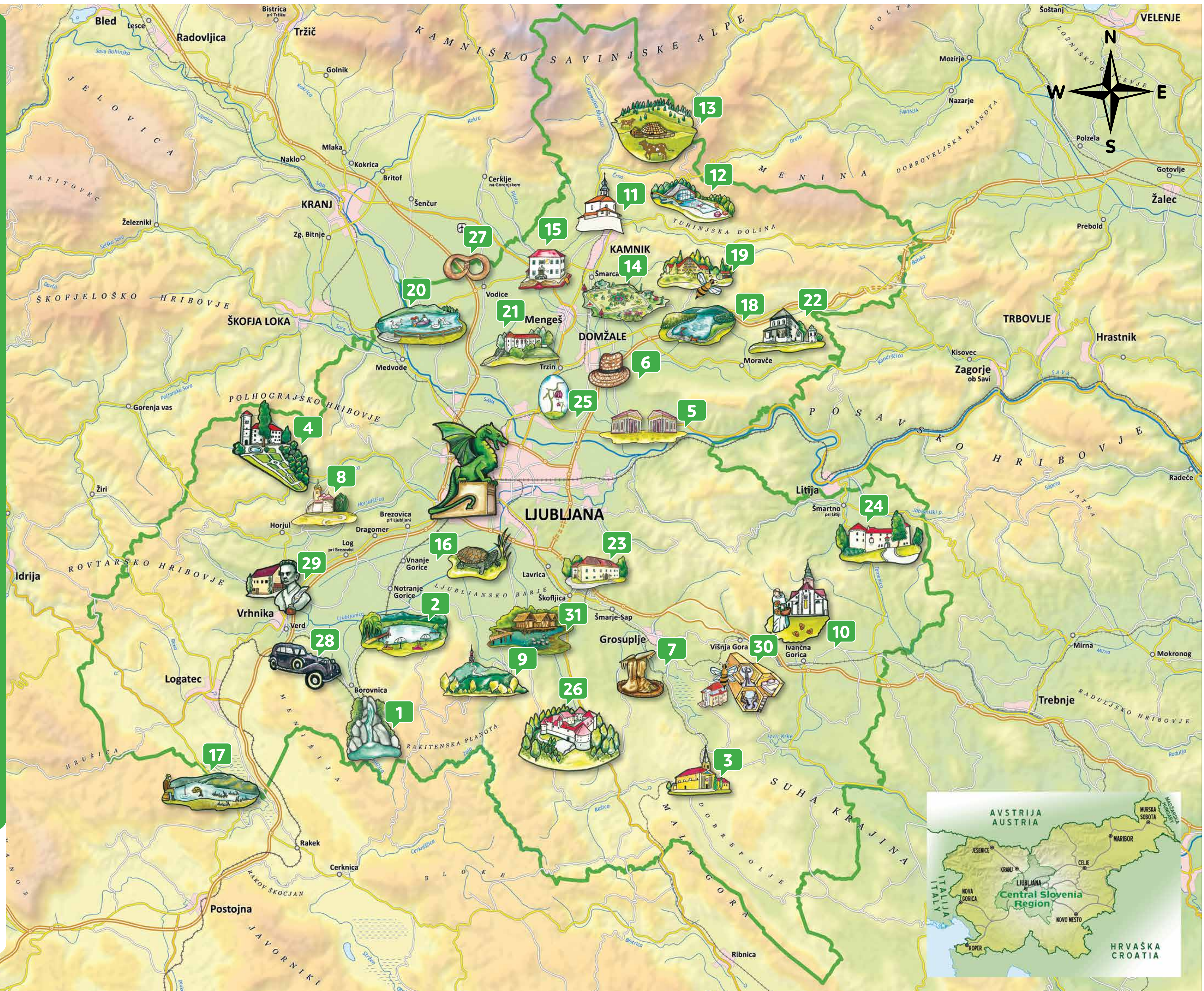


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CENTRAL SLOVENIA

Map of the region

Ljubljana



25

ACROSS THE WETLANDS OF TRZIN

There used to be extensive wetlands below the slopes of Rašica and by the Ptata stream. The **snake's head fritillary**, a protected flower, still grows on the fields here that are sometimes flooded. The Trzin wetlands are home to a number of rare plant and animal species, such as the Balkan goldenring (Corulegaster heros), the largest dragonfly in Europe, and the lesser horseshoe bat, the smallest bat in the family of horseshoe bats.

