



JULIAN ALPS TRANSBOUNDARY BIOSPHERE RESERVE SLOVENIA – ITALY

VISITOR GUIDE

JULIAN ALPS TRANSBOUNDARY BIOSPHERE RESERVE • CULTURE • TYPICAL PRODUCTS • MAP • JULIAN ALPS TRAILS SLOVENIA • JULIAN ALPS TRAILS ITALY • TRANSBOUNDARY HIKING AND BIKING TRAILS • ENTERING A MYSTERIOUS WORLD OF THE JULIAN ALPS



“It’s the view, the fascinating view towards midday. Sun, light, brilliance! Kanin/Canin has an advantage over all the other peaks of the Julian Alps, that is, the unobstructed view of the sea: towards the white-rocky coasts of Istria and the Isonzo delta, towards the lagoons of Grado gleaming in the sun and, when there is the help of a crystal-clear day and perhaps also a little imagination, towards a fabulous point down there in the glitter of the horizon, where one thinks one can recognize the queen of the sea.”

DR. JULIUS KUGY (1858 – 1944)
From the Life of a Mountaineer



In the heart of Europe, in the Julian Alps and Prealps, lies an unspoiled area of high mountains and green valleys, thick forests and flowering meadows, crystal-clear waters and friendly villages, called the Julian Alps Transboundary Biosphere Reserve. A territory rich in nature and culture, history and traditions. An area of nature shaped during the centuries by people living here, in harmony with the environment.

Here, you can quietly admire ancient fossils while chamois, ibex and eagles are looking at you; astounded, you will see a rare flower when you casually sit down in front of a mountain hut enjoying a glass of milk or tasting a piece of local cheese. But not only nature is special here. People and history have left indelible marks that characterize the entire area. You can find them in traditional buildings and museums, in music and dances, in the testimonies of religiosity and work but also of past wars. You just need to know where to search for them, and then stop and look. All you need is to open your eyes and your heart.

The Julian Alps Transboundary Biosphere Reserve is special and unique. To really show how special it is, it requires a respectful, gentle visitor who leaves a minimal footprint.



Julian Alps Transboundary Biosphere Reserve



It is a great honour to greet you as Ambassador of the Julian Alps Biosphere Reserve. Upon appointment, I was first filled with a sense of unease. I remember once writing in one of my journals that unease could be positive and should not be avoided at all cost, lest we risk losing our creative drive.

I'm a nature lover, a conservationist, and an academically-trained painter. Nature is a continued inspiration for my art. The beauty of nature knows no bounds. As a Deputy of the National Assembly of the Republic of Slovenia, I advocate for the adoption of laws that protect national interests and promote international cooperation in the areas of economy, politics, sustainability and culture, including the protection of natural and cultural heritage. I strongly believe in raising public awareness of the importance of environmental protection and sustainable development for preserving biodiversity. We all aspire to live in a green, healthy, economically stable and culturally rich country – in a country that is a good place to raise a family, work, be paid fairly for work done, and enjoy a fulfilling old age.

However, nothing is for granted. Every step toward change requires an effort, and I believe that together we can push boundaries. I wish us all the best of luck.

MAG. ALMA INTIHAR
Transboundary Biosphere Reserve Julian Alps Ambassador

Being named ambassador of the Julian Alps Transboundary Biosphere Reserve is an honour and a pleasure for me. The recognition testifies to the positive conclusion of a path that began about 15 years ago in a meeting held in Bled between the board of the Prealpi Giulie Nature Park and the staff of Triglav National Park. There, the characteristics and meaning of the Slovenian MAB Reserve of the Julian Alps were illustrated to us. We became aware that the boundary of the reserve coincides with the border that used to divide nations, but fortunately did not divide people.

Following this meeting, we also understood the potential of establishing a Biosphere Reserve in our territory. We worked hard in this direction and finally in 2019, UNESCO formalized the recognition of the territory of the Italian Julian Alps as a Reserve. It planted a seed that eventually grew into the Transboundary Biosphere Reserve that today we are happy to celebrate and share with Slovenian colleagues and stakeholders.

A Reserve that unites the two peoples who love, live and thrive in the Julian Alps.

ANDREA BELTRAME
Transboundary Biosphere Reserve Julian Alps Ambassador

The new Julian Alps Transboundary Biosphere Reserve was proclaimed in July 2024. The award of the Julian Alps as Transboundary Biosphere Reserve, therefore, reaffirms the common desire of strengthening the long-lasting cooperation between the two areas and moving beyond the national borders. This new recognition will facilitate the pursuit of the objectives of nature conservation and culture heritage, sustainable development and education required by the MAB Programme.

The Julian Alps Transboundary Biosphere Reserve involves 2 countries, Italy and Slovenia, and it is the result of merging the existing National Julian Alps UNESCO Biosphere Reserves (BRs):

