on the first floor. The part of the building facing the lake was used for air baths and sunbathing. Along with water, the treatment included a vegetarian diet, sunbathing, air baths, light baths and walking. Footpaths led to selected destinations around Bled. Rikli's rules were strict and his treatment, which lasted a month, was expensive. Yet his form of spa tourism attracted aristocratic guests. Bled experienced a boom as a holiday destination and became famous as a climatic health resort.

Living Rikli's way means getting up before sunrise, drinking fresh Bled water on an empty stomach, walking barefoot across a dew-covered meadow, eating light meals, swimming, sunbathing, lots of walking and strolling in the fresh Alpine air. These days paths to well-being in Bled are returning to Rikli's principles. Products, services and experiences that follow Rikli's doctrine receive the Arnold Rikli Bled Certifies label.

Today this famous lakeside resort offers a wide choice of wellness and spa centres with saunas, massage, pools, various pampering treatments and beauty programmes. The Spa Luisa wellness centre at the Grand Hotel Toplice has an original thermal spring with beneficial effects on the cardiovascular system.

WELLNESS IN THE JULIAN ALPS

The climate in the Julian Alps is beneficent. Like Bled, both Bohinj and Kranjska Gora were historically recognised as places with a healthy climate.

Small wellness centres and hotels with wellness programmes can be found throughout the Julian Alps.

Wellness experiences are provided by forest therapy, meditation, breathing exercises, walking barefoot and various guided programmes.

In many places you can also try apitherapy, based on the use of bee products and inhaling air from beehives.

Whatever you choose, you can count on an experience of wellness and selfness!

FOREST THERAPY EXPERIENCES
IN THE JULIAN ALPS



Forest therapy



MEETINGS BELOW THE MOUNTAINS

The success of meetings and conferences is complemented by excellent cuisine, cultural and natural attractions, experiences at major sports venues and outdoor activities that are available all year round.



Bled, conference tourism with tradition

Along with suitable facilities and experienced meetings and conference organisers, the Julian Alps offer a wide choice of venues for motivational adventures and team-building events. Professional services incorporate local partners, destination organisations, hotels, restaurants, transport providers and other providers.

The tradition of the experienced

Every year Bled hosts the Bled Strategic Forum, one of the biggest international conferences in central Europe. Guests from all five continents include heads of government, heads of state, the president of the European Council, ministers, representatives of international organisations and the worlds of business and science, and other important guests.

The Bled Convention Bureau has been organising events at the highest international level for decades, along with medium-sized business meetings, events for various associations and other functions.

Its well-equipped halls and other venues can host business events for up to 500 participants and the modern conference infrastructure is easily accessible on foot.

Iconic Bled, with its lake surrounded by Alpine peaks, offers a choice of accommodation and a range of experiences for culture lovers, sports fans, adventure seekers and discerning diners that few conference destinations can match. The castle above the lake, the famous golf course, the traditional pletna boats that carry visitors to the island in the middle of the lake, a potica baking workshop on the island itself and many other attractions are an inspiration to design unique experiences for the widest possible range of conference and meeting participants.

Contact with astonishing nature and culture

Radovljica, with its honey and chocolate traditions, and Bohinj, the most sustainable destination in the Julian Alps, offer unique and inspiring stories that make them ideal venues for small and medium-sized business meetings and other events.

Accompanying programmes in medieval Radovljica focus on fine dining and authentic cuisine, the musical innovations of the famous Avsenik Brothers Ensemble, and legends from the world of sport, where Elan skis occupy a special place.

Bohinj, a valley with an unspoilt lake surrounded by Alpine peaks in the heart of the Triglav National Park, is an excellent choice for meetings on sustainability-related topics. The particular charms of this location include the integration of hotels with their green surroundings, alternative experiences that take visitors into the world of Alpine flowers and forests, including forest bathing programmes, the unique characteristics of traditional farms and Alpine pastures (including cheese tastings), hiking and cycling tours to gorges and waterfalls, a trip across the lake in a modern electric pleasure boat and a cable car ride up to Vogel and other panoramic spots.