Explore Trzin

Trzin is a town with a rich tradition of social and other events organised by local societies. The restaurants serve **Carniolan sausage**, prepared according to the original recipe from the 19th century.

Ljubljana → Trzin: 10 km

26

BACK TO THE TIME OF THE COUNTS OF TURJAK

The Renaissance defence system, one of the first of this kind in Europe, is a special feature of **Turjak Castle**, which has the largest defence tower in Slovenia. Its owners were defenders of Protestantism. Juri Dalmatin, to whom the castle chapel is dedicated, is believed to have worked on the first complete translation of the Bible into the Slovene language here. In front of the castle stands the over 300-year-old **Turjak linden tree**.

Explore Velike Lašče

Visit the cradle of Slovenian culture. Rašica is home to the farmhouse of **Primož Trubar**, a reformer and the author of the first book written in Slovenian, while in **Velike Lašče** you can see the memorial rooms of the writers Fran Levstik and Josip Strižar.

Ljubljana → Turjak Castle: 25 km
Ljubljana → Velike Lašče: 29 km

27

GET YOUR PRETZELS IN VODICE

Dominican sisters from the convent in Adergas were already making excellent pretzels in the year 1700. The pretzel-makers of Vodice are the only ones to have been making this delicacy according to the original Adergas recipe since 1932. **Vodice pretzels** are indispensable at many events, and can be purchased in restaurants and mountain huts.

Explore Vodice

The **Church of St. Nicholas** in **Zapog houses** one of the oldest organs in Slovenia. In **Repiče** you can see the **fortified Church of St. Giles** with a defensive wall, and **Sikarčna** is a village with one of the most renowned traditional restaurants in Slovenia.

Ljubljana → Vodice: 17 km

28

VISIT SLOVENIA'S LARGEST MUSEUM

Slovenia's largest museum is located near Vrhnika in Bistra Castle, which was a Carthusian monastery for over five centuries. The **Technical Museum of Slovenia** contains permanent and temporary collections covering agriculture, transport, forestry, woodworking, hunting, fishing, textiles, electricity and printing. Special attractions include the oldest preserved car in Slovenia, and a collection of Tito's vehicles.

Explore Borovnica's green surroundings

Bistra stream wells up near the castle. By the castle, there is an old "venetian" wheel-powered sawmill and a veneer workshop, with a reconstructed old smithy nearby. A walk around the castle park will take you to a pond, and there is a nature trail above the castle.

Ljubljana → Technical Museum of Slovenia, Bistra: 28 km

29

CANKAR'S TOWN

You can become acquainted with Ivan Cankar (1876-1918), Slovenia's greatest writer, in an authentic way in the house where he was born in Vrhnika. On display in the house, which illustrates the living conditions of a poor family at the time, are first editions of Cankar's literary works, photographs, self-portraits and drawings. You can also walk the thematic **Cankar Boyhood Trail**.

Explore Vrhnika

Vrhnika is inseparably connected with the River **Ljubljanica** and the Ljubljansko Barje wetlands. Visit Močlinik and the other sources of the river that has seven names. Treat your children with a walk along the **Marsh Pixies Trail to Mali Plac**.

Ljubljana → Vrhnika: 21 km

30

VISIT THE CARNIOLAN BEE HOUSE

The old school building in **Višnja Gora** is the first Slovenian house to tell the story of Slovenia's own indigenous bee subspecies. In addition to an interactive experience of the Carniolan Grey with live beehives, multimedia stories about the Rothschild beekeeping family, and the ApiLab Innovation Technology Centre, the most exciting activity available is sleeping in a beehive with 12 wooden honeycomb cell rooms.

Explore Polževo

Take a trip to the Kriško-Polževska Planota. On the Jurčič Trail, the snail from Višnja Gora describes the diversity of the local tree species. At the end of the climb we reach the late Gothic church of the Holy Spirit, which tells of an interesting legend.