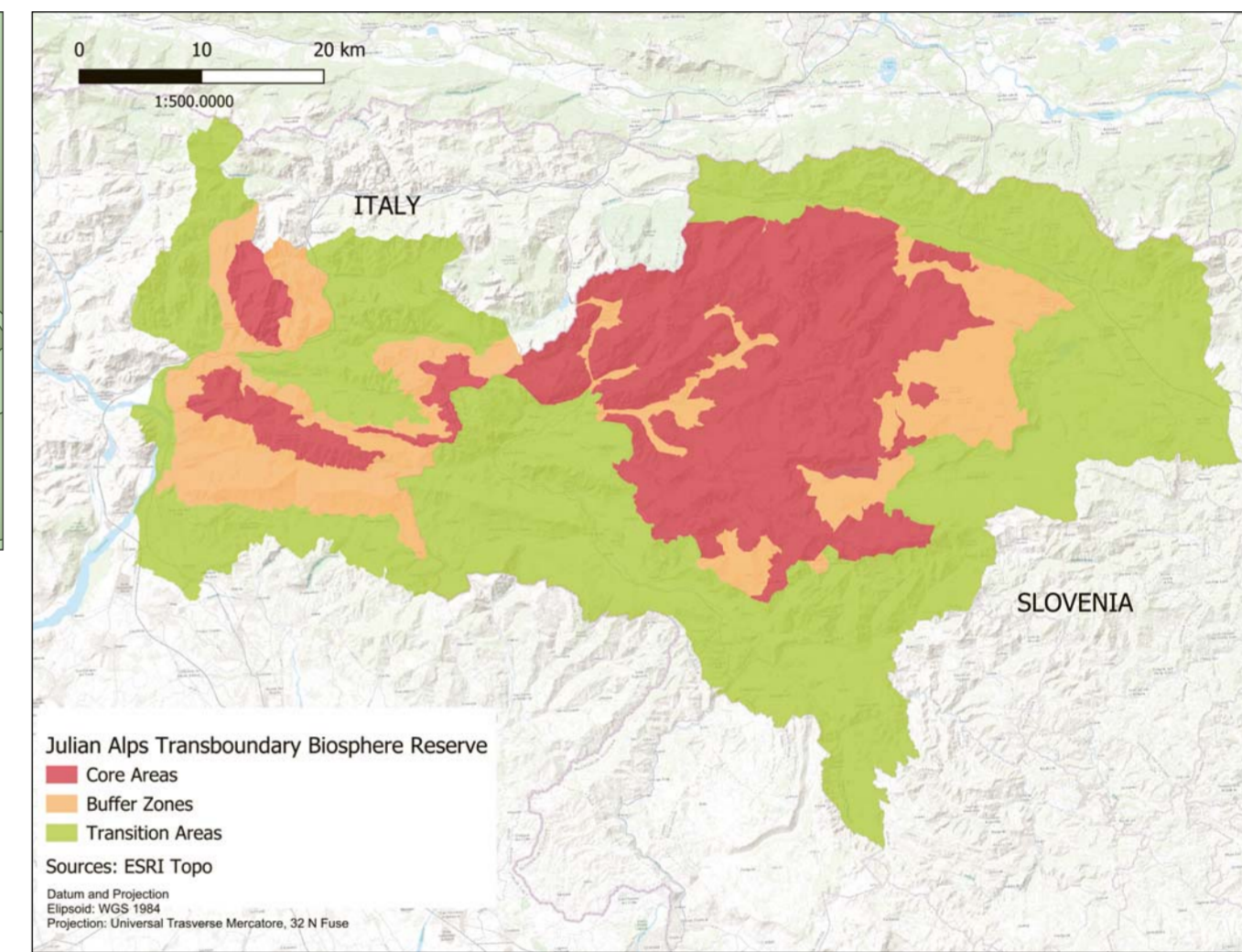
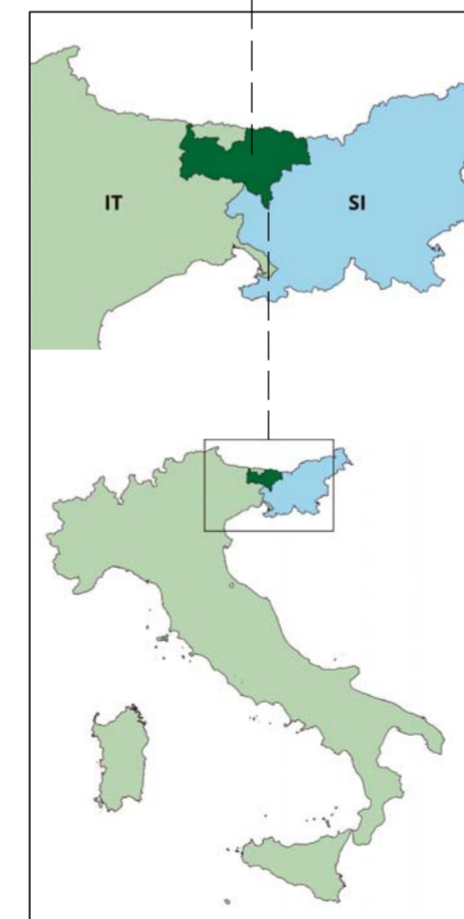
- Slovenia: Slovenian Julian Alps Biosphere Reserve (2003)
- Italy: Italian Julian Alps Biosphere Reserve (2019).

In reaching its decision, the UNESCO Man and the Biosphere (MAB) Programme Advisory Board underlined the natural and cultural characteristics of the transboundary biosphere reserve and the excellent work done to engage various stake-

holders on both sides of the border into cooperating and supporting the candidacy. The new designation is a motivation for the authorities of both countries or regions to continue their joint actions for the future extension of the transboundary biosphere reserve to include the Dobratsch Nature Park in Austria. The actions based in the current trilateral projects between Italy, Slovenia and Austria on ecological connectivity and a common strategy for sustainable tourism will lead to a creation of an extended transboundary biosphere reserve. •

FACT FILE	
NAME	Julian Alps Transboundary Biosphere Reserve (Slovenia-Italy)
COUNTRIES AND INDIVIDUAL BIOSPHERE RESERVES	SLOVENIA: Slovenian Julian Alps Biosphere Reserve (2003) ITALY: Italian Julian Alps Biosphere Reserve (2019)
SURFACE	Core area(s): 73,526.92 ha Buffer zone(s): 43,752.48 ha Transition area(s): 149,727.14 ha Total Area: 267,006.54 ha
HUMAN POPULATION OF THE TRANSBOUNDARY BIOSPHERE RESERVE	Core Area: 37 Buffer Zone: 2,403 Transition Area: 106,620 Together: 109,060 inhabitants
ADMINISTRATIVE AUTHORITIES	

PLAN YOUR ACTIVITY CAREFULLY.
GATHER THE INFORMATION YOU NEED TO ENJOY YOUR ACTIVITY AND THE PLACE. YOU WILL APPRECIATE IT BETTER.



