

BOHINJ SLOVENIA



Located in Triglav National Park

I FEEL
SLOVENIA



Bohinj and lake, view from 5,000 metres altitude – the mountains of the Lower Bohinj Valley are on the left and the Triglav mountain range on the right.

Bohinj – a unique, charming, wonderfully mysterious region in Slovenia, the Alps and Europe.

Bohinj is located in the heart of the **Julian Alps**. The most extensive and highest mountain range in Slovenia is also the most south-eastern part of the Alps. Bohinj encompasses the valley of Nomenj, the Upper and Lower Bohinj Valleys, lake basin, the Pokljuka and Jelovica plateaus and a high mountain range.

The most recognisable and astonishing natural site is **Lake Bohinj**, the biggest lake in Slovenia.

The twenty-four villages in and above the valley hide the attractive riches of the past, the cheerfulness of the present and the mystery of the future.



SLOVENIA








| | | | |
|------------|--------|----------|--------|
| Ljubljana | 80 km | Budapest | 542 km |
| Klagenfurt | 88 km | Milan | 573 km |
| Trieste | 174 km | Sarajevo | 594 km |
| Zagreb | 223 km | Belgrade | 615 km |
| Venice | 318 km | Rome | 835 km |
| Munich | 386 km | | |
| Vienna | 427 km | | |



More than two thirds of the Bohinj area lies within Triglav National Park.

How to reach Bohinj:

-  from Ljubljana through Bled, across the Pokljuka or Soriška planina
-  from Ljubljana through Bled
-  from Jesenice and Nova Gorica
-  from Most na Soči or Podbrdo
-  Jože Pučnik Ljubljana Airport



Bohinj abounds in unique natural beauties and spectacular landscapes. BOHINJ'S FINEST FORMAL RECOGNITIONS

The view of the Upper Bohinj Valley and Lake Bohinj from the Vodnikov razglednik panoramic site in Koprivnik village.

Triglav National Park

The only Slovenian national park abounds in clean waters, diverse landscape and exceptional flora and fauna. The preserved cultural heritage and nurtured cultural landscape are the result of co-natural living of man and nature.



Julian Alps MAB Area

In 2003, **Unesco** included the Julian Alps in MAB, the international network of biosphere reserves. Thus, the Julian Alps joined the international network of model regions of sustainable development. Unesco's Man and the Biosphere programme (MAB) was designed to present and encourage a balanced relationship between nature, culture and man.



Julian Alps



Slovenska nacionalna komisija za UNESCO
Slovenian National Commission for UNESCO

Eden

The **European Destinations of Excellence (EDEN)** recognised Bohinj as a destination where economic growth aims to ensure social, cultural and environmental sustainability. Our slogan is: "We build future for people and nature".



Revija-ur 2010



Disabled-friendly

The Disabled-friendly symbol designates an environment where the disabled and persons with special needs are not deprived of using various tourist services. Vogel Bohinj Ski Centre received this certificate in 2013.

Green Globe

Green Globe is the global certificate of sustainable tourism. Its members save energy and water resources, reduce running costs and make a positive contribution to local communities and their development. **Bohinj Park ECO Hotel** is the first and only eco hotel with the Green Globe certificate in Slovenia and SE Europe.

Mohant

Mohant cheese is a local specialty that carries the European designation of origin. This soft yellowish cheese made from cow's milk is known for its **typical strong aroma and spicy flavour**. This type of cheese was being produced in the traditional way long before cheese-making technologies were developed.