Meetings on sustainability-related topics

Ideal places for outdoor activities

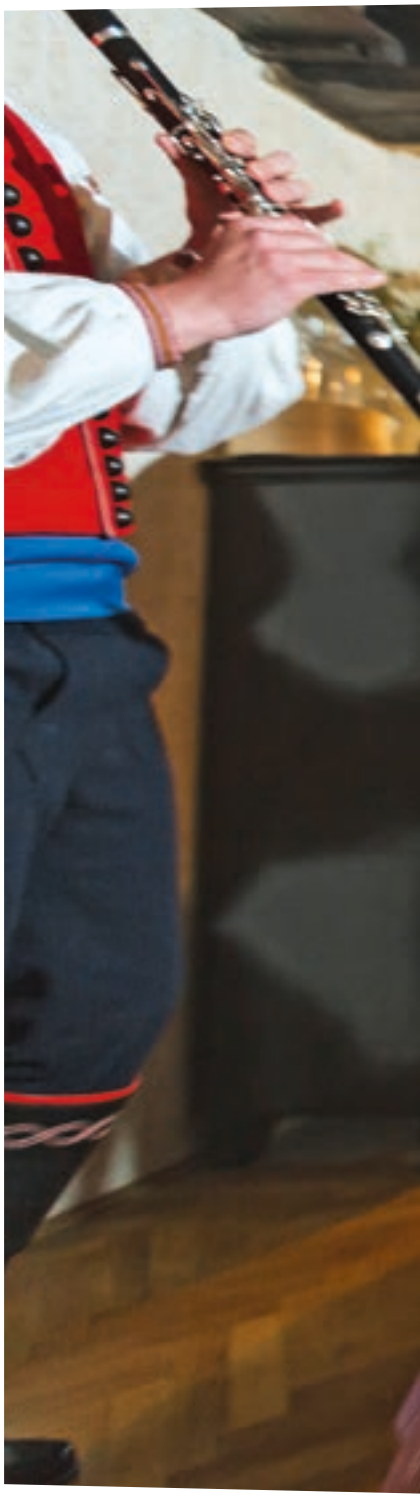
The Soča Valley, known for its major festivals and hospitable meetings venues in locations including hotels, the museum in Kobarid and the unique surroundings of a local dairy, is an excellent choice for team-building programmes. As well as adrenaline-boosting summer activities such as rafting, canyoning and kayaking, not to mention zipline adventures, participants can enjoy a relaxed atmosphere in the incredible natural surroundings of the emerald river throughout the year.

Meetings in Kranjska Gora, which hosts competitions for the world's best alpine and Nordic skiers, are particularly attractive in winter. Along with excellent hotels, the location offers outstanding opportunities for events and meetings at the Planica Nordic Centre and the Slovenian Alpine Museum. The multipurpose Vitranc Hall can also be transformed into a conference venue with a capacity of up to 1,200 participants.

In the Julian Alps, we can offer conference participants rowing experiences accompanied by Olympic medallists, a biathlon experience in a World Cup venue and an adventure in the snow even in the middle of summer!

Cooperation

Imagine stepping through your wardrobe at home into a concert hall of singing forests and songs of true love.



There is strength in cooperation. This is a principle that still applies here! We listen to each other and hear each other. We weave ties that bind us together and we are proud of achievements that never belong to just one individual.

Athletes achieve their successes with the support of their team and their coaches, family, friends, good infrastructure and fans.

Events that bring locals and visitors together always involve the participation of volunteers who know how to celebrate their shared achievements.

Big festivals and smaller traditional events, famous competitions and one-off spectacles are merely the outward manifestation of something that we live on a daily basis: the awareness that we depend on each other and can rely on our own networks of people.





NO POVERTY
DECENT WORK AND ECONOMIC GROWTH

There can be no sustainable development unless the local environment is able to offer opportunities to young locals and develop them. To be able to create in one's own environment and enrich it with one's own contribution gives an added value to the values of the future.





The Avsenik Museum

Sounds of the Julian Alps

Two brothers and their world-famous ensemble

Slovenes have been singing in their own language in the land below Triglav since at least the sixth century. The first professional secular musicians appeared in Carniola in the Middle Ages. During the period of national awakening, composers of art music wove elements of the folk tradition into their works.

A specifically Alpine strain of light dance music became popular in the Julian Alps, just as it did in other parts of the Alps, but in the mid-twentieth century it took on a new sound, one that was created by an ensemble from Begunje na Gorenjskem. The Avsenik Brothers Ensemble (aka Slavko Avsenik und seine Original Oberkrainer) enriched the rhythms of polkas and waltzes with the sounds of popular music, jazz and even tango.

After the Second World War the "popular folk" genre, associated with musicians of the pre-industrial age, struck a chord with workers who had moved to the towns from the countryside, since its idyllic character reminded them of home. In 1953 one of these workers was the self-taught musician Slavko Avsenik. During a night shift at the hosiery factory where he worked, he imagined he could hear the sound of church bells above the din of the machines. This sound merged with the rhythm of the spinning machines to form a new rhythm. The next day he played the tune to his brother Vilko Avsenik, a trained musician, who immediately recognised its potential. The Slavko Avsenik Trio, which had begun performing a year earlier, recorded the instrumental tune Na Golici (Trompetenecho) and the rest is history. This famous polka is said to be the most played instrumental tune in the world, with more than 600 different versions of it recorded to date. The Avseniks opened the majority of their more than 10,000 concert appearances around the world, in a career lasting almost four decades, with this very tune.