THE VISION

The unified vision for the Julian Alps territory as a whole specifically focuses on respecting **cross-border ecological connectivity** to preserve species and habitats; enhancing the Julian Alps **shared history** and traditions; promoting **sustainable development** through cooperation and exchanges (expertise and good practices) and, finally, becoming an **international example of cooperation**.



Biosphere Reserve



Culture

"It is most important to foster the awareness that there is only one nature. Nature attracts visitors, and with proper guidance and incentives, nature is the source of survival for local residents. To keep both in balance, it is crucial that we respect, preserve and responsibly experience nature."

DR. TIT POTOČNIK

Triglav National Park Public Institute Director

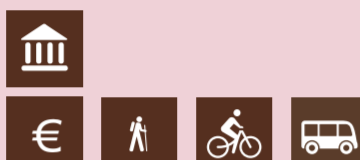
FROM NOVA GORICA / GORIZIA - EUROPEAN CAPITAL OF CULTURE 2025 -
TO JULIAN ALPS TRANSBOUNDARY BIOSPHERE RESERVE



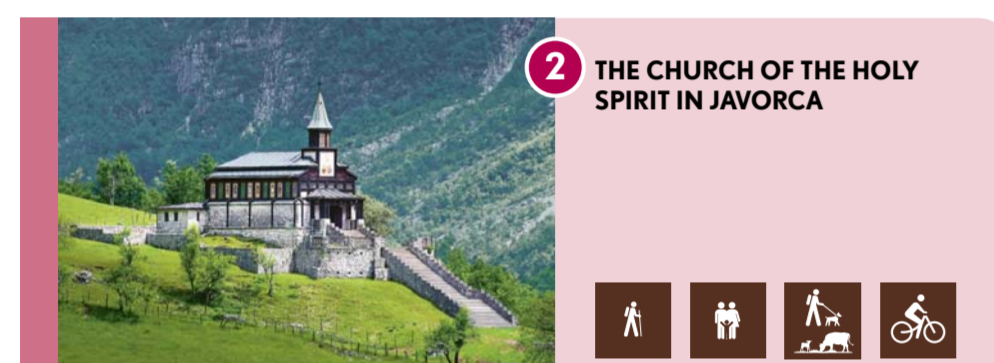
MORE
INFORMATION



1 THE SLOVENIAN ALPINE MUSEUM IN MOJSTRANA



7 VENZONE



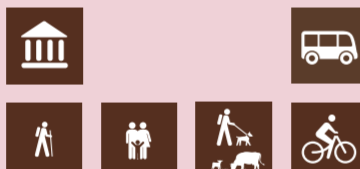
2 THE CHURCH OF THE HOLY SPIRIT IN JAVORCA



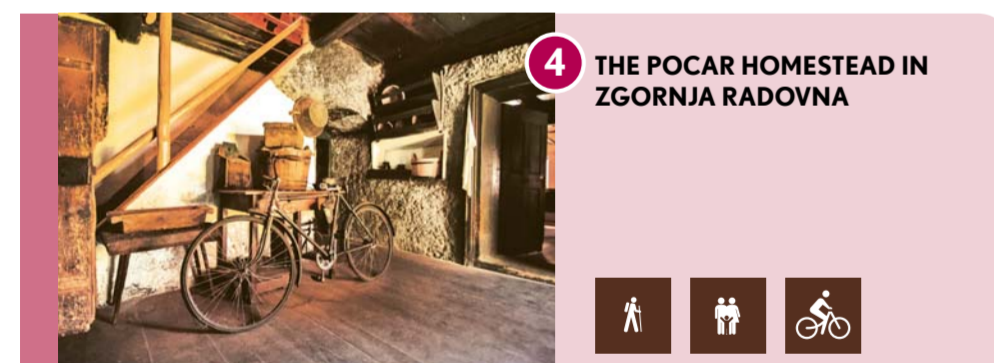
8 THE ABBEY OF MOGGIO



3 THE RUSSIAN CHAPEL ON THE ROAD TO THE VRŠIČ PASS



9 THE RESARTICO MINE



4 THE POCAR HOMESTEAD IN ZGORNJA RADOVNA



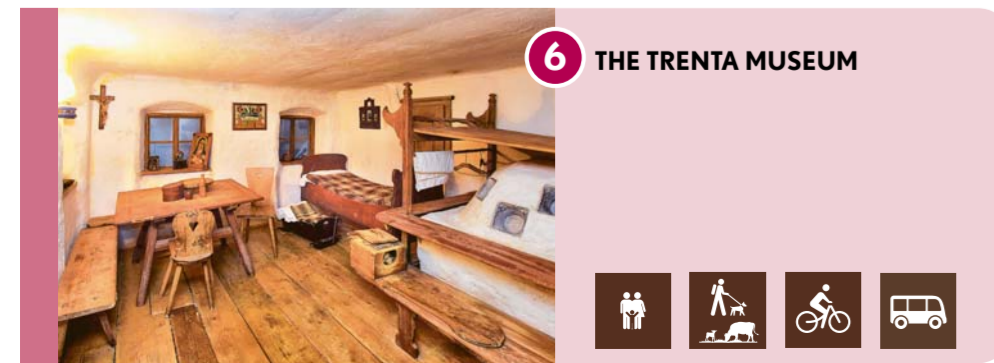
10 THE ICE-HOUSE GALLERY



5 THE KLUŽE FORTRESS



11 THE TIERE MOTUS MUSEUM HISTORY OF AN EARTHQUAKE AND ITS PEOPLE



6 THE TRENTA MUSEUM



12 THE ETHNOGRAPHICAL MUSEUM OF LUSEVERA/BARDO



Biosphere Reserve



Typical Products

"Traveling through the territory of the Transboundary Biosphere Reserve Julian Alps offers emotions that will take your breath away. Every step makes you understand that you have arrived in a unique and special place, shaped by the people who inhabited it and by a nature that has never known boundaries."