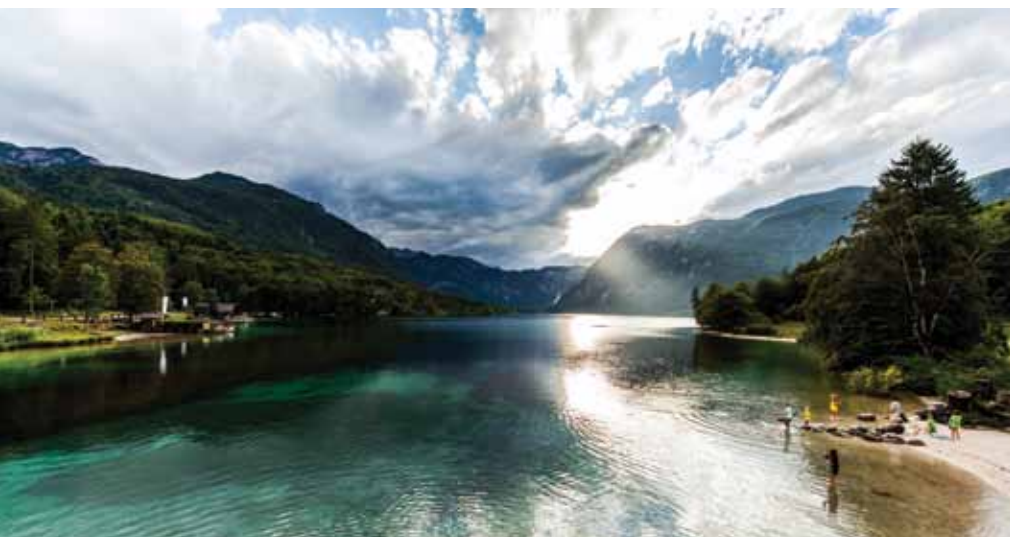




TRIGLAV (2,864 m), the highest mountain in Slovenia, is the pride and symbol of Slovenian nationhood. The four brave men from Bohinj conquered the mountain of gods in 1778, seven years before Mont Blanc was climbed. The Triglav mountain range is the highest in the Julian Alps.



The **SAVICA WATERFALL** springs under the steep wall of Komarča. The waterfall has two parts, one is 78 and the other 25 m high. The Savica Brook is the main influx to Lake Bohinj. The Jezernica River flows from the lake and after a few metres it merges with the Mostnica River and together they continue as the Sava Bohinjka River.



LAKE BOHINJ, a natural pearl with an unspoiled shoreline, lies among steep and high surrounding peaks. The basin in which it lies was formed by a glacier. More than 700 years old Church of St John the Baptist stands near the stone bridge. The church is painted with frescoes that date back to the 14th century.



The **FLORA** of Bohinj has attracted the interest of botanical experts and nature lovers for a long time. There are many indigenous plants in Bohinj, and special as well as diverse plants are also typical of Mt Črna prst, the Seven Triglav Lakes Valley and the Pokljuka peat bogs.



HAYRACKS IN STUDOR

Hayracks are used for drying grass and field produce, for storing hay and mostly as a shelter in rainy weather.

The people in Bohinj call the double hayrack *stoh*. Due to their location, sophisticated design, preserved and unaltered purpose as well as group setting, these hayracks are a landscape speciality known around the world.



CULINARY SPECIALTIES

Traditional dishes include *zaseka* with sausage, various types of cheese and *žganci* made from a local variety of corn called *Bohinjka*.

Other local specialties are *mohant* and Bohinj cheese, which is Emmental cheese with large holes. Corn *žganci* with crackling and sour or sweet milk, sauerkraut or turnip, which used to be quite a popular dish in Bohinj, is served only in certain inns. Fish dishes (Bohinj trout, char), venison and Bohinj tart can also be at the top of the menu in Bohinj.



VOGEL (1,535 m), a ski centre with natural snow in winter and pasture in summer, is interesting for those who wish to admire the flora and fauna of the high mountain area. It is a great starting point for hiking, and has an exceptional climate. Its exceptional location above Lake Bohinj offers a view of the Julian Alps which takes in Mt Triglav, the Karavanke and the Kamniško-Savinjske Alpe mountain ranges. A cable car enables access for the disabled, as shown by the Disabled-friendly certificate.



BOHINJ RAILWAY, completed in 1906, is one of the most beautiful mountain railways. The ride by vintage or ordinary train as well as by car train from Jesenice to Nova Gorica is an unforgettable experience. The track also runs through the longest Slovenian railway tunnel (Bohinj Tunnel, 6,327 m), and also across a bridge over the Soča River (Solkan Bridge), which has an arch span of 85 metres, making it the longest stone bridge in the world.



Guided botanical tour along the shore of Lake Bohinj during the International Wild Flower Festival.

The wonders of awakening nature

In spring, Bohinj abounds in waters. Due to snow melting in the high mountains, the narrow riverbeds, gorges and waterfalls are in full flow and therefore even more appealing.