Their originality influenced the development of popular folk music throughout the Alpine region. Their popularity and their traditional regional costumes helped raise the international profile of Slovenia and the Julian Alps. Most of their compositions hymn the beauties of Slovenia and the places of home. They were extraordinary ambassadors of their homeland. Slavko Avsenik's grandson Sašo continues to enrich the heritage of his musical forebears with his own ensemble.

The legacy of the original ensemble, which has sold more than 36 million albums, is presented at the Avsenik Museum in Begunje na Gorenjskem through music and videos and other memorabilia including awards from various countries and, taking pride of place, 31 gold discs, two platinum discs and one diamond disc. Every year Begunje hosts a festival of the sounds that the Avseniks continue to inspire today. The music of the famous ensemble is performed by groups from Slovenia and abroad at the biennial Avsenik Festival, while the National Folk Music Weekend draws fans of the genre to the village in alternate years.

SAŠO AVSENIK ENSEMBLE

CONCERTS AND MUSIC FESTIVALS

The oldest musical instrument in the world was found in Slovenia: You will still find a love of music throughout the Julian Alps today. As well as music events dedicated to various popular genres, the region hosts festivals of early music and classical music.

Since 1983 the oldest early music festival in Slovenia has been drawing music lovers to medieval Radovljica each August to hear virtuoso musicians playing period instruments. As well as music from the Middle Ages and various historical periods before the invention of musical notation, the programme of the Radovljica Festival includes music from more recent centuries, theatre and dance performances and workshops with renowned musicians. Events take place in the enchanting settings of a baroque mansion in the heart of Radovljica and St Peter's Church.

The international Bled Festival – founded almost three decades ago – takes over the Festival Hall, St Martin's Church and other venues around Bled each July with a rich programme of music, nostalgia and philosophy. Notable events include innovative approaches to classical music such as screenings of silent films with musical accompaniment. Top musicians from all over the world share their skills at masterclasses and workshops.

Every summer the Bohinj Summer Music Festival offers concerts of classical music in acoustically interesting churches around Bohinj. Performers include some of Slovenia's finest classical ensembles and acclaimed international soloists. These summer concerts are a highlight of the annual programme of select musical events that take place in the Bohinj area.

The Kogoj Days festival brings fans of contemporary classical music to Kanal and other locations in the Soča Valley and neighbouring Italy This festival of contemporary music performed by selected musicians is named after the Expressionist composer Marij Kogoj (1892–1956).

KašArt, a summer arts festival in Žirovnica, combines stories, poetry, popular music and spending time outdoors in four unique open-air venues. Singer-songwriter Aleksander Mežek performs with friends in front of the house where national poet France Prešeren was born. Acclaimed performers create fairy-tale evenings at the birthplace of writer Fran Saleški Finžgar. Concerts of contemporary Slovene music are held in the green valley of the Žirovnica stream.







Cow Ball in Bohinj

WHERE THE WHOLE VILLAGE COMES

The diverse calendar of events in the Julian Alps includes four events that are particularly closely associated with the conservation of the area's natural and cultural heritage. Summer events in Bled draw attention to the history of one of the oldest castles in Slovenia, spring events in Bohinj reveal the unique characteristics of Alpine flora, various events in May proudly celebrate the mountain pastures covered with flowering daffodils above Jesenice, while Krampuses from three countries congregate in Podkoren (Kranjska Gora) on the last Friday in November.

Calendar of events in the Julian Alps
julian-alps.com

Traditional events

Ever since the 1950s, the people of Bohinj have celebrated the end of the Alpine grazing season with an annual event known as the Cow Ball. A rich programme of folklore and good music is accompanied by delicious local cuisine.

The Village Day in Rateče begins with a procession of villagers in traditional costumes. This attractive event dedicated to local customs and traditions also gives visitors the opportunity to learn about farmwork in times past and see how a traditional local form of footwear is made.

St George's Fair, which takes place in Gorje in April, is another event tinged with local culture and traditions. Highlights of this fun day out, with its friendly and sociable atmosphere, include the benediction of the horses and St George's Procession, featuring riders, horse-drawn carriages and national costumes.
At Jesenice's Rainbow of Culture event in June, local and visiting folklore groups present the full spectrum of diverse folk traditions including music, dance, singing, games and costumes. Kranjska Gora's Lavtižar Days feature an interesting programme of cultural events.

A traditional hike along the Žirovnica Cultural Heritage Trail takes place every year on 8 February, Slovenia's national Day of Culture.



Traditional events



MEDIEVAL DAYS AT BLED CASTLE

Be a part of castle life in medieval style in May and June. You will be welcomed by Count Lambergar, the ladies of the castle and a company of nobles and knights. Enjoy dances, demonstrations of sword fighting and the mischief of the court jesters. Stroll through a medieval market and see the stalls of craftsmen and artisans. Discover medieval weapons in Lambergar's camp, watch thrilling duels and learn about the Code of Chivalry that all knights must follow.

A medieval day is also held in Radovljica every August.