STEFANO SANTI

Julian Prealps Nature Park Director

The Quality Marks are based on the coexistence of nature and man, who has in the Julian Alps Transboundary Biosphere Reserve and its central area been actively creating, preserving the heritage, and protecting the nature. In this territory we find high mountains and green valleys, rich wildlife and flora with increased biodiversity, and villages where old traditions and manufacturing of exquisite typical products are still alive. As you buy these products or services, your purchase has an added value, as it actively contributes to the sustainable economic development of the area as well as to its environment protection and conservation.



TYPICAL PRODUCTS IN TRIGLAV NATIONAL PARK

We are mindful of tradition, our connection with the area, and the local-based approach. Products with Protected Designation of Origin, e.g. the Tolminc cheese, Bovec cheese and Mohant cheese, are a symbol of quality. The holders of the Triglav National Park Quality Mark also offer other culinary delights, local specialities and artisan products.



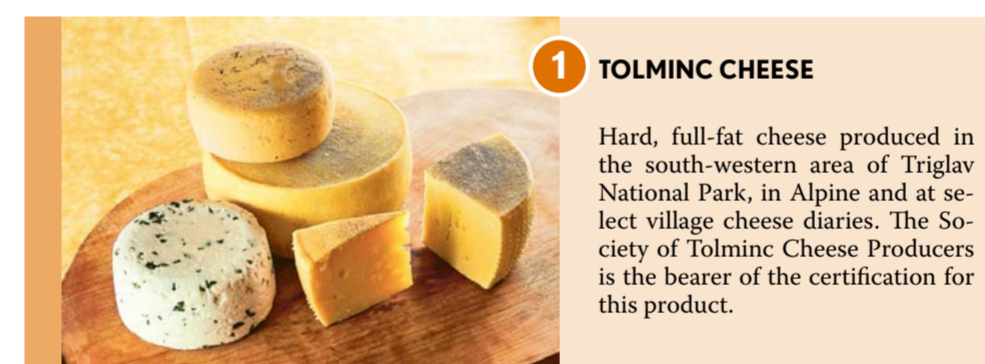
TYPICAL PRODUCTS IN JULIAN PREALPS NATURE PARK

The "Marchio di Qualità del Parco naturale delle Prealpi Giulie" (Julian Prealps Park Quality Mark) is a strategic initiative of the Park Authority to promote and enhance the territory of the protected area, supporting the sustainable socio-economic progress according to the institutional goals.

The awarding of the label represents the commitment of the joining economic activities to work in a network coordinated by the Park Authority, to foster the area and to im-



prove the quality of goods and services supplied in the respect of the environment, of the ethical values and of the local traditions.



1 TOLMINC CHEESE

Hard, full-fat cheese produced in the south-western area of Triglav National Park, in Alpine and at select village cheese dairies. The Society of Tolminc Cheese Producers is the bearer of the certification for this product.



4 RESIA GARLIC

It's cultivated only in the Resia Valley and preserved by local people from generation to generation. It has been Slow Food Presidium since 2004.



2 BOVEC CHEESE

Hard, full-fat cheese, produced from raw sheep milk. Often, 20% of goat or cow milk is added. The cheese is produced in the mountain farms around Bovec, in the western area of Triglav National Park.



5 MOGGIO UDINESE BROVADĀR

It is a traditional fermented dish made from a local variety of small, late cropping field turnip. It is commonly used to make soups or as a side dish.



3 MOHANT CHEESE

Produced in the Bohinj area, in the centre of the park. Its distinctive, slightly tangy and bitter taste and a strong smell make it different from other cheeses produced in Slovenia.



6 LUSEVERA FIORINA BEAN

Used as ingredient for the "štak" (a typical puree made from beans, potatoes and lard). It got its name from a lady who selected and preserved the variety.



THE AUTOCHTHONOUS BOVEC SHEEP, DREŽNICA GOATS AND CIKA CATTLE STILL GRAZE THE MOUNTAIN PASTURES, AND SHEPHERDS USE MILK TO MAKE BUTTER, CURD AND MOUNTAIN CHEESE.

7 MALGA MONTASIO CHEESE

Malga (Mountain farm) Montasio is located at the feet of Mount Montasio, facing Mount Canin/Kanin. The cheese is characterized by a typical straw yellow colour and a mild and tasty flavour.

