

ABOUT THE TRIGLAVSKA BISTRICA TRAIL



The Triglavska Bistrica Trail runs through the longest glacial valley in Triglav National Park. You can choose your own trailhead. If you want to hike the entire 11 km long trail, we recommend starting at the Slovenian Alpine Museum. The trail continues to the roaring Peričnik Waterfall and below the Galerije to the Aljažev dom mountain hut. It ends at the end of the valley, below Triglav's mighty North Face.

Visitors are advised not to take the trail in rain or winter as it can be dangerous and barely passable.

**YOUR STEP MATTERS. IT DOESN'T TAKE MUCH, BUT MAKES A GREAT DIFFERENCE.**

Harsh climate, young and shallow soil, and crumbly limestone rocks foster the growth of alpine flora. The sturdy vegetation along mountain and other trails is adapted to the demanding conditions of this high-altitude terrain. Attentive visitors who appreciate and respect the sensitive and fragile mountain environment observe the nature conservation, management, and aesthetic guidelines of mountain visitation and refrain from walking outside designated paths.

Hodite po označenih poteh. Stay on trails. Varujmo si. Protect the trails.



INFORMATION POINTS ALONG THE TRAIL



**1 SLOVENIAN ALPINE MUSEUM**  
A museum where the past meets the present. An extensive collection of items with diverse historical stories, rich photographic and archive material, and a comprehensive professional booklet give the visitor the chance to grasp the popularity and importance of mountaineering in the Slovenian territory.

**2 LAKE KREDA**  
When a cement factory started operating in 1893 in the area of "Fabrika", chalk (Slovene: kreda) for cement production was mined in the area nearby. When the mining ceased, the lake basin with water inflow from the brook became a small lake.

**3a TRIGLAVSKA BISTRICA AND BIRDS**  
The Triglavska Bistrica stream is an important habitat for various animals, including birds. The white-throated dipper, the grey and white wagtail, the European robin and the Eurasian wren are regular visitors on the stream bank. Higher in the rocks above the stream, we can find crag martins and wallcreepers.



White-throated dipper  
*Cinclus cinclus*

**3b MAGNIFICENT WORLD OF PLANTS**  
The living conditions in the high mountain world are quite harsh. Plants have adapted to long and cold winters, short summers, low temperatures, strong ultraviolet radiation, wind, water shortage and shallow, nutrient-poor soil in various ways. Some of them with an intensive flower colour, low or cushion-resembling growth, others with brawny or haired leaves or buds.



**Edelweiss**  
*Leontopodium alpinum*  
In the 19th century, this flower became the symbol of alpine flora and was endangered due to overpicking. It was the first protected plant in Slovenia. In the Gorísko region, it was protected in 1896.

**3c DIVERSITY OF THE ANIMAL WORLD**  
Triglav National Park is quite diverse because there are many animal species present in waters and on land – from mammals of microscopic size to quite large ones. There are approximately 7,000 animal species living within Triglav National Park. This diversity is enabled by the climate conditions, relief diversity, geological terrain and the variety of habitats.



**Chamois**  
*Rupicapra rupicapra*  
This is the most common animal in the alpine world. It is quite a sociable animal, whereas older goats are loners. Its natural enemies are wolves and lynxes; cubs are also attacked by the golden eagle.

**3d ROSALIA LONGICORN**  
*Rosalia alpina*  
The rosalia longicorn is a beetle that lives in light beech forests, from 600 to 1,200 metres altitude. It emerges in June and lives to six weeks. It is a rare protected species. It is especially endangered by the vanishing of appropriate habitats and intensive forestation, where beeches are cut and the wood does not remain in the forests.



**3e ALPINE BEECH FOREST**  
An alpine beech forest is a plant community, typical for the lower slopes of alpine valleys. The main trees in the alpine beech forest are common beech, Norway spruce, European larch, silver fir and Scots pine. The ground vegetation in the forest most commonly includes liverleaf, winter heath, purple cyclamen and Christmas rose. Globeflower and orange lily can also be found in the Vrata Valley.

**4 PERIČNIK WATERFALL**  
In the last ice age, the glacier cut into the conglomerate rock, deepened the valley and created a picturesque, almost 100-metre-high conglomerate cliff, over which the Peričnik Waterfall now falls in two levels.

**5 GALERIJE**  
The Triglavska Bistrica stream disproportionately eroded the pleistocene conglomerate cliff, composed of layers with various resistance. In some parts, the conglomerate cliff has been eroded to form picturesque galleries or "lopes" with overhanging rocks as part of shelter caves.

**"ROVTI"**  
The Vrata Valley has pasture areas that are called "rovti", each of them having their own name, for instance "Šimencev rovt", "Cenkov rovt", "Poldov rovt", "Turkov rovt", etc. In summer, cattle are grazed on these pastures and they are mown by farmers, thus importantly contributing to the preservation of the cultural landscape and biodiversity. In 2010, the pupils of the Mojstrana Elementary School carried out the "Rovti v Vratih" project within the scope of their extracurricular tourism subject.



**6 JAKOB ALJAŽ AND THE ALJAŽEV DOM MOUNTAIN HUT IN VRATA**  
Priest, composer, poet and the builder of mountain hut in Vrata, the weather station, chapel and mountain hut on Kredarica, as well as Aljaž's tower and many paths in the Julian Alps, including the Tominšek Route, the first Slovenian climbing route to Triglav.

**7a ALPINISM**  
It was domestic climbers who set the most important milestones in conquering the Triglav North Face. The most important climbs include the routes in the Sphinx wall. Today, more than 100 climbing routes and variants run across the Face.