A FIERY SPECTACLE IN PODKOREN

At the end of November, around the time that St Nicholas traditionally brings gifts to good children, naughty children are frightened by Krampuses dressed in terrifying masks and costumes and rattling chains. This tradition, which dates back to pre-Christian times, is preserved today by cultural associations in the triple border region of Slovenia, Austria and Italy. The Fire Spectacle in Kranjska Gora is a meeting of Krampuses from all three countries that has grown into a popular international festival.





Alpine Sea Holly *(Eryngium alpinum)*

Bohinj International Wild Flower Festival

The festival is a homage to the wild plants and floral riches of the Julian Alps. It reminds us that the conservation of biodiversity is about passing a priceless treasure on to future generations.

At the end of May each year, we celebrate flowers in various locations with botanical walks, workshops (cookery, photography, painting), theatrical performances, markets, intergenerational encounters and floral cuisine. Experts in various fields come to this unique and beautifully conserved environment to reflect on sustainable practices, connections and the future.



Daffodil Festival in Planina pod Golico

Planina pod Golico (whose name literally translates as "mountain pasture below Golica") is a little mountain village near Jesenice that each May hosts events, hikes and other activities to mark the flowering of the area's famous wild daffodils.

The festive atmosphere and events such as guided tours of the daffodil-covered slopes continue for a whole month.



Poet's daffodil *(Narcissus poeticus* subsp. *radiiflorus)*



ELITE SPORTS EVENTS

Among the biggest and most significant sports events in the region are the festivals of winter sports at Planica, Kranjska Gora and Pokljuka.

With its ski jumps and ski flying hill, Planica is the traditional venue for the final event of the FIS Ski Jumping and Ski Flying World Cup, which takes place each March. Numerous world records have been set here.

The Vitranc Cup has been part of the FIS Alpine Ski World Cup since 1968. Giant slalom races held in Kranjska Gora under the aegis of the World Ski Federation (FIS) are famous for the expertly prepared course, which for several generations has been looked after by dedicated volunteers from the municipality. In recent years the course has also hosted the Golden Fox, an FIS Alpine Ski World Cup competition for women.

The Pokljuka plateau is another important competition venue that has hosted the world's best biathletes and cross-country skiers. In 2025 Pokljuka will host the IBU Biathlon World Cup.



Pokljuka, IBU Biathlon World Cup

Competitive rowing on the lake

Bled, the centre of rowing in Slovenia with a tradition dating back more than a century, has hosted four World Rowing Championships, two European Rowing Championships, two World Cup competitions and the World Rowing Masters Regatta. It is home to numerous successful Slovene rowers who have won medals in the highest categories, including at the Olympic Games.



Bled, European Rowing Championships



Planica is Slovenia's biggest festival of sport, with large crowds noisily cheering on their "eagles". The organisers of other World Cup competitions can only envy Planica its remarkable tradition and excellent organisation, not to mention the more than 40 world records that have been broken here.



The Vitranc Cup is one of the biggest, best-organised and best-attended traditional sporting events in Slovenia and, indeed, central Europe. With a history dating back more than 60 years, it has become a tradition that is held dear by the inhabitants of Kranjska Gora and surrounding villages, whose contribution as volunteers gives the competition a special charm and enthusiasm.



Running in nature

Runners love to come back to the Julian Alps for Slovenia's biggest trail running event: the Julian Alps Trail Run by UTMB. Linking Kranjska Gora, Žirovnica, Radovljica and Bled, the event attracts more than 3,000 runners from more than 70 countries around the world. Mountain courses with easier and technically more demanding sections offer events over distances of 10, 15, 25, 50, 80 and 120 kilometres. With the support of the Julian Alps community, the event adheres to zero waste principles and uses no plastic or plastic tapes. The organisers guarantee that all the trails are restored to their original state once the event is over. A portion of the entry fee goes to local communities and Alpine clubs.

Running events in the Soča Valley include the Soča Outdoor Festival, a proud member of the Europe Trail Cup, and the Blitz Bovec Marathon, a full 42-kilometre race with a full programme of accompanying events. In August Bohinj hosts the legendary Steelman Triathlon, an event that is only for the toughest competitors.

The Podbrdo Trail Running Festival includes a 103-kilometre run with more than 6,500 metres of total climb and an equal amount of descent. There are also shorter options to choose from, such as the 42-kilometre Four Municipalities Mountain Marathon.



Recreational hiking

Julijske Alpe ponujajo številne dogodke za planince in The Julian Alps offer numerous events for mountain hikers and other walkers. In September and October, the best hiking months, you will find a choice of organised hikes, free guided hikes and numerous events at the Soča Valley Hiking Festival.