INFO POINTS

JULIAN ALPS TRANSBOUNDARY BIOSPHERE RESERVE



1. DOM TRENTA - JULIAN ALPS TRANSBOUNDARY ECOREGION VISITOR CENTRE

Na Logu v Trenti, Soča • T: +386 (0)5 38 89 330
E: dom-tnp.trenta@tnp.gov.si • W: tnp.si



2. CENTER TRIGLAVSKEGA NARODNEGA PARKA BOHINJ, Stara Fužina 37-38, Bohinjsko jezero

T: +386 (0)4 57 80 240 • E: info.bohinjka@tnp.gov.si
W: tnp.si



3. INFOCENTER TRIGLAVSKA ROŽA BLED

Ljubljanska cesta 27, Bled • T: +386 (0)4 57 80 205
E: info.trb@tnp.gov.si, info.visitbled.si
W: tnp.si, www.bled.si



4. INFO POINT TNP SLOVENSKI PLANINSKI MUZEJ, TIC DOVJE - MOJSTRANA

Triglavska cesta 49, Mojstrana • T: +386 (0)8 38 06 730
E: info@planinski.muzej.si • W: planinski.muzej.si



5. INFO POINT TNP ZELENA HIŠA TIC KOBARID

Trg svobode 16, Kobarid • T: +386 (0)5 38 00 490
E: info.kobarid@dolina-soce.si • W: dolina-soce.si

6. TIC BOHINJ, STARA FUŽINA, Stara Fužina 53b, Bohinjsko jezero

T: +386 (0)31 813 363 • E: info@bohinj.si • W: bohinj.si

7. TIC BOHINJ, RIBČEV LAZ, Ribčev Laz 48, Bohinjsko jezero

T: +386 (0)4 57 46 010 • E: info@tdbohinj.si • W: tdbohinj.si

8. TIC BOHINJ, BOHINJSKA BISTRICA

Mencingerjeva ulica 10, Bohinjska Bistrica
T: +386 (0)4 57 47 600 • E: darja.lazar@siol.net • W: bohinj.si

9. TIC BLED, Cesta svobode 10, Bled

T: +386 (0)4 574 11 22 • E: info@td-bled.si • W: bled.si

10. TIC RADOVLJICA, Linhartov trg 9, Radovljica

T: +386 (0)4 531 51 12 • E: info@radolca.si • W: radolca.si

11. TIC: PREŠEREN'S BIRTH HOUSE, Vrba 2, Žirovnica

T: +386 (0)4 580 20 92 • E: info@vizitzirovnica.si • W: vizitzirovnica.si

12. TIC JESENICE, Cesta maršala Tita 18, Jesenice

T: +386 (0)4 586 31 78 • E: info@visit.jesenice.si • W: visit.jesenice.si

13. TIC KRANJSKA GORA, Kolodvorska ulica 1c, Kranjska Gora

T: +386 (0)4 580 94 43 • E: info@kranjska-gora.eu
W: kranjska-gora.si

14. TIC BOVEC, Trg golobarskih žrtev 47, Bovec

T: +386 (0)5 302 96 47 • E: info.bovec@dolina-soce.si
W: dolina-soce.si

15. TIC PODBRDO, Podbrdo 18, Podbrdo

T: +386 (0)5 380 04 85 • E: info.tolmin@dolina-soce.si
W: dolina-soce.si

16. TIC TOLMIN, Mestni trg 6, Tolmin

T: +386 (0)5 380 04 80 • E: info.tolmin@dolina-soce.si
W: dolina-soce.si

17. TIC BEGUNJE

T: +386 (0)5 916 91 76 • E: begunje@radolca.si
W: radolca.si/sl/info/tic-begunje

18. TIC: ČOP'S BIRTH HOUSE, Žirovnica 14, Žirovnica

T: +386 (0)4 580 15 03 • E: info@vizitzirovnica.si
W: vizitzirovnica.si



19. JULIAN PREALPS NATURE PARK VISITOR CENTER

Piazza del Tiglio 3, Prato di Resia/Ravanca - 33010 Resia/Rezija (UD)
T: +39 0433 53534 • E: info@parcoprealpijulie.it
W: parcoprealpijulie.it



20. I.A.T RESIA

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

21. I.A.T MOGGIO UDINESE

Piazzetta Sandro Pertini, 5 - 33015 Moggio Udinese (UD)
T: +39 0433 51514 • E: proloco@moggioudinese.info
W: moggioudinese.info

22. I.A.T CHIUSAFORTE

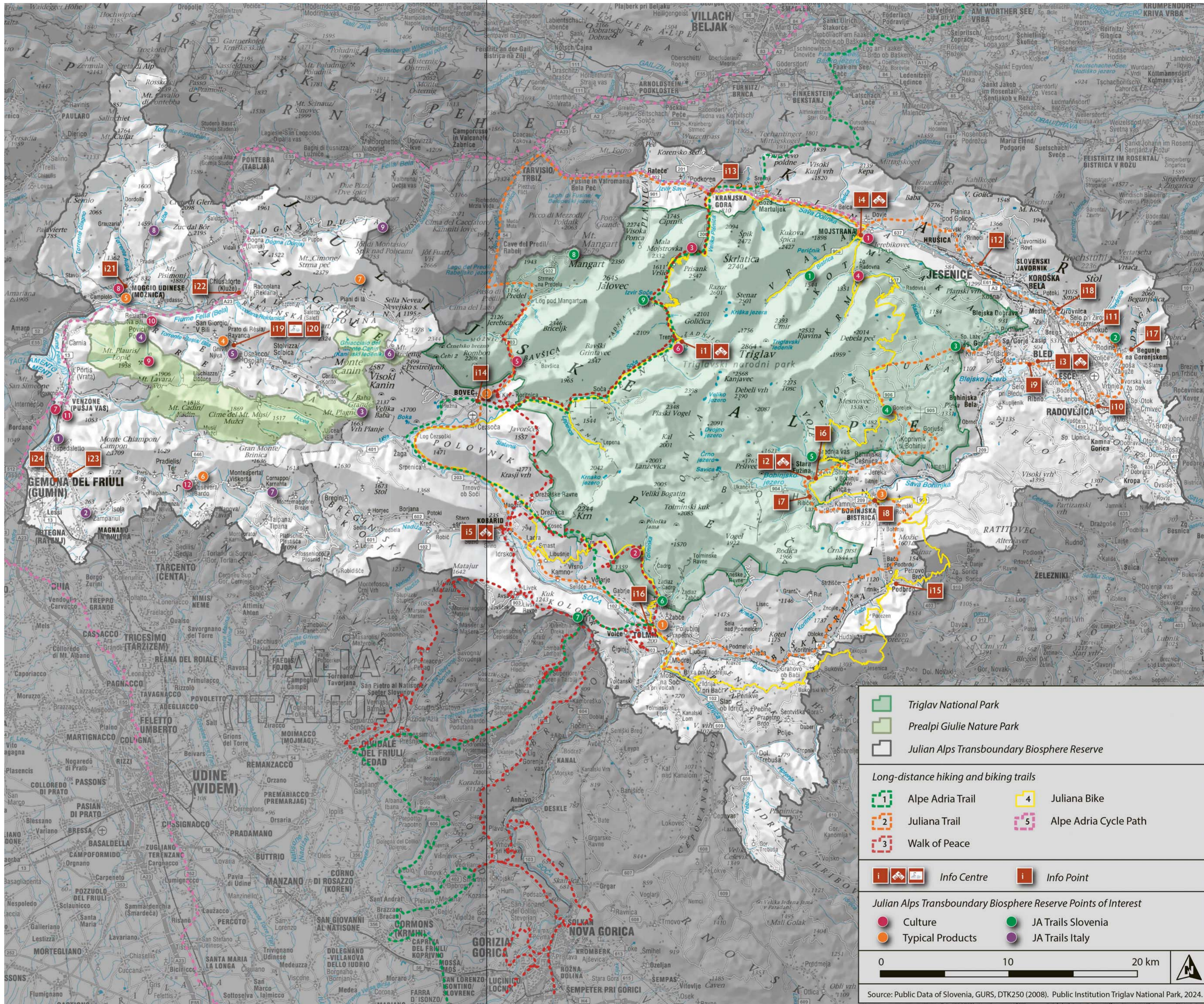
Piazza Pieroni, 1 - 33010 Chiusaforte (UD)
T: +39 0433 52030 • E: cultura@comune.chiusaforte.ud.it
W: turismofvg.it