Ljubljana → Carniolan Bee House: 26 km
Ljubljana → Polževo: 28 km

31

VISIT THE MOROSTIG HOUSE OF NATURE AND PILE DWELLINGS

Visit the **Morostig House of Nature and Pile Dwellings**: an exhibition on the biodiversity of the Ljubljana Barje wetlands and the life of the pile dwellers, a thematic trail and a life-size pile dwelling settlement. Discover the life of the pile dwellers who lived on the Ljubljana Barje from the 5th to the 2nd millennium BC!

Explore the Iški Morost Nature Reserve

Visit the nature reserve between Ig and Podpeč, where 100 species of rare and endangered birds nest, and 89 species of colourful butterflies inhabit the wet meadows.

Ljubljana → Morostig: 12 km
Ljubljana → Iški Morost Nature Reserve: 13 km

19

TO THE CENTRE OF BEEKEEPING

Slovenia is a land of bees, beekeepers and honey. Near the castle in Brdo pri Lukovici is the **Slovenian Beekeeping Centre**. It includes several beehives and a herb & beekeeping trail. In the centre you can arrange to come and taste bee products, see the multimedia presentation of beekeeping, and browse the beekeeping library. There are many products and souvenirs connected with bees on offer in the small shop.

Explore the surroundings

Next to the renaissance **Brdo Castle** there is a castle park with a fish pond and a hornbeam and chestnut avenue. The parish **Church of Our Lady's Assumption** with frescos on its facade is also nearby. The interesting hotel **Dvorec Rus**, with its own gallery, is on the main road.

Ljubljana → Slovenian Beekeeping Centre: 24 km

20

TAKE A BOAT OUT ON THE LAKE

A dam on the River Sava has created the attractive **Lake Zbilje**. It offers a perfect habitat for birds is also a popular excursion destination, with cafés, play areas for children and a boathouse which rents out wooden rowing boats. The bridge across the lake connects **Zbilje** and **Valburga** with Smlednik Castle. In nearby **Dragočajna** there is a campsite, and the natural environment is perfect for walking, cycling and horse-riding.

Explore Medvode

Medvode lies at the confluence of the rivers Sora and Sava and is like a green gateway to Slovenia's capital. Walk up past the 14 stations of the cross to old **Smlednik Castle**. At the foot of the castle you can treat yourself to a **golf lesson**.

Ljubljana → Lake Zbilje: 15 km
Ljubljana → Medvode: 13 km

21

TO THE CASTLE ABOVE THE SOURCE

Jable Castle, which stands on the edge of a rocky slope above the source of a stream, was first mentioned in 1268. It gradually got its medieval, Renaissance appearance. You can admire its grandeur and architectural details from the green surroundings, which include spruce forests. The castle is a venue for various events - from weddings to business conferences. A popular footpath leads from the castle up to the village of Dobeno.

Explore Mengeš

Mengeš is a musical town with friendly people. This market town is well-known for its musical instruments, which are still made in small workshops. In the **Church of St. Michael** there is a baptistery designed by the architect Jože Plečnik.

Ljubljana → Jable Castle: 12 km
Ljubljana → Mengeš: 14 km

22

UP THE HILL TO SAINT VALENTINE

It is well worth climbing **Mt. Limbarska Gora** (773 m) when visiting the Moravče Valley. After walking for an hour along marked paths, you will be rewarded at the peak with beautiful views of the Kamnik-Savinja Alps. Here you'll also find the Baroque **Church of St. Valentine** with its separate bell-tower, which used to be a defence tower.

Explore Moravče

Moravče lies on the European long-distance footpath E6, making it a good starting point for various hiking trips. The central square is dominated by the Church of St. Martin. **Tuštanj Castle** and the mills on the **Rača stream nature trail** serve as reminders of a former glory.

Ljubljana → Mt. Limbarska gora: 33 km
Ljubljana → Moravče: 28 km

23

THE COURTYARD OF THE ARCADED MANSION

In the Željmlje Valley stands a mansion whose beauty and luxurious garden were already described in The Glory of the Duchy of Carniola, published in 1689 by the famous Janez Vajkard Valvasor. **Lisičje Manor**, from the first half of the 16th century, has an arcade courtyard which opens onto a panorama of old linden trees. Nearby is the village of **Lanišče** with its Gothic Church of St. Ursula.