This is the time when Bohinj’s meadows teem with flowers, stretching from the valley up to the mountain peaks. The lower Bohinj mountains, including Mt Črna prst, are recognised as exceptional natural heritage and form the only botanical reserve in the Julian Alps. Rare plant species grow in the natural mountain meadows. Bohinj also has two plants unique to this region, the Bohinj Iris (*Iris pallida subsp. cengialti f. vochiensis*) and the Twinflower (*Linnaea borealis*).

The richness of Bohinj’s flora is celebrated every spring at the International Wild Flower Festival. It features various culinary workshops and presentations of traditional customs, guided botany, ornithology, photography and creative workshops, and expert conferences.

MAY and JUNE
XX
INTERNATIONAL WILD FLOWER FESTIVAL



Edible wild flowers – culinary workshop during the International Wild Flower Festival.



Clusius' gentian (*Gentiana clusii*). At the beginning of summer, the mountains of the lower Bohinj mountain range are a true botanical paradise.



Riding Icelandic horses over the Senožeta – the mountains of the lower Bohinj mountain range in the background.



Active holiday – planting corn (Bohinjka), a variety of corn local to Bohinj.



Exploring along the Bohinj Cycling Route.

✕ HIKING

The entire area of Bohinj and the high and middle mountain ranges have many marked hiking trails. You can enjoy guided hiking tours, accommodation in mountain huts and visiting pastures where you can taste 'žganci' with milk and cheese at local alpine dairy farms

- Marked alpine routes (more than 300 km)
- Hiking trails (more than 100 km)
- Theme trails (Cheese Trail, Peace Trail etc.)
- Mountain huts with food and accommodation
- Guided mountain tours with experienced guides
- Hiking literature (maps, guides)

✕ CYCLING

Bohinj Cycling Route connects the Lower and Upper Bohinj Valleys and is perfect for families and recreational cyclists. It has rest places at interesting sites that offer great panoramic views. Marked cycling routes on macadam roads offer scenic rides and unforgettable views also for more demanding mountain bikers.

- Bohinj Cycling Route (11 km)
- 15 marked mountain cycling tours and routes
- Vogel Mountain Bike Park
- Easy and difficult guided cycling tours
- E-bike rental

✕ RIDING

Cross-country riding (from one hour up to three days) is a special and unique experience for beginners and experienced riders. Icelandic horses are appropriate for learning the basics of riding, since they are calm, get on well with children, and have the stamina for longer tours around Bohinj. You can enjoy the company of horses at any time of the year.



Mostnica gorge – 2 km long gorge with river pools and waterfalls.



A legend has it that Lake Bohinj contains precisely the amount of water needed to fill one wooden pail – if it is big enough.

Exciting desire to explore

Summer energy invites you to join alpine dairy farmers in the pastures, in the shade of the trees, in the fresh embrace of waters.

× WATER ACTIVITIES ON THE LAKE AND RUNNING WATERS

- Boat hire
- Canyoning, rafting, hydro-speed
- Swimming

× PARAGLIDING

Paragliders can fly from various launch sites Vogar, Studor and Vogel and land near Lake Bohinj, where a landing site is available. Experienced instructors and pilots offer unforgettable tandem flights for the adventurous.

- Paragliding school
- Tandem paragliding

× CLIMBING

The climbing at sixteen natural climbing sites is ideal for demanding climbers. Numerous climbing courses are available for beginners or family climbing.

- 16 natural climbing sites with 450 equipped routes
- Beginner and advanced climbing school for adults and children
- Shop for buying and hiring equipment for climbing and other sports activities
- High ropes course



Cow bells resound in Bohinj's pastures during the summer. Local cheese specialties will bring smiles to guests' faces and please their taste buds.



Valley of Seven Lakes.



Preparing for a jump from Mt Vogel - Mt Triglav in the background.



View from the Bellevue climbing site.



Pastures that abound in flowers.



Summer events: Ethno Weekend, Vasovanje, Kmečka ohcet or Rural Wedding, Bohinj Night with fireworks.



Sports events for endurance athletes - mountain run to Mt Vogel.



E-boat on Lake Bohinj.



Kayaking on the Sava River.



Alpine herdsmen returning from pastures with their cows – autochthonous Bohinj cows (“cika”) – at the traditional Cows’ Ball.

Patience rewarded

In autumn, the trees take on stunning shades of gold and brown. In beautiful weather, this is the best time to visit Bohinj and the surrounding mountains.

