



2023

Za naravo in ljudi For nature and people
Triglavski narodni park Triglav National Park





Na Veliki Mojstrovki, v ozadju Jalovec
Slap Peričnik

On the top of Velika Mojstrovka,
with Jalovec in the background
The Peričnik Fall

JANUAR

Triglavski narodni park

JANUARY

Triglav National Park

2023

	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
52							1
01	2	3	4	5	6	7^o	8
02	9	10	11	12	13	14	15^d
03	16	17	18	19	20	21[•]	22
04	23 30	24 31	25	26	27	28^D	29

December • December

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5	6	7	8	9	10	11
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Februar • February

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Triglavski narodni park je edini narodni park v Sloveniji in eden od skupno 13 narodnih parkov v Alpah. Obsega skoraj celotne vzhodne Julijske Alpe in približno štiri odstotke ozemlja Slovenije.

Triglav National Park is the only national park in Slovenia and is one of 13 national parks in the Alps. It covers almost the entire eastern Julian Alps and approximately four percent of Slovenia's territory.



Planina Javornik na Pokljuki
Komna

The Javornik pasture on the Pokljuka plateau
Komna

FEBRUAR

Triglavski narodni park

FEBRUARY

Triglav National Park

2023

	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
05			1	2	3	4	5 ^o
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07	13 ^d	14	15	16	17	18	19
08	20 ^o	21	22	23	24	25	26
09	27 ^d	28					

Januar • January

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Marec • March

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Na svetu je danes več kot 1000 narodnih parkov v več kot 100 državah. Poleg varstva narave in ponekod tudi ohranjanja kulturne dediščine ostaja osnovni namen narodnih parkov obiskovanje in doživljanje narave.

Today there are more than 1000 national parks in over 100 countries around the globe. Apart from nature protection and, in some parks, conservation of cultural heritage, visitation and experience remain their primary objectives.



Triglav
Ruševca (*Lyrurus tetrix*)

Triglav
Two Black Grouse (*Lyrurus tetrix*)

MAREC

Triglavski narodni park

MARCH

Triglav National Park

2023



	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
09			1	2	3	4	5
10	6	7 ^o	8	9	10	11	12
11	13	14	15 ^d	16	17	18	19
12	20	21 [•]	22	23	24	25	26
13	27	28	29 ^D	30	31		

Februar • February

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

April • April

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V Alpah je 13 narodnih parkov, po eden v Sloveniji, Švici (Swiss Park) in Nemčiji (Berchtesgaden), po trije v Avstriji (Hohe Tauern, Kalkalpen in Gesäuse) in Franciji (Ecrins, Vanoise in Mercantour) ter štiri v Italiji (Gran Paradiso, Stelvio, Val Grande in Dolomiti Bellunesi).

In the Alps, there are 13 national parks: one in Slovenia, Switzerland (Swiss Park) and Germany (Berchtesgaden), three in Austria (the Hohe Tauern, Kalkalpen and Gesäuse) and France (Ecrins, Vanoise and Mercantour), and four in Italy (Gran Paradiso, Stelvio, Val Grande and Dolomiti Bellunesi).



Korita Možnice
Narcise (*Narcissus poeticus* subsp. *Radiflorus*)

The Možnica Gorge
Poet's Daffodils (*Narcissus poeticus* subsp. *radiflorus*)

APRIL

Triglavski narodni park

APRIL

Triglav National Park

2023

	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
13						1	2
14	3	4	5	6^o	7	8	9
15	10	11	12	13^d	14	15	16
16	17	18	19	20^o	21	22	23
17	24	25	26	27^d	28	29	30

Marec • March

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13	14	15	16	17	18
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Maj • May

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29	30	31					

Najstarejši narodni park v Alpah je Švicarski narodni park, ki je bil ustanovljen leta 1914. Sledita mu Gran Paradiso in Vanoise iz leta 1922. Predhodnik današnjega Triglavskega narodnega parka je nastal leta 1924 v Dolini Triglavskih jezer.

The oldest national park in the Alps is the Swiss Park, dating back to 1914; it is followed by Gran Paradiso and Vanoise, both proclaimed in 1922. The predecessor of Triglav National Park was founded in the Triglav Lakes Valley in 1924.





Martuljkova skupina
Lepi čeveljc (*Cypripedium calceolus*)

The Martuljek Group
The Lady's Slipper (*Cypripedium calceolus*)

MAJ

Triglavski narodni park

MAY

Triglav National Park

2023



	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
18	1	2	3	4	5^o	6	7
19	8	9	10	11	12^d	13	14
20	15	16	17	18	19^o	20	21
21	22	23	24	25	26	27^D	28
22	29	30	31				

April • April

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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

Junij • June

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Poleg 13 narodnih parkov je v Alpah preko 400 drugih zavarovanih območij narave (87 naravnih parkov, 288 naravnih rezervatov, 4 UNESCO območja, 13 biosfernih rezervatov, itd.). Vsa zavarovana območja skupaj pokrivajo okrog 23 odstotkov celotnega območja Alp.