Explore Škofljica

There are interesting footpaths and cycle paths around Škofljica. The **Church of St. Simon and Jude** in Pijava Gorica is well worth a visit, especially for its frescos painted by the famous Janez of Ljubljana in the 15th century.

Ljubljana → Lisičje Manor, Lanišče: 13 km
Ljubljana → Škofljica: 10 km

24

TO THE CASTLE FROM THE GLORY OF THE DUCHY OF CARNIOLA

For many people **Bogenšperk Castle** is Slovenia's most beautiful castle. In the late 17th century the renowned polymath Janez Vajkard Valvasor wrote his famous encyclopaedic The Glory of the Duchy of Carniola while living here. Besides Valvasor's study, printing press, original books and surveying collections, the castle museum also contains collections devoted to superstitions, Slovene national costumes, hunting and rocks.

Explore Šmartno pri Litiji

Šmartno, a small town at the crossroads of ancient routes, can be spotted from afar for its majestic, brick **Church of St. Martin**. The valleys **Jablanica**, **Kostrevnica** and **Vintarjevce** invite people to explore the surrounding countryside.

Ljubljana → Bogenšperk Castle: 45 km
Ljubljana → Šmartno pri Litiji: 39 km

13

VISIT THE SHEPHERDS ON THE MOUNTAIN PASTURE

You can reach **Velika Planina** in the Kamnik Alps via one of the marked footpaths or by taking the cable car from the **Kamniška Bistrica Valley**. One of the few still functioning high-mountain herdsmen's settlements in Europe charms visitors with its numerous herdsmen's huts that are covered with spruce shingles. In summer there are delightful meadows and nature in bloom, while in winter there's the opportunity for various snow-based activities.

Explore the special features of Velika Planina

In the summer you can visit the museum collection in the **Preskarjeva bajta** hut. Buy dairy products and the traditional **trnič** cheese from the shepherds. Walk to the **Chapel of Our Lady of the Snows** which offers beautiful views of the Planina itself.

Ljubljana → Kamniška Bistrica, lower cable-car stop: 32 km

14

SEE PLANTS FROM ALL OVER THE WORLD

Almost 5,000 different plant species from all around the world attract visitors to Slovenia's most popular botanical park. **Arboretum Volčji Potok** organises seasonal events, such as the spring tulip exhibition. In summer the blossoms of thousands of different types of roses are a delight to behold. Children enjoy the displays of life-size dinosaurs and whales, and the large children's playground.

Explore Kamnik's green surroundings

The arboretum is close to medieval Kamnik, the town at the foot of **Velika Planina**, at the beginning of the **Kamniška Bistrica** and **Tuhinjski valleys**. Another pearl in the Kamnik countryside is the **Zdravilni Gaj natural healing resort in Tunjica**.

Ljubljana → Volčji Potok Arboretum: 19 km

15

TO THE HOUSE OF THE GOOD PRIEST

In Komenda visit **Glavar's Beneficiary House** with its memorial room and library. The house was built in 1752 for the priest and patron Peter Pavel Glavar, who left his property to the poor of the town. The house has a portal adorned with Glavar's coat-of-arms, a memorial plaque of the Slovenian Beekeepers' Association, and the restored fresco of Franc Jelovšek.

Explore Komenda

Komenda is known for horse breeding, horse-racing, pottery and beekeeping. Next to the **Baroque Church of St. Peter** there is a square that was designed by the architect Jože Plečnik. In the square there is a statue of Peter Pavel Glavar.

Ljubljana → Komenda: 20 km

16

TO THE EDGE OF THE LJUBLJANSKO BARJE

The wetlands of the Ljubljana basin are attractive for their distinctive natural features, and cycling and hiking trails. Around **Log** and **Dragomer** it meets the hills of Polhov Gradec. This area was already settled in prehistoric times, and in antiquity an important Roman road ran through it. During the time of the Illyrian Provinces, Napoleon is said to have spent the night in one of the houses here.

Explore Log and Dragomer

Besides the natural environment, the sports park in Log pri Brezovici also invites you to come to the edge of the Ljubljansko Barje. The park has one of the **largest walls for bouldering** in Slovenia, and occasionally hosts important climbing competitions.