When the valley is swimming in fog, the high mountains are bathing in sunlight. Interesting guided theme tours are organised during the Hiking Festival.

In mid-September, shepherds bring the cattle down from pastures. They celebrate the return to the valley at a traditional event called the Cows’ Ball.

SEPTEMBER and OCTOBER
XX
HIKING FESTIVAL



Indigenous corn “trdinka”, has matured. Time for celebration.



Fog in the valley, sun in the mountains.
The pleasure of hiking in autumn.



Vogel – ride by cable car and chair lift.

× FISHING

Unspoiled nature and easy access to fishing sites rank Bohinj among the most popular fly fishing areas. From spring to autumn, fishermen can enjoy catching the most popular fish, such as lake trout, brown trout, burbot, grayling, chub, rainbow trout and lake charr.

- Purchase of fishing permits, fishing gear and maps
- Fishing gear and guide hire



Church of St John the Baptist.

SEPTEMBER and OCTOBER

XX

FISHING FESTIVAL WITH INTERNATIONAL FLY TIERS MEETING



Fly fishing in the early autumn morning on Lake Bohinj.



Vogel ski centre lies at 1,535 m above sea level and is famous for exclusively natural snow and panoramic views that stretch to all parts of Slovenia. Accompanied by experienced guides, you can enjoy high mountain ski touring.

Winter fairytale

Bohinj is a winter sports centre due to a rich tradition of winter sports.

Winter sports in Bohinj have a long tradition in Bohinj. Hunters and foresters were the first skiers, since they needed skis to do their work. In 1908, the first sledging track Belvedere in Bohinjska Bistrica was built. The construction of the 50 m Hansen Ski Jump in Polje in 1929 was the peak of winter sports in Bohinj. This ski jump was the largest jump in Slovenia and Yugoslavia.

Ski slopes and cross-country skiing trails are arranged across the entire area. In long winter evenings, you can warm up at rustic stoves of a local inn or enjoy in wellness or Aquapark.

× WINTER ACTIVITIES

- Ski bus, ski centres, 70 km of ski tracks
- Cross-country skiing, 35 km of cross-country ski trails
- Skating
- Winter hiking
- Ski, snowboard, cross-country ski schools
- Wellness, Ayurvedic centre, swimming pools



Traces of a doe.



Church of St John the Baptist in Ribčev Laz.



Walk at full moon on Mt Vogel.



Ski school for children.



Ski touring.



Cross-country skiing across the Dobrava meadows.



Snow-shoeing on the Pokljuka plateau.



Relaxing in the wellness and swimming pool area.



Mt Vogar.



Zajamniki pasture is renowned for its position on the sunny panoramic edge of Pokljuka Plateau. The huts and stables resemble an extended village, since they are placed in a bow-shaped line. The main building is the cheese dairy.

Pokljuka

The high forested karst plateau of Pokljuka (1,200 to 1,500 m) covered by spruce forests is on the eastern margins of Triglav National Park. It is known as a climate spa due to the fresh and clean air; energy points have a healing effect on health and well-being. The high mountain air and unspoiled nature are a great combination for family holidays at any time of the year.

Some settlements are located on the southern side, and numerous pastures are also scattered across the entire plateau. Special ecosystems hide among the dense forests – peat bogs which are the remains of glacial movement.

- × **POKLJUKA SKI CENTRE**
- × **POKLJUKA SPORT CENTRE**
- × **GORELJEK FAMILY CENTRE**
- × **BIATHLON WORLD CUP**



Ibex.



Cross-country skiing.



IBU Biathlon.



Goreljek Peat Bog Nature Trail.



Hunting lodge in Mrzli Studenec.



The best violins are made from the wood of the Pokljuka spruce.

Tradition

The first settlement of Bohinj dates back to Iron Age (7th century BC), when the iron industry actually started. There were many iron ore sites and some of today's pastures emerged from initial mining and charcoal burning settlements.

Alpine dairy farming (and cheese making) was the foundation of agriculture. The unique Slovenian alpine dairy farming museum in Stara Fužina also presents this type of agriculture. Agriculture and forestry gained on importance after the drawback of iron industry in the 19th century.

The construction of Bohinj railway in 1906 opened the door for the development of tourism.



Oplen House.



Dedno polje pasture.

SEPTEMBER

XX

COWS' BALL



Alpine dairy farming.