**7b TRIGLAV NORTH FACE**  
The mighty Triglav North Face rises high above the end of the Vrata Valley. It is more than three kilometres wide and on average about 1,000 metres high. It belongs to the three highest walls of the Eastern Alps. The North Face is the symbol of Slovenian alpinism.

**GEOLOGY**  
The North Face has many visible thick layers of Upper Triassic Dachstein limestone. Due to the rising of the Julian Alps, the normal progression was subject to surface crumpling and reverse faulting, thus the older rocks are displaced above the younger ones. The summit of Triglav does not contain layered limestone, but older, massive Upper Triassic limestone.

**7c PROTECTION FOREST**  
All measures in protective forests are intended for preserving the forests' protection function. Trees and their crowns prevent a part of the snow precipitation from falling to the ground, while their trunks prevent the movement of snow cover. They also stop falling rocks.





SAFELY TO THE MOUNTAINS

Triglav National Park is the only national park in Slovenia. Visitors are only guests in this beautiful and sensitive natural environment and cultural landscape. Welcome!

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

Leave your vehicle in a designated car park. Use public transport.

As respectful visitors, make sure the area remains a place of peace and quiet for residents and visitors.

Weather in the mountains is very changeable. Make sure the tour is suitable to your physical and mental fitness. Bring a change of clothes, wear hiking shoes, and carry an adequate supply of water.

**112**  
Klic v cel  
Emergency call

Before setting off, obtain the relevant information on the conditions of paths and trails, available mountain huts and bivouacs, and the weather. In case of an accident call 112.

Respect the habitats of animals and plants. Admire them in such a way that you do not disturb them, because they are as unique as you.

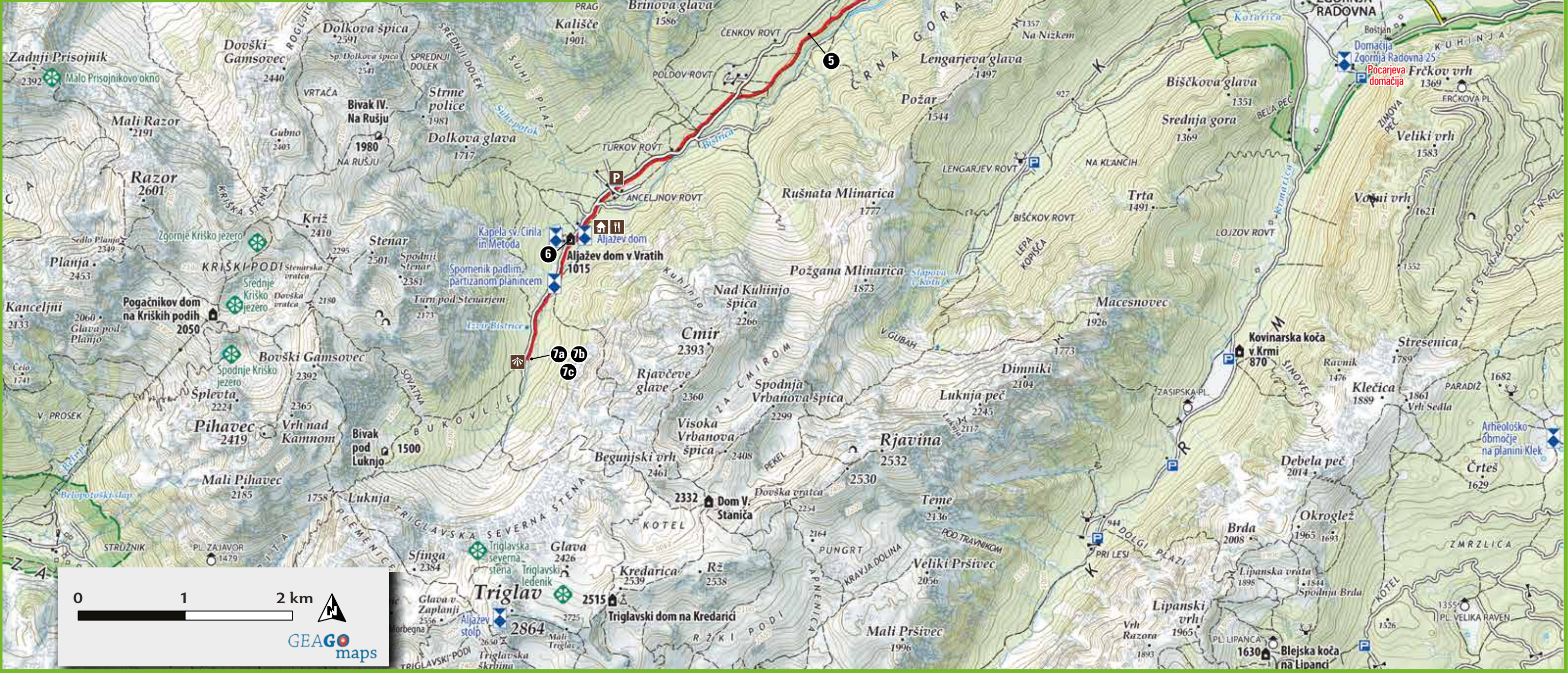
Visitors are not allowed to spend the night outside designated areas. Plentiful accommodation is provided at mountain huts.

High-altitude lakes and streams are sensitive and fragile habitats where bathing is not allowed.

Attentive visitors appreciate the fragile natural environment and keep to designated trails. High risk of slipping on steep terrain.

Hiring a mountain guide is recommended for high-altitude hikes.

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