The Outdoor Festival in Mojstrana is an interesting option in June. As well as hiking, this event includes guided via ferrata climbs, climbing safety courses and various workshops. Mojstrana, Dovje and Vrata host the annual Aljaž Days each August, consisting of mountain hikes and a series of events honouring the memory of the priest, composer and mountaineer Jakob Aljaž (1845–1927), who was responsible for designing various mountain shelters including the famous Aljaž's Tower on Triglav.

Recreational hikers enjoy the traditional hike along the Žirovnica Cultural Heritage Trail. Taking place on 8 February, Slovenia's national cultural holiday, this easy circular route runs past locations associated with various literary figures to the house in Vrba where the poet France Prešeren was born.

You can find more hiking events in the Julian Alps events calendar.

julian-alps.com



The Julian Alps environment also inspires more unconventional cycling challenges, such as the legendary Juriš na Vršič, which is not only a race but also a traditional gathering for friends, families, and couples, along with the Goni Pony race.



Renewal

Could there be a way to recreate every moment and every satisfaction that floats protectively above us?



We throw nothing away in the Julian Alps: not things, not energy, not our own strengths. Every time we set out on a journey, we happily rely on our own willpower and our own muscles. We move under our own steam or replenish our strength by using efficient and well-organised public transport.

We manage traffic holistically and encourage mobility that doesn't involve using a car. We are always happy to encounter responsible visitors exploring the Julian Alps in a sustainable way – not just on hiking and cycle trails but also on trains and buses, shared transfers and electric boats.

Visitors to the land below Triglav – whose northern and southern outlooks, the valleys of the Sava and the Soča, the regions of Gorenjska and Primorska, are connected only by mountain passes – have long embraced the slower, more beautiful, more exciting forms of transport in these parts: they arrive here by train, take a traditional pletna across Lake Bled to the island and ride in a horse-drawn fiacre around the lake, kayak down the rivers, climb on foot to the tops of mountains and cycle through the valleys.

Ever since the private car became many people's preferred mode of travel, we have been offering them reasons to stop and carefully planning places for them to park.



CLIMATE ACTION

The traditional economy is based on making full use of all resources and recycling whatever is left over. These days, despite the introduction of outside elements to the recycling economy, "zero waste" is a natural and necessary approach in every segment of the tourism economy.





The Bohinj Line

One of the most beautiful mountain railways

The Julian Alps have had railway connections to the outside world for more than a century. The Bohinj Line *(Ferrovia Transalpina, Wocheinerbahn)* is part of a 700-kilometre railway line that in the early years of the twentieth century offered a more direct connection between central Europe and the Adriatic Sea.

Special features of the Bohinj Line

- The Bohinj Tunnel is the technically most complex structure on the line and, at the same time, the longest railway tunnel in Slovenia (6,327 m).
- The bridge and viaduct over the Idrijca at Bača pri Modreju is the longest bridging structure on the Bohinj Line (258 m).
- The Solkan Bridge is the world's longest stone arch railway bridge in the world (arch span 85 m).

The most beautiful section of the route from Prague to Trieste ran through the Julian Alps. The 144-kilometre Bohinj Line, built between 1900 and 1906, links Jesenice to Trieste. A line of numerous superlatives, it is a remarkable technical achievement. Travelling on it is an unforgettable experience that offers countless panoramas of the unique natural environment of the Julian Alps. The line connects the Gorenjska side of the Julian Alps with the Primorska side.



One interesting feature of the line is a car shuttle train *(avtovlak)*, which provides a rapid and safe way to get from Bohinjska Bistrica to Podbrdo, Most na Soči and Nova Gorica and back. The train, which runs every day, can carry cars, minibuses, pickups, campers and bikes.

Connected. By the loveliest routes across the lake.



Lucija Rozman,
captain of a boat on Lake Bohinj

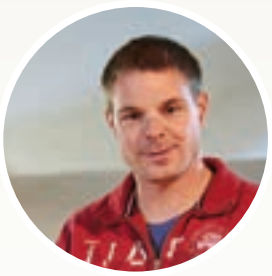
"The best thing about my job is that with these vessels we connect people and events on the eastern and western shores of Lake Bohinj in an environmentally friendly way. As far as I know, we are the only operators in Slovenia to provide water transport services according to a fixed timetable. We are not just a tourist attraction: we make life easier for locals too. The half-hour trip across the lake is also an opportunity for us to meet and catch up."



"We pletna boatmen, preserve the traditions of this unique form of transport. Our boats, designed for passengers, feature pointed bows and a step at the stern for easy boarding. By rowing in a standing position, we provide a pleasant, eco-friendly experience for visitors crossing Lake Bled to the island, protecting the lake's delicate ecosystem. Imagine the damage other forms of transport could cause to this precious jewel."



By oar to the island in Lake Bled



Anže Logar,
pletna boatman in Bled

Julian Alps Card

Free public transport, cheaper parking, discounted admission to attractions and a range of other discounts – the benefits that come with a Julian Alps Card, available for various destinations: Bled, Bohinj, Soča Valley, Kranjska Gora, Radovljica and Jesenice. The specific benefits included vary from destination to destination, but free organised transport options are included everywhere. In addition to transport options that are also used by locals, tourists can use special hop on–hop off buses to reach the area's attractions.