23. I.A.T GEMONA DEL FRIULI

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

24. SPORTLAND INFORMATION OFFICE

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

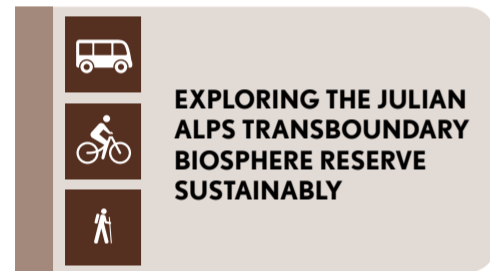


	Triglav National Park
	Prealpi Giulie Nature Park
	Julian Alps Transboundary Biosphere Reserve
Long-distance hiking and biking trails	
	Alpe Adria Trail
	Juliana Trail
	Walk of Peace
	Juliana Bike
	Alpe Adria Cycle Path
	Info Centre
	Info Point
Julian Alps Transboundary Biosphere Reserve Points of Interest	
	Culture
	Typical Products
	JA Trails Slovenia
	JA Trails Italy
0 10 20 km	
Source: Public Data of Slovenia, GURS, DTK250 (2008), Public Institution Triglav National Park, 2024.	



MORE INFORMATION ABOUT TRAILS

- STARTING POINT
- DISTANCE
- ELEVATION GAIN
- DURATION
- DIFFICULTY



WESTERN CAPERCAILLIE (*Tetrao urogallus*)



TRIGLAV ROSE (*Potentilla nitida*)

Julian Alps Trails Slovenia

"A positive, respectful and responsible attitude when visiting our park promotes long-term coexistence and connection of nature, culture, visitors and locals in the exceptional, yet fragile environment. This is also a guarantee for memorable experiences and a contribution to creating a better world. Welcome to the Julian Alps Transboundary Biosphere Reserve."

ALEŠ ZDEŠAR

Triglav National Park Institute Expert Service

1 TRIGLAVSKA BISTRICA TRAIL

- Slovenian Alpine Museum, Mojstrana
- 21.8 KM (out and back)
- 380 M
- 6 H 25 MIN
- moderate

2 ST. PETER'S TRAIL BEGUNJE

- Tourist information centre Begunje
- 5 KM (circular route)
- 320 M
- 2 H
- moderate

3 POKLJUKA GORGE

- Jela, Krnica (Zgornje Gorje)
- 3 KM (circular route)
- 220 M
- 1 H 10 MIN
- easy

4 GORELJEK PEAT BOG EDUCATIONAL TRAIL

- Hotel Jelka, Goreljek
- 1 KM (circular route)
- 25 M
- 1 H
- easy

MUSEUMS



- | | | |
|--|-----------------------------------|---|
| Rateče Museum, Kajžnek Homestead | Kos Manor Museum, Jesenice | Pharmacy and Alchemy Museum, Radovljica |
| Kranjska Gora Museum, Liznjek Homestead | Worker's Culture Museum, Jesenice | Bled Castle Museum |
| Planica Museum | Prešeren's Birth House, Vrba | Bohinj History Museum, Bohinjska Bistrica |
| Slovenian Alpine Museum Mojstrana and Triglav National Park Info Point | Finžgar's Birth House, Doslóvče | Historia Bohinj Museum Collection, Bohinjska Bistrica |
| Pocar Homestead, Zgornja Radovna | Museum of Apiculture, Radovljica | |

LONG-DISTANCE HIKING AND BIKING TRAILS



MORE INFORMATION ABOUT TRAILS

5 MOSTNICA GORGE

- Stara Fužina
- 12 KM (circular route)
- 240 M
- 4 H
- moderate

6 TOLMIN GORGES

- Tolmin
- 2 KM (circular route)
- 150 M
- 1 H 30 MIN
- easy

7 KOLOVRAT OUTDOOR MUSEUM

- Parking beneath the outdoor museum Kolovrat
- 8,6 KM (circular route)
- 265 M
- 2 H 50 MIN
- easy