Ljubljana → Log-Dragomer: 17 km

17

TO THE PICTURESQUE KARST POLJE

Planinsko Polje and the River **Unica**, which flows out of the famous **Planinska Jama Cave**, is a paradise for fishing and fly-fishing. The typical karst polje, which floods twice a year, is home to many endangered plant and animal species. This is still the nesting place of the corn crane, and 78 species of butterfly flutter around this area! Planinsko Polje is also adorned by the remains of the medieval **Haasberg Castle** and **Ravbar's Tower**.

Explore Logatec

Drive through one of Slovenia's longest avenues made up of **290 linden trees**. Visit the **defence tower** of the Roman fortifications at Lanišče and the **Tomažin Mill** in Hotedrišica. Try flying in the Aerodium **wind tunnel!**

Ljubljana → Planina, Planinsko polje: 45 km
Ljubljana → Logatec: 34 km

18

A WALK TO SEE THE SWANS

Hikers and runners, fishermen and rowers, all like to visit **Lake Gradišče**. This lake, which has become a home for swans, is also a spawning ground for fish. A 4.2 km long path goes around the lake and is pleasant at all times of year. A much longer **Rokovnjak mountain trail** crosses the dam and leads up the surrounding hills with their wonderful views.

Explore Lukovica

The **old market square** in Lukovica is surrounded by houses from the times when horse and cart drivers pulled the roads. In nearby Krašnja you can visit Pavle's House containing an **ethnological collection**, in Polane there is the interesting **Celešnik sports park**, and at **Trojane** pass make a stop for the **famous doughnuts**.

Ljubljana → Lake Gradišče: 25 km
Ljubljana → Lukovica: 24 km

7

SEE THE STALAGMITES AND STALACTITES ON LJUBLJANA'S DOORSTEP

Go down 478 steps into a 330 m long underground cave between Ljubljana and Grosuplje. On the guided tour admire stalagmites and stalactites, pillars, curtains and other shapes in the eight halls that make up Županova jama cave. On a hilltop near the cave an interesting fort, or tabor, that served to protect the local population against raiding Turks has been preserved from the 15th century. Tabor nad Cerovim has a surrounding wall with a wooden drawbridge, three defence towers and the Church of St. Nicholas.

Explore Grosuplje

The cave and **tabor** are part of the **Kingfisher Nature Trail**, which begins in **Vodomčev gaj** with an ornithological stop. You can also observe karst phenomena on **Radensko polje** with its mosaic of intermittent lakes.

Ljubljana → Županova jama: 18 km
Ljubljana → Grosuplje: 19 km

8

INSIDE THE CHURCH ON THE CITY CREST

The town crest of Horjul, features the **Church of St Ulrich**. Sitting on top of a Dolomite hill above the village of Podolnica, it has a medieval wall with two towers, the remains of the tabor, a fortification against the Ottomans. The first church, probably made of wood, is known to have stood here in 1526. The present-day church and sacristan's house were built in the middle of the 18th century using stone from the surrounding wall.

Explore Horjul

A cemetery near the **Church of St. Margaret** in Horjul is surrounded by a wall designed by the celebrated Slovenian architect Jože Plečnik. There are more sacral buildings with 16th century frescoes in the valley of the Horjuljska stream.

Ljubljana → Church of St. Ulrich, Podolnica: 18 km
Ljubljana → Horjul: 20 km

9

ADMIRE THE VIEW FROM KRIM

The southern end of the Ljubljansko Barje is watched over by the 1107m high **Krim**. To climb it you can choose between six well-marked mountain trails and at the top you'll be rewarded by beautiful views of both the Ljubljana basin and the Alps. One of the paths leads through **Iški Vintgar** - an attractive gorge through which the Iška stream flows.

Explore Ig and Ižansko

Visit the **old village centre** of Ig with its church. In Dragā, near the pond, you can set off on the **forest nature trail**, where you'll get to know different trees and learn about work in the forest. The trail is part of the **Ljubljansko Barje Nature Park**.