Traditional hay drying.



Ecclesiastic heritage.



New Year events start on 26 December (*štefanovo*) with a traditional custom (*otepanje*) and take place every day until New Year's Eve.

Bohinjsko / From Bohinj

Local culinary specialties from Bohinj include *mohant* cheese, *zaseka* with sausage, and *žganci* made from the local Bohinj corn.

Numerous traditional dishes originate from the kitchens of local inns, and new ones which connect local ingredients with modern tastes are constantly emerging.

The *fajfa* (smoking pipe) from Gorjuše, hand-knitted socks made from sheep wool and wooden basket called *deža* are typical and traditional products from Bohinj.

Most hand-made souvenirs relate to the local breed of cattle known as *cika* and the floral richness, which are closely connected with the local way of life.



**BOHINJSKO
FROM BOHINJ**

The Bohinjsko/from Bohinj sign guarantees geographic origin and the high quality of products and services.



Gorjuše village was once famous for typical pipes called “gorjuška fajfa”. Traditional pipe making and decorating wooden products with nacre are still performed by two craftsmen in this village.



Solid wood furniture LORE, produced by Lip pohištvo Bohinj.



Local culinary specialties: *mohant*, Bohinj cheese, *zaseka* with dried sausage and garlic, bread with herbs and *zaseka*, corn flour *žganci* with cracklings and sour milk.

Family adventures

You will certainly not get bored in Bohinj. Away from city bustle you will once again feel the nature while walking, riding, visiting pastures, cycling or enjoying in winter fun on snow. The rural way of life can be experienced on a farm, where you can help at chores, bake bread, plant corn, mow grass or feed the animals.

The Land of Goldhorn awaits you in Ukanc, where a special event dedicated to children takes place in the spring, and cow Fejstka invites you to traditional B.O.FEJST children's festival in every season.



Water adventures.



Land of Goldhorn – U konc' sveta so pravljice doma.



Riding on Iceland horses.



Rural tasks for the youngest – farm holidays.



Hiking and cycling – Bohinj Cycling Route.



High ropes course.

Events

SPRING

Green weekend invites everyone to clean Bohinj.

International Wild Flower Festival connects local population and visitors at workshops and events in relation to wild flowers and traditional habits and knowledge.

The U konc' sveta so pravljice doma festival is a two-day event for children and parents, that takes place in the **Land of the Goldhorn** with fairy creatures from Bohinj legends, storytelling and creative workshops that engage children in movement and experiencing nature.

B.O.FEJST is a nice children's festival which occurs four times a year, i.e. in every season. Cow Fejstka invites you to have fun, create at workshops and learn something new.

SUMMER

Ethno Weekend presents old and traditional customs of the local people, where wedding customs hold a special place. **The Vasovanje** event usually takes place on Saturdays, when the old customs of young men knocking on the windows of young women and charming them is presented, and on Sundays a **rural wedding** takes place, where usually a young couple from Bohinj actually marries according to the old customs.

The nights under the linden tree in Srednja vas are dedicated to authentic gathering of locals and visitors, who can experience the traditional and modern way of life of local people.

Musical nights on Tuesdays in Stara Fužina encompass the performances of local folk music performers and also a market where rural women sell culinary specialties.

The Kanal Festival takes place in the dry riverbed near Lake Bohinj. During the summer, many Slovenian musicians perform at this festival.

The nights at Mrcina Ranch enable you to enjoy in the quality and simplicity of music, theatre plays, travelogues and alpine films.

Musical summer features events for lovers of exquisite music and culture.

Sport events in natural environment are organised all through the year. In 2015, Bohinj will host the **European Canoe Marathon Championship**.

AUTUMN

The Cows' Ball (Kravji bal) is a traditional event that celebrates the return of Alpine herders to the valley. The event also offers a wide variety of local and traditional dishes and presents modern farming techniques.

The Hiking Festival in autumn features guided hiking theme tours in the high mountains and the valley.

The Fishing Festival in October invites anglers from around the world to try their luck at fly fishing.

WINTER

Biathlon World Cup on Pokljuka Plateau.

New Year events start on 26 December (*štefanovo*) with a traditional custom (*otepanje*) and take place every day until New Year's Eve.



Guided tour of the Goričca botanical garden.



Musical summer.