8 MANGRTSKO SEDLO NATURE TRAIL

- Mangrt Saddle
- 8 KM (circular route)
- 400 M
- 2 H 45 MIN
- moderate

9 SOČA TRAIL

- The source of the Soča river
- 28 KM (one way)
- 460 M
- 8 H 30 MIN
- difficult

1 ALPE ADRIA TRAIL

2 JULIANA TRAIL

3 WALK OF PEACE

4 JULIANA BIKE

- | | | |
|--|---|--|
| Church of St. John the Baptist, Ribčev Laz | Most na Soči Archeological Museum | Breginj Museum |
| Alpine Dairy Farming Museum, Stara Fužina | Historical Ethnological Collection Od planine do Planike, Kobarid | Homestead of Ciril Kosmač, Slap ob Idrijci |
| Oplen House, Studor | Simon Gregorčič's Birth House, Vrsno | Kluže & Fort Herman |
| Kobarid Museum | Private museum collections | The Fisherman's House, Kal Koritnica |
| Tolmin Museum | 'Nježna hiša' Homestead, Jevšček (Matajur) | |





MORE INFORMATION ABOUT TRAILS

- STARTING POINT
- DISTANCE
- ELEVATION GAIN
- DURATION
- DIFFICULTY

EXPLORING THE JULIAN ALPS TRANSBOUNDARY BIOSPHERE RESERVE SUSTAINABLY



MOUNTAIN AVENS (*Dryas octopetala*)



ROCK PARTRIDGE (*Alectoris graeca*)



ROSALIA LONGICORN (*Rosalia alpina*)

Julian Alps Trails Italy

"The Julian Prealps Nature Park and Triglav National Park share an area rich in biodiversity, history and culture that characterise the Julian Alps Transboundary Biosphere Reserve. Whether on foot or by bike, you will be surprised by the hidden corners of nature and wilderness."

ALESSANDRO BENZONI

Julian Prealps Nature Park, Transboundary Ecoregion Julian Alps Team Member

1 MOUNT CUMIELI AND MINISINI LAKE LOOP

- Ospedaletto, Gemona del Friuli (UD)
- 10 KM (circular route)
- 420 M
- 3 H 35 MIN
- easy

2 WATERFALLS TRAIL IN THE ORVENCO STREAM VALLEY

- Via Montenars, Artegna (UD)
- 8.40 KM (circular route)
- 575 M
- 3 H 30 MIN
- easy

3 MALGA COOT/KOT - COSTANTINI BIVOUAC - MOUNT GUARDA LOOP

- Malga Coot/Kot, Resia/Rezija (UD)
- 9 KM (circular route)
- 600 M
- 5 H
- moderate

4 BORGOCROS - RIO SERAI LOOP

- Povici di Sotto, Resiutta (UD)
- 4.5 KM (circular route)
- 305 M
- 3 H
- easy/moderate

MUSEUMS

Resartico Mine Museum, Resiutta	Tiere Motus Museum – History of an earthquake and its people, Venzone
BOSC – Small Natural History Museum, Venzone	Exhibition "Speleology and Karst of Sella Nevea", Chiusaforte
The Mummies of Venzone, Venzone	Museum of the Resian People, Resia/Rezija
	Knife Grinder Museum, Resia/Rezija

5 POTI PO NA'S TRAIL

- Prato di Resia/Ravanca, Resia/Rezija (UD)
- 21 KM (circular route)
- 750 M
- 6 H
- moderate/hard

6 FORAN DAL MUS GEOLOGICAL TRAIL - LONG ROUTE

- Sella Nevea, Chiusaforte (UD)
- 11.8 KM (one-way route)
- 667 M
- 6 H
- moderate/hard

7 CORNAPPO SPRINGS LOOP

- Cornappo/Karnahta, Taipana/Tipana (UD)
- 5.8 KM (circular route)
- 350 M
- 2 H 30 MIN
- moderate

8 MOUNT CHIAVALS LOOP FROM VAL ALBA

- Val Alba, Moggio Udinese (UD)
- 17 KM (circular route)
- 1.350 M
- 9 H
- moderate/hard

9 THE POND OF SELLA SOMPDOGNA

- Sella Sompdogna, Dogna (UD)
- 2.5 KM (circular route)
- 125 M
- 1 H
- easy

Cooperative Dairy of San Giorgio/Bila, Resia/Rezija	Pieve Museum and Gemona Cathedral Treasure, Gemona del Friuli	Savorgnan Castle of Artegna, Artegna
Ethnographical Museum of Lusevera/Bardo	Renato Raffaelli Museum, Gemona del Friuli	Museum of Rural Life Heritage of Prossenico/Prosnid, Taipana/Tipana
Civic Museum of Palazzo Elti, Gemona del Friuli	Earthquake LAB, Gemona del Friuli	Museum of the Territory of Dogna, Dogna