In addition to 13 national parks, the Alps are home to over 400 other protected areas of nature (87 nature parks, 288 nature reserves, 4 UNESCO sites, 13 biosphere reserves, etc.). The protected areas cover around 23% of the total area of the Alps.



Travniki v Ukancu
Njivsko grabljišče (*Knautia arvensis*)

Meadows in Ukanc
The Field Scabious (*Knautia arvensis*)

JUNIJ

Triglavski narodni park

JUNE

Triglav National Park

2023

	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
22				1	2	3	4 ^o
23	5	6	7	8	9	10 ^d	11
24	12	13	14	15	16	17	18 ^o
25	19	20	21	22	23	24	25
26	26 ^d	27	28	29	30		

Maj • May

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Julij • July

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Za vse narodne parke v Alpah velja, da omogočajo prost vstop vsem obiskovalcem pod enakimi pogoji. Vstopnine so vezane le na posamezna, z infrastrukturo urejena območja narave znotraj parkov.

All national parks in the Alps are open and free of charge for everyone under the same conditions. Admission is only charged for certain park areas with complex infrastructure.



Pogled z Visoke Vrbanove špice na Stenar, Bovški Gamsovec, Razor
Alpski kozorog (*Capra ibex*)

Stenar, Bovški Gamsovec and Razor as seen
from Visoka Vrbanova špica
The Alpine Ibex (*Capra ibex*)

JULIJ

JULY

2023

Triglavski narodni park

Triglav National Park



	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
26						1	2
27	3^o	4	5	6	7	8	9
28	10^d	11	12	13	14	15	16
29	17[•]	18	19	20	21	22	23
30	24 31	25	26^d	27	28	29	30

Junij • June

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19	20	21	22	23	24	25
26	27	28	29	30		

Avgust • August

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14	15	16	17	18	19	20			
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Najstrožji varstveni režim ima Švicarski narodni park, v katerem razen hoje po označenih poteh ni dovoljena skoraj nobena druga aktivnost. Park je pozimi zaprt za javnost.

The strictest protection regime in place is that in the Swiss National Park, where practically no activities other than walking on marked trails are permitted. In winter, the park is closed for visitors.



Rjavo jezero v Dolini Triglavskih jezer
Planika (*Leontopodium alpinum*)

The Rjavo jezero lake (Brown lake)
in the Triglav Lakes Valley
The Edelweiss (*Leontopodium alpinum*)

AVGUST

Triglavski narodni park

AUGUST

Triglav National Park

2023



	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
31		1 ^o	2	3	4	5	6
32	7	8 ^d	9	10	11	12	13
33	14	15	16 [•]	17	18	19	20
34	21	22	23	24 ^D	25	26	27
35	28	29	30	31 ^o			

Julij • July

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24	25	26	27	28	29	30
31						

September • September

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V narodnih parkih v Avstriji in Nemčiji zaradi pretežno nekonfliktne situacije tamkajšnja nadzorna služba deluje prvenstveno kot vodniška služba in nima prekrškovnih pristojnosti. V drugih alpskih narodnih parkih so nadzorniki tudi prekrškovni organ.

As opposed to other national parks in the Alps, the supervisory service in Austrian and German parks acts primarily as a guide service, thus having no offense-finding powers due to a problem-free environment. In other national parks in the Alps, the park ranger service is also a minor offence authority.



Planina Dedno polje
Alpski svizec (*Marmota marmota*)

The Dedno polje pasture
The Alpine Marmot (*Marmota marmota*)

SEPTEMBER SEPTEMBER 2023

Triglavski narodni park

Triglav National Park



	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
35					1	2	3
36	4	5	6	7 ^o	8	9	10
37	11	12	13	14	15 [•]	16	17
38	18	19	20	21	22 ^D	23	24
39	25	26	27	28	29 ^o	30	

Avgust • August

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Oktober • October

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30	31					

Večina parkov v Alpah (z izjemo francoskih) znotraj meja parka nima naselij in večjih infrastrukturnih objektov. V Triglavskem narodnem parku je kar 37 naselij s približno 2400 prebivalci, znotraj meja parka pa so tudi smučišča in športni centri.

In most parks in the Alps (excluding those in France), there are no settlements or complex infrastructure inside their borders. In Triglav National Park, there are 37 settlements with approximately 2400 inhabitants, as well as ski resorts and sports centres.