MOBILITY WITH AN EYE FOR NATURE

Visitors to the Julian Alps account for a quarter of all overnight stays by tourists in Slovenia. In order to conserve nature and the quality of life of the local population, we encourage them to travel here using public transport and offer various forms of sustainable mobility in the destination itself, which simultaneously reduce the region's carbon footprint.





Public transport that provides greener mobility for locals is complemented by more than 30 additional public bus routes to meet the needs of visitors in the summer season and winter ski buses. Public transport not only ensures adequate local mobility, it provides good connections between the Primorska and Gorenjska sides of the Julian Alps.

DIGITALISATION OF TIMETABLES

The Julian Alps are the first destination in Slovenia to introduce the comprehensive digitalisation of public transport, using an innovative solution. Timetables for public transport throughout Slovenia have been added to a web application that already includes all additional organised transport around the destination.

Timetables for public transport in the Julian Alps
julian-alps.com

INTO THE MOUNTAINS BY PUBLIC TRANSPORT

When planning to explore the Julian Alps on foot or by bike, you can opt for a non-motorised approach even before you reach your starting point.

Plan your route using the Alpine Association of Slovenia's *maPZS* information system and the mobile app *V hribe z javnim prevozom* (Into the mountains by public transport). As well as itineraries and information on routes, the app shows the public transport stops at the start and finish, with links to a timetable finder.

Another way to explore the Julian Alps is to hire an eBike – available at numerous points throughout the area.

PARK AND EXPLORE

- You are visiting a sensitive and vulnerable natural environment, so you can understand that parking is only permitted in designated parking areas.
- Many of the area's sights and attractions are not accessible by car. You can visit them using public transport. Don't worry: car parks are in carefully chosen locations served by public transport.
- Charging stations for electrical vehicles are widely available.





RESPONSIBLE CAMPERS

- The Julian Alps attract camper and motorhome enthusiasts from all over the world.
- When exploring the region, remember that parking and overnight stays are only permitted in campsites and designated parking areas equipped with electricity hook-ups, drinking water access and a sewage disposal station.
- You should also remember that forest roads in the area are not suitable for campers and that driving on these roads is therefore prohibited.

Holistically.
For quality of life.



Miro Kristan,
Soča Valley Development Centre

"The Julian Alps region needs integrated transport planning based on sustainable mobility principles. Traffic calming and removing vehicles from the roads is no longer just a matter of building car parks, it also involves raising awareness, enhancing the public transport system and, above all, understanding the genuine experiencing of nature.

The key principle when it comes to planning is the quality of life of local people, be it transport to and from school, working from home, or bus stops in the vicinity."

HOW TO GET TO THE JULIAN ALPS?

The Julian Alps lie at the heart of Europe, in north-western Slovenia and on the border where Slovenia, Austria and Italy meet.

Air, rail, bus and road connections mean that the destination is easily accessible.

AIRPORTS

Slovenia

Ljubljana Airport (LJU)

Slovenia's main airport, with connections to more than 20 European cities.

Bus connections to numerous smaller towns and villages are available from the airport. Other options include shuttle transfers, taxis and car hire.

You can also reach Slovenia and the Julian Alps from various parts of Europe and the world from the following airports.

Italy

Trieste Airport (TRS)
Venice Marco Polo Airport (VCE)
Venice Treviso Airport (TSF)

Avstria

Klagenfurt Airport (KLU)
Graz Airport (GRZ)

Croatia

Zagreb Airport (ZAG)

julian-alps.com
NEWS AND INFORMATION FOR TRAVELLERS

TRAIN

Trains run to Slovenia from all neighbouring countries and numerous other European countries. Interchanges between the services of Slovenia's national rail operator and those of other European rail operators take place in the following cities:

- **Villach**
- **Graz**
- **Zagreb**
- **Trieste**

Services to stations in the Julian Alps are available from these stations:

- **Line: Jesenice–Nova Gorica:**
  Jesenice, Bled-jezero, Bohinjska Bistrica, Most na Soči
- **Line: Jesenice–Ljubljana**
  Jesenice, Žirovnica, Lesce-Bled, Radovljica