Ljubljana → Iški Vintgar: 19 km
Ljubljana → Ig: 12 km

10

BACK TO THE BEGINNINGS OF CHRISTIANITY

In the Cistercian monastery in Stična, where monks continue to live to this day, the **Slovene Museum of Christianity** presents the history of Catholicism in Slovenia and of the monastery itself, which was founded in 1136. Besides visiting the museum you can also see parts of the **Stična Monastery**, including the basilica with its famous Baroque altar and frescos. The monastery also has a **Herbal Pharmacy** that continues the work of Father Simon Asič.

Explore Ivančna Gorica

Starting in Stična, head for **medieval Višnja Gora** and its Carniolan Bee House. At Muļjava visit the home of **Josip Jurčič**. Learn about the writer's work and how farmers lived in the past in this 19th century house.

Ljubljana → Stična Monastery: 34 km
Ljubljana → Ivančna Gorica: 31 km

11

TO THE CAPITAL OF CARNIOLA

Kamnik is a picturesque medieval town with three castles. **Štuna Street**, with its typical signs, keeps alive memories of lively trades from the past. Here are the houses where many famous people from Kamnik were born, the **Sadnikar Museum** with the oldest private museum collection in Slovenia, and the parish **Church of Our Lady's Immaculate Conception** with a separate Gothic bell-tower.

Explore Kamnik

Mali grad ("Small Castle") on a hill in the town centre offers a nice view of the town, while **Stari grad** ("Old Castle") is a popular hiking destination. **Zaprce Castle** is home to the Kamnik Intermunicipal Museum with its interesting local heritage collections.

Ljubljana → Kamnik: 21 km

12

TO THE HIGHEST-ALTITUDE SPA

At the foot of the Kamnik-Savinja Alps we can find **Terme Snovik**, Slovenia's highest-altitude spa. It's surrounded by the unspoilt nature of the Tuhinjski Valley. Healthy waters entice us either into the indoor or outdoor pools. Various saunas and massages are also on offer. You can taste typical local dishes, such as the **Tuhinjski trout**. Not far from the spa there is the 3.2 km long **Kneipp Barefoot Path**.

Explore the Tuhinjski Valley

See typical granaries on walks in the Tuhinjski Valley. Their heritage is presented in the **open-air museum** next to Zaprce Castle in Kamnik. Both footpaths and cycle paths lead to the village of **Motnik**, at the end of the valley.

Ljubljana → Terme Snovik: 32 km

1

THE PEKEL WATERFALLS

Borovnica, a village on the Ljubljansko Barje plain, gives a surprisingly different impression in the **Pekel Gorge**. As soon as you enter the canyon you're alerted to the wildness of the nature by an outline of the path on a wooden, devil-shaped sculpture. The gorge has an impressive **seven waterfalls**. The 30 minute walk to the second waterfall is suitable for anyone wearing appropriate footwear.

Explore Borovnica

View the remains of the **railway viaduct** which used to be the largest structure on the Vienna-Trieste line. The restored **signalman's house no. 666** can also be seen on the route of the **old line**. Discover village **churches** on the paths across the Barje.

Ljubljana → Pekel Gorge: 28 km
Ljubljana → Borovnica: 23 km

2

A HIKE TO THE ROUND LAKE

At the edge of the Ljubljansko Barje there is the almost perfectly circular **Podpeč Lake**, whose depth of 51m makes it one of Slovenia's deepest lakes. It is fed by seven underground sources. In the summer there is a small bathing area by the lake, which is otherwise frequented throughout the year by fishermen who come for the large carp, pike, chub and other fish.

Explore Brezovica

There are many possibilities for recreation around Brezovica. Walkers are drawn to the **summit of Sveta Ana** and the longer walks to **Krim** (1107 m). Make a trip to **Rakitna** and visit the local lake. Walk the **nature trails**. Ride a horse on the Ljubljansko Barje.

Ljubljana → Podpeč Lake: 15 km
Ljubljana → Brezovica: 17 km

3

ADMIRE CHURCH ART

It's not just the natural beauty that attracts visitors to the region of Dobrepolje, but also the many picturesque churches. You can begin your sacred heritage walk in Videm. Visit the **Church of the Holy Cross**, built in 1845 in Neo-Renaissance style. The