LONG-DISTANCE BIKING TRAIL



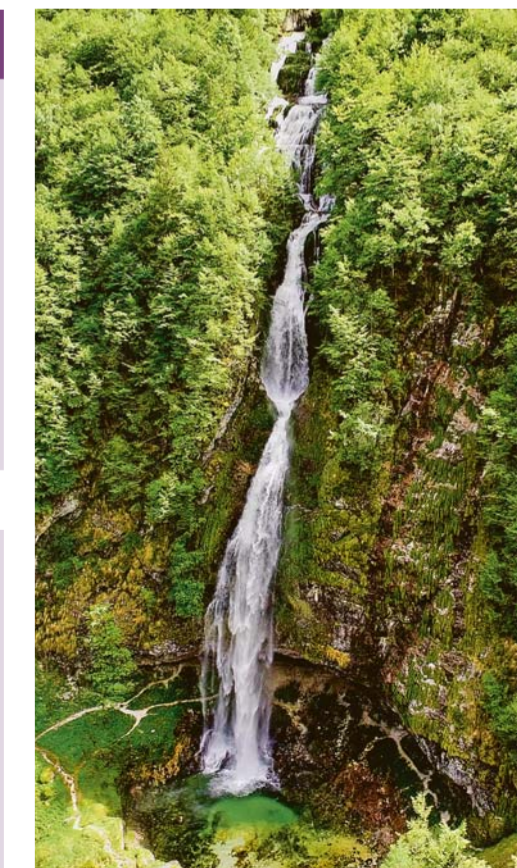
MORE INFORMATION ABOUT TRAILS

5 ALPE ADRIA CYCLE PATH

CONNECTION BIKING TRAIL TO ALPE ADRIA CYCLE PATH FROM KRANJSKA GORA (SI) TO TARVISIO/TRBIŽ (IT)



BOEGAN ABYSS



GORIUDA WATERFALL



USEFUL INFORMATION

SOS CALL 112



TRIGLAV NATIONAL PARK



PREALPI GIULIE NATURE PARK



JULIAN ALPS



BENEČIJA

COVER PHOTOGRAPHY
Kanin/Canin - transboundary rocky heart of the Julian Alps
• Marco Di Lenardo

JULIAN ALPS TRANSBOUNDARY BIOSPHERE RESERVE SLOVENIA - ITALY
Visitor guide

PUBLISHED BY
Triglav National Park and Prealpi Giulie Nature Park

FOR TNP
dr. Tit Potočnik
Triglav National Park Director
FOR PNG
Stefano Santi
Prealpi Giulie Nature Park Director

OCTOBER 2024

CIRCULATION
1.000 copies

MAPS

Gregor Vidmar, Punto 3

PHOTOS

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PHOTO ARCHIVE
JZTNP, PNG, Turizem Bled, Turizem Bohinj, Turizem Dolina Soče, Turizem Kranjska Gora, Turizem Jesenice, Turizem in kultura Radovljica, Turizem Žirovnica, Museo etnografico Lusevera, Prime Alps, Wild Routes

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Transboundary Hiking and Biking Trails

MORE INFORMATION ABOUT TRAILS



FROM BOVEC, SLOVENIA, TO RESIA/REZIJA, ITALY



- B station of the Kanin/Canin cable car
- 12,2 KM (one way)
- 854 M
- 7 H 10 MIN
- moderate



STARTING POINT DURATION DISTANCE DIFFICULTY ELEVATION GAIN

LET'S PEDAL: FROM SOČA TO NADIŽA RIVERS



- 7-day easy cross-border cycling tours between the Soča Valley and Benečija
- Suitable for:
 - individual cyclists, perfect for couples
 - recreational cyclists
 - regular bikes or e-bikes



LET'S PEDAL: BETWEEN THE ALPS AND THE VINEYARDS



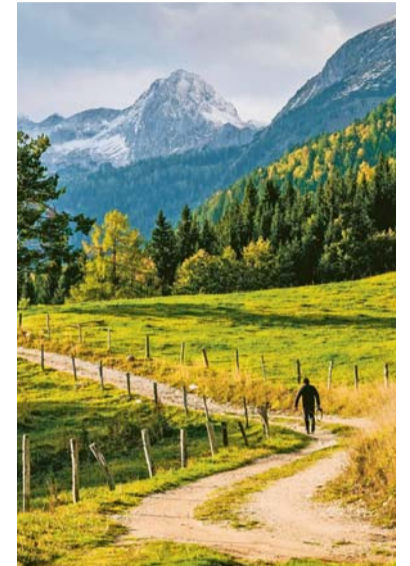
- 8-day cycling in the Soča Valley, with a visit to the vineyards of Goriška Brda and Benečija
- Suitable for:
 - individual cyclists, perfect for couples
 - recreational cyclists
 - regular bikes or e-bikes



LET'S PEDAL: NATURE WITHOUT BORDERS



- 7-day cross-border cycling tour from the Torre Valleys to Lake Bled
- Suitable for:
 - individual cyclists, perfect for couples
 - recreational cyclists
 - regular bikes or e-bikes



ENTERING A MYSTERIOUS WORLD OF THE JULIAN ALPS

KLEMEN LANGUS
Bohinj Tourist Board Director

From time to time we all go for a visit to see somebody, whether relatives, friends, or acquaintances. Our reasons for such a visit or meeting are different. It might be a Sunday lunch or a celebration. Or a flatwarming party. On such an occasion we feel particularly curious, and probably even excited. What kind of a world will we enter? Will it be small, big, colourful, warm? Sometimes our expectations know no bounds.

With a gift in hand, we first ring the doorbell. Just a few seconds more, and our curiosity will be quenched. The door opens. Smiling faces. Greetings are exchanged, but barely heard as the curiosity builds up. Finally someone says: "Come on inside!" And while we strain our eyes to catch a glimpse of the new flat, we automatically reach for our shoes. And then we hear again: "No, no, leave your shoes on!" And so we enter a world that is completely new to us. Our first steps are slow and careful. We move on as if we were entering a sanctuary, exploring the flat room after room. Making intriguing new discoveries. As the conversation continues, we begin to understand why the living room is so bright, why the kitchen is so pleasantly warm, and why everything feels so homey. The time passes all too quickly. But it is not so hard to say goodbye. We return home with pleasant experiences. And deep inside we know that we will be coming back, ringing that bell, and knocking on that door, and that it will open again