BUS

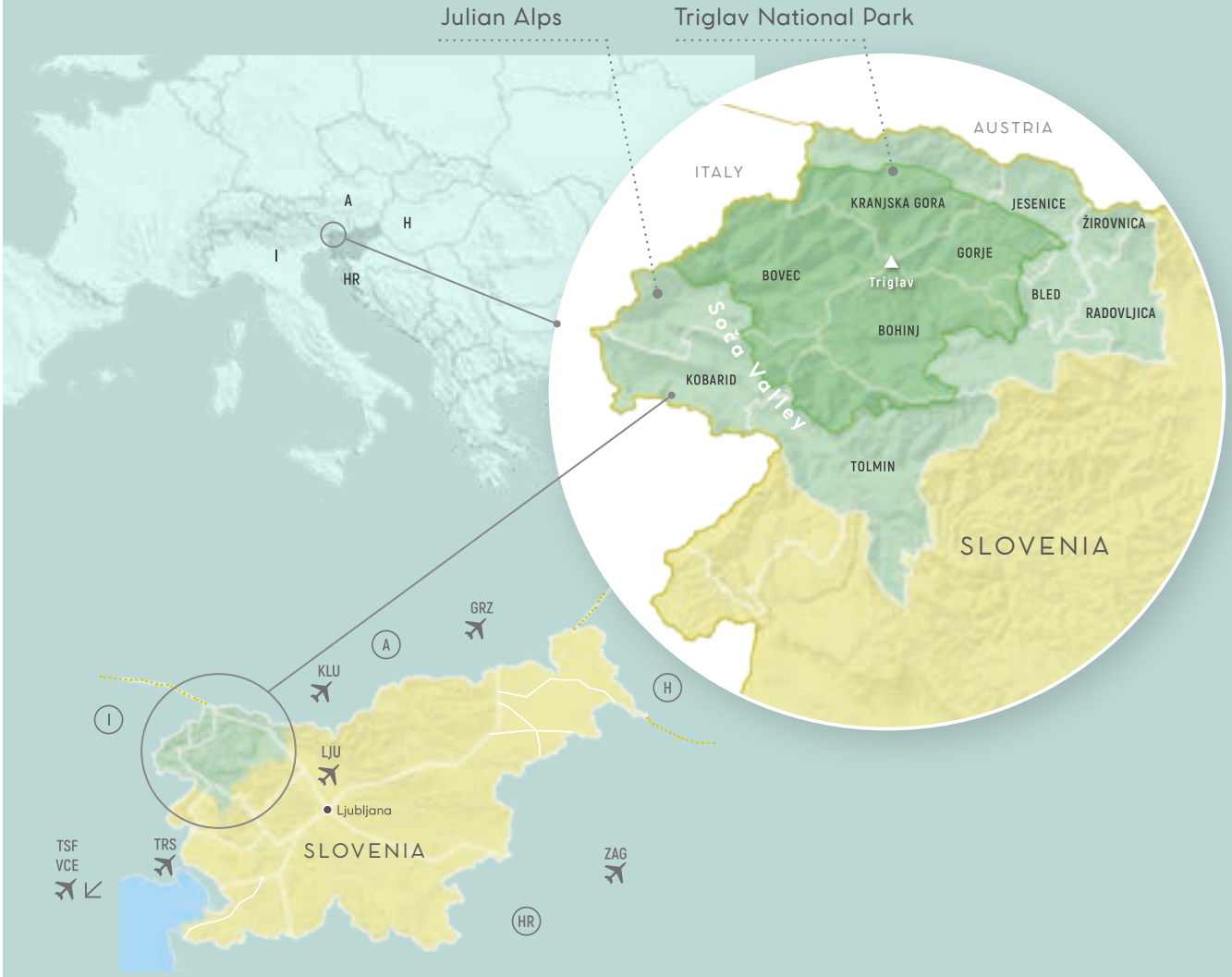
Direct international bus services connect Slovenia to the whole of Europe.

CAR OR CAMPER

- Slovenia has good connections to the rest of the European motorway network. To use the motorways, you will need an e-vignette (digital toll sticker) to cover the length of your stay. This can be acquired online before arrival.
- Always respect the speed limit. Dipped headlights must be switched on when driving even during the day and you must have all required equipment aboard your vehicle. Winter tyres and winter equipment are obligatory between 15 November and 15 March.
- Petrol stations and charging stations for electric vehicles are conveniently located throughout the country.

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The Julian Alps are one of the leading tourist regions in Slovenia, which is one of the most sustainable tourist destinations in the world. Slovenia is ranked among the five safest countries in the world and was among the first destinations to receive the Safe Travels stamp from the World Travel and Tourism Council.



