

in the valleys  $17.7^{\circ}\text{C} / 62.6 \text{ F}$   $-3.7^{\circ}\text{C} / 26.6 \text{ F}$ 

Rateče • 846 m

5 March, or in winter conditions.

Orive safely. Don't drink and drive!

The following speed limits apply on Slovenian roads:

90 km/h

**1970** or

+386 1 5188 518

**1987** or

+386 1 5305 353

408 km

132 km Prague

30 km Škofja Loka 30 km Zagreb



### THE BEST THAT NATURE HAS TO OFFER

Slovenia, European Region of Gastronomy 2021, will Among no fewer than 401 distinctive Slovenian dishes surprise you with its sustainable approaches in cuisine. Chefs swear by using fresh ingredients and they know their journey from the field to the plate. They include special distinctive elements into their creations, such as the salt made in the traditional salt pans, honey gathered by indigenous bees, pumpkin seed and olive oil, and wine, which has been enjoyed here since the antiquity.

The Slovenia Restaurant Awards offers a selection of the top 100 gastronomic points by Slovenian regions. Gault & Millau, one of the three most influential international gastronomic guides, reviewed 130 restaurants, 50 popular gatherings, 50 world-class wine cellars, and 15



Teran, in Posavje taste Cviček, and in Podravje taste wl varieties, such as the Rhein Riesling and Traminec (Traminer In addition to the 52 generally known vine varieties that grow

in Slovenia, make sure to also explore indigenous varieties and

Dishes are further supplemented by clean drinking unique wines. You can learn about the special local wines on water, famous mineral water, organically produced wine roads, at 'osmice' – temporary wine bars, and in age-old fruit juices, various types of beer, spirits typical of each

and drinks, the following are the most well-known: Kranjska klobasa (Carniolan sausage), a Slovenian product with protected geographical indication, which has been popular since 1896; it goes well with **sour cabbage** and **sour turnip**.

Potica, a symbol of Slovenian cuisine, which tastes like one of its more than 100 fillings! Diverse flavours of sweet nd savoury fillings are also typical for special dumplings

rekmurska gibanica (Prekmurje layer cake), a cake from Pannonian Slovenia, which is also known for the ceremonial plaited bread called 'bosman', is a protected weet holiday dessert with layers of apple, 'skuta' curd cheese, walnut, and poppy seed filling.