Cows' Ball in Ukanc.



B.O. FEJST.

Diversity in all seasons

Spring family adventure

EXCITING AWAKENING OF THE MYSTICAL NATURE

In the spring, when wild flowers blossom from the land, families can enjoy in real botanical sauntering. Riding by tourist boat or canoe enables real pleasures in the reflection of the mountains on lake surface. Adventurous ride by cable car to Mt Vogel offers a panoramic view of Bohinj's beauties from the bird's perspective. You can end your day right at the place where stories arise – in Ukanc, educating, legendary land of Goldhorn.



Summer hike across pastures

FROM THE SUNNY VALLEY TO THE ALPINE PASTURE

The summer sun warms you up and the lake cools you down; the blossoming pastures fascinate and fresh mountain air energizes. Hiking across Bohinj pastures and sleeping in cheese dairies or huts can be an unforgettable experience in the embrace of the mountains. Local inns also offer the cheese that comes from alpine pastures and which is made by herdsmen.



Experience autumn

COLOURFUL AND EXCITING EXPERIENCE OF TWO WORLDS

This is the time when the nature settles down and the leaves of trees get that wonderful golden colour. The rivers Sava Bohinjka and Soča hide treasures in their pools and rapids, and they can enthuse every fisherman. These rivers are separated by the lower part of the Bohinj mountain range, however, the regions are connected with the Bohinj railway that can also be ridden by car train, which offers a wonderful experience of the diverse landscape.



Winter joy

NATURE RESTS AND PEOPLE ENJOY IN SNOW FUN

The slopes of Mt Vogel invite you to enjoy and relax in riding the snowy terrain. Then you can return, full of great moments and pleasantly tired, back to the valley, warm up in a local inn, swim in the pool and lay to rest.



SUSTAINABLE MOBILITY

With its location in the protected area of Triglav National Park, Bohinj is a synonym for tranquillity and clean air. Therefore, reducing traffic is one of the key challenges in developing Bohinj as a tourist destination.

Traffic should be regulated so that the area is people- and nature-friendly, thus enabling a good quality of life for the local population and contributing to the development of sustainable tourism. Bohinj is also committed to reducing traffic by introducing sustainable tourism campaigns like Green Weekend in Bohinj, Bohinj-ski Train, Bohinj Guest Card, cycling routes, and the purchase of e-bikes.

Visitors can contribute to sustainability: instead of driving, they can use public transport and bikes or walk, and park only in marked car parks.

Together for sustainable development. Thank you.



BOHINJ GUEST CARD OFFERS CHEAPER HOLIDAYS

Tourism Bohinj organization and the Municipality of Bohinj offer Bohinj Guest Card to guests who spend at least two night in Bohinj and who pay tourist tax.

Benefits:

- × Free parking in Bohinj and reserved parking spaces
- × Free bus transport
- × Cheaper rides by train and car train
- × Discounts in Bohinj and Slovenia.



Sights in Slovenia



Piran, 192 km.



Bled, 26 km.



Postojna Cave, 128 km.