AVERAGE TEMPERATURES

	JULY	JANUARY
RATEČE	18 °C	-2 °C
TOLMIN	25 °C	1,5 °C




Arnoldstein
Podklošter
Finkenstein
Bekštajn
Tarvisio
Trbiž
KANALSKA DOLINA
VAL CANALE
Due Pizzi
Monte Santo di Lussari
Višarje
Rateče
Kranjska Gora
Gozd - Martuljek
Mojstrana
Dovje
Jôf di Montásio
Montaž
Cave
del Predil
Rabelj
Predel
Predil
Jalovec
Prisojnik
Razor
Vršič
Špik
Škrlatica
Jerebikovec
KORITNICA
T. Raccolano
M. Sart
Sella Nevea
M. Canin
Rombon
Visoki Kanin
Bovec
Bavški Grintavec
Triglav
2864
Rjavina
Debela peč
RUDNO POLJE
Žaga
Javoršček
POLOVNIK
Krasji vrh
Stol
BREGINJSKI KOT
Kobarid
Krn
Stara Fužina
Bohinjska
Bistrica
Vogel
Rodica
Črna prst
Podbrdo
Matajur
Tolmin
SOČA
Faédis
Fojda
Campeglio
Čampej
San Pietro al Natisone
Špeter Slovenov
Volče
Most na Soči
SENTVIŠKA PLANOTA
Cerkno
Mojmacco
Mojmag
Cividale
del Friuli
Čedad
Kanal
Deskle
Premariacco
Premarjag
Manzano
Dobrovo
Šmartno
Grgar
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S. Giovanni
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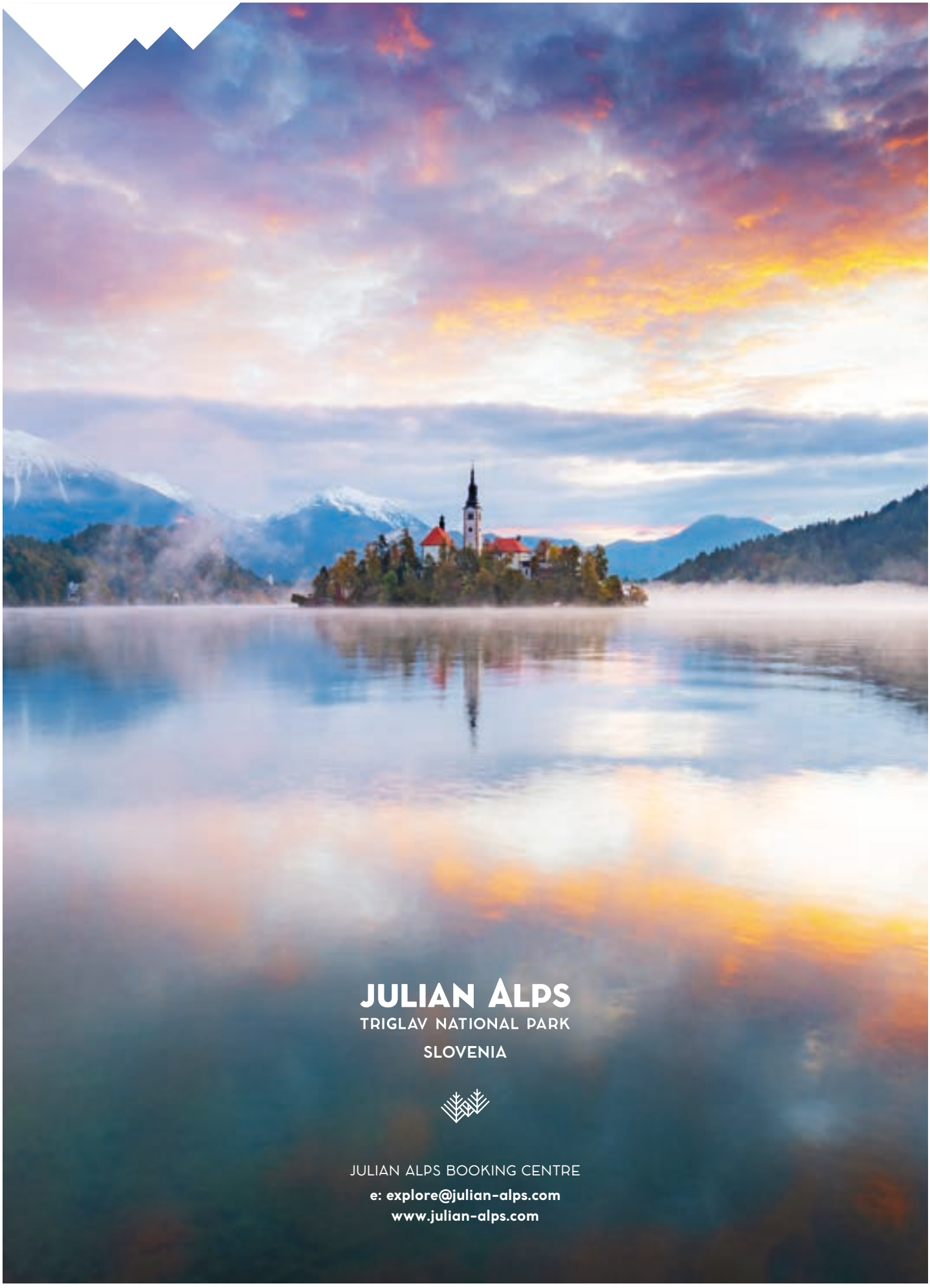


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