Šesto jezero v Dolini Triglavskih jezer
Slap Peričnik – zgornji slap

The Sixth Triglav Lake in the Triglav Lakes Valley
The Upper Peričnik Fall

OKTOBER

Triglavski narodni park

OCTOBER

Triglav National Park

2023



	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
39							1
40	2	3	4	5	6^d	7	8
41	9	10	11	12	13	14^o	15
42	16	17	18	19	20	21	22^d
43	23 30	24 31	25	26	27	28^o	29

September • September

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November • November

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Narodni parki se praviloma delijo na osrednje in robno območje, pri čemer naj bi osrednje območje po kriterijih Svetovne zveze za varstvo narave obsegalo vsaj 75 odstotkov območja parka. Osrednja območja so namenjena izključno varstvu narave.

National parks are generally divided internally into a core and a peripheral zone, with the former expected to cover at least 75% of the park's territory according to the World Conservation Union's criteria. Core areas are dedicated exclusively to nature conservation.



Triglav
Alpski kozorog (*Capra ibex*)

Triglav
The Alpine Ibex (*Capra ibex*)

NOVEMBER NOVEMBER 2023

Triglavski narodni park

Triglav National Park



	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
44			1	2	3	4	5^d
45	6	7	8	9	10	11	12
46	13 ^o	14	15	16	17	18	19
47	20 ^d	21	22	23	24	25	26
48	27 ^o	28	29	30			

Oktober • October

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2	3	4	5	6	7	8	
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16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

December • December

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Narodni parki imajo v sistemu varstva narave pomembno vlogo, saj zaradi zavarovanja širših delov narave omogočajo nemoten razvoj naravnih procesov v večjem obsegu.

National parks play an important role in the nature conservation system by protecting large parts of nature and thus allowing undisturbed development of natural processes on a larger scale.



Planina Zajamniki
Zima nad Pokljuko

The Zajamniki pasture
Winter above the Pokljuka plateau

DECEMBER DECEMBER 2023

Triglavski narodni park Triglav National Park



	Pon Mon	Tor Tue	Sre Wed	Čet Thu	Pet Fri	Sob Sat	Ned Sun
48					1	2	3
49	4	5 ^d	6	7	8	9	10
50	11	12	13 ^o	14	15	16	17
51	18	19 ^d	20	21	22	23	24
52	25	26	27 ^o	28	29	30	31

November • November

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13	14	15	16	17	18 19
20	21	22	23	24	25 26
27	28	29	30		

Januar • January

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Za prvo zavarovano območje narave v obliki narodnega parka uradno velja Yellowstone v ZDA, ki je bil zavarovan leta 1872. Že leta 1783 je bilo sicer za prvo zavarovano območje narave na svetu razglašeno območje gorovja Bogd Khan Uul v Mongoliji.

In 1882, Yellowstone in the USA was officially recognized as the first protected nature area in the form of a national park. However, the world's first protected nature area, the Bogd Khan Uul Mountains in Mongolia, was declared as early as 1783.

Triglavski narodni park

Triglavski narodni park (TNP) je na začetku dvajsetega stoletja, sprva kot ideja, nato kot institucija za varstvo narave, vstopil v pestro zgodovino Vzhodnih Julijskih Alp. Spada med najstarejše parke v Alpah in je eden največjih naravnih zakladov Slovenije. Letnice, ki so zaznamovale TNP: prvi predlog za zavarovanje v letu 1906, »Alpski varstveni park« v dolini Triglavskih jezer leta 1924 (1600 ha), odlok o razglasitvi Doline Triglavskih jezer za »Triglavski narodni park« leta 1961 (2000 ha) in Zakon o Triglavskem narodnem parku (83.807 ha) v letu 1981.

Leži v Julijskih Alpah blizu tromeje med Avstrijo, Italijo in Slovenijo. Najvišja točka je vrh Triglava (2864 m), po katerem je park dobil ime, najnižja pa je v Tolminskih koritih (180 m).

Pokrajinske značilnosti so ledeniške alpske doline, gorske planote in visokogorje nad zgornjo gozdno mejo. Posebnosti TNP so kristalno čiste vode, globoke soteske, ostanki pragozdov, izjemno bogata biotska pestrost, eldorado planinskega cvetja, med njimi nekaj endemitov (zoisova zvončica, julijski mak, srebrna krvomočnica). Značilne živali v parku so gams, kozorog, jelen, medved, ris, orel in številne druge vrste ptic, plazilci in endemična postrv. Skratka, več kot 5500 različnih živih bitij je našlo svoj prostor na območju TNP.

V tem prostoru sta kmetijstvo in varstvo narave zaveznika, ki ohranjata življenjski prostor rastlin in živali ter tako tudi naravne vire za življenje človeka samega. Obdelana polja, njive, travniki, senožeti in pašniki, dolinska naselja in pašne planine, značilne hiše in številni majhni seniki, hlevi in stanovi ustvarjajo kulturno krajino. Kulturna dediščina je prepoznavna po svoji raznolikosti, saj je mogoče preprosto prepoznati in razlikovati tipično bohinjko hišo od tiste v Zgornjesavski dolini in Posočju.