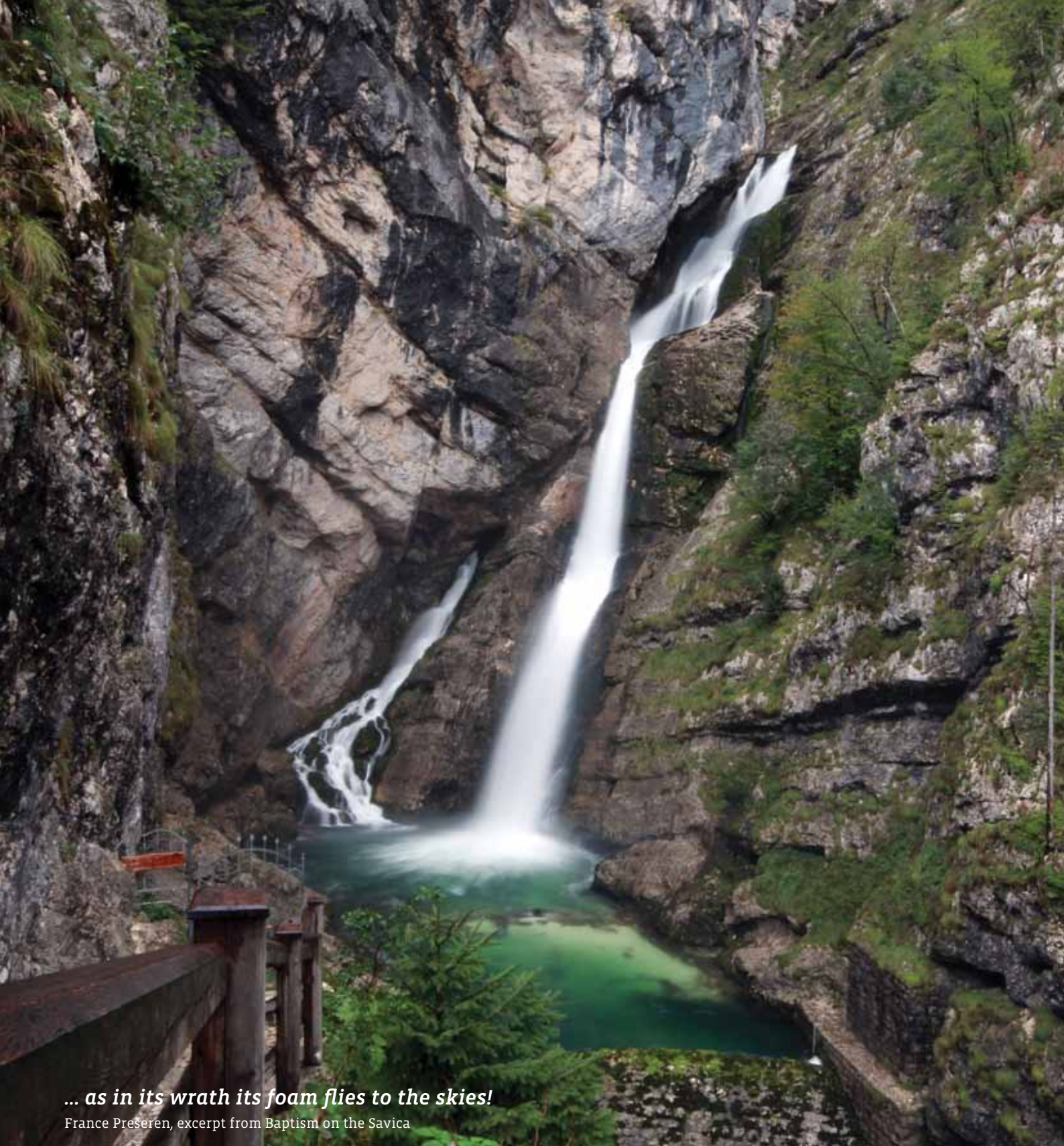
Ljubljana, 80 km.



Soča Valley.



Spas.



... as in its wrath its foam flies to the skies!

France Préseren, excerpt from Baptism on the Savica

Bohinj Tourist Board (TIC)

Info point for Triglav National Park

Triglavska cesta 30

4264 Bohinjska Bistrica

e: info@bohinj.si

t.: +386 (0)4 574 75 90

f: +386 (0)4 574 75 91



www.bohinj.si

Tourist Information Centre

(TIC) Ribčev Laz

Ribčev Laz 48

4265 Bohinjsko jezero

e: info@bohinj-info.com

t: +386 (0)4 574 60 10

f: +386 (0)4 572 33 30

www.bohinj-info.com



Julian Alps

Publisher: Turizem Bohinj × Idea and concept: Klemen Langus, Jana Vilman, Nežka Božnar, Urška Alič × Design: Nežka Božnar, Urška Alič × Photography: Aleš Zdešar, Andy Aunghwin, Boštjan Odar, Jože Borišek, Tomo Jeseničnik, Janez Mencinger, Karmen Zupan, Matevž Lenarčič, Martina Mašič Sabalič, Joža Mihelič, Jure Oblak, Mitja Sodja, Mojca Odar, Peter Strgar, Simon Kržič, Tilen Sepic, Arhiv: Turizem Bohinj, Žičnice Vogel Bohinj, d.d., Sport4fun, Pac sports × Texts: Jana Vilman, Urška Smukavec, Janez Bizjak, Samo Gardener × Translation: VERBUM, prevajanje in izobraževanje, Doris Sodja s. p. × Printing: Medium d.o.o. × This catalogue is printed on FSC certified paper.