Vaša pot v Triglavskem narodnem parku naj bo pot, ki se je boste z veseljem spominjali. Naj bo razlog, da se boste v TNP vedno znova vračali in domov odhajali z novo zgodbo. Le-ta naj bo enkratna in neponovljiva.

Vaše vozilo pustite na označenih parkiriščih. Na območju parka jih je dovolj.

Priporočamo, da hodite po označenih poteh. Ne povzročajte hrupa. Živali vam bodo hvaležne.

Spoštujte življenjski prostor rastlin in živali. Občudujte jih tako, da s svojo prisotnostjo ne boste motili njihovih zgodb, ki so prav tako edinstvene kot vaša.

Jasne noči, posute z zvezdami, doživljajte na klopeh planinskih koč, zavetišč in bivakov. Kampiranje in bivakiranje izven za to določenih mest ni dovoljeno.

Bodimo nemoteči obiskovalci, ki v prostor ničesar ne prinašamo in iz njega ničesar ne odnašamo. Ničesar, kar ni shranjeno v nas samih ali na spominski kartici.

O fotografu

Miro Podgoršek je Jeseničan, ki ves svoj prosti čas nameni potovanjem in gorskim aktivnostim, vedno s fotoaparatom v roki. Živi na robu Triglavskega narodnega parka, ga redno obiskuje in fotografsko dokumentira. Prav posebej obožuje zimo in turno smučanje. Ima izreden čut za lepo svetlobo, rad pa fotografira tudi cvetje in gorske živali. Je velik zagovornik spoštljivega obiskovanja gora in redno opozarja na probleme, ki jih ljudje ustvarjamo v tem občutljivem okolju. Svoje fotografije in zapise redno objavlja na spletni strani.

Web: <https://www.mphoto.si/>

Ig: <https://www.instagram.com/miropodgorsek/>

Fb: <https://www.facebook.com/miro.podgorsek>

Triglav National Park

First as an idea and then as a nature conservation institution, Triglav National Park (TNP) entered the history of the Eastern Julian Alps at the beginning of the 20th century. It is among the earliest parks to have been established in the Alps and one of the greatest natural treasures of Slovenia. The highlights of its history include the following: in 1906, the first protection proposal was launched; in 1924 an »Alpine Protection Park« (1,600 ha) was established in the Triglav Lakes Valley; 1961 marks the decree promulgating Triglav Lakes Valley as the Triglav National Park (2,000 ha) and in 1981 the Triglav National Park Act (83,807 ha) was passed.

TNP's most prominent landscape features include glacier-shaped valleys, mountain plateaus and high-altitude mountains above the tree line. The park prides itself on pure waters, deep-cut gorges, remains of virgin forests, richness of biodiversity, and an eldorado of mountain flowers including a number of endemic plants such as Zois' Bellflower (*Campanula zoysii*), Julian Poppy (*Papaver alpinum* subsp. *ernesti-mayeri*) and Silver-leaved Cranesbill (*Geranium argentum*). Typical park animals are the chamois, ibex, red deer, brown bear, lynx, eagle, numerous bird and reptile species, and the endemic marble trout. In short, TNP is home to over 5,500 plant and animal species.

In this area agriculture and nature conservation walk hand in hand, preserving the habitat for plant and animal species and natural resources needed for the survival of man. Cultivated fields, meadows, hay meadows and pasturelands, valley settlements and alps, typical houses and abundant small hayracks, sheds and homesteads make up the cultural landscape of Triglav National Park, the most striking feature of which is its diversity as the typical Bohinj house can be easily recognized and contrasted against a house in the Upper Sava Valley (Zgornjesavska dolina) or the Soča Valley.

We hope that the paths you take in Triglav National Park will leave you with lasting memories and encourage you to come back again, for another story, just as exciting and unique as this one.

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

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

Respect the habitats of plants and animals. Admire them, but make sure your presence does not disturb their lives, as unique and magical as yours.

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

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

About photographer

Miro Podgoršek from Jesenice devotes all his free time to traveling and mountain activities, always with a camera in hand. He lives on the edge of Triglav National Park, visits it regularly, and documents it through photos. He particularly enjoys winter and ski touring. He has an extraordinary eye for beautiful light and is an avid photographer of flowers and mountain animals. He is a strong advocate of respectful mountain visitation and regularly draws attention to the problems we humans create in this fragile environment. He often posts his photos and writings on his website.

Web: <https://www.mphoto.si/>

Ig: <https://www.instagram.com/miropodgorsek/>

Fb: <https://www.facebook.com/miro.podgorsek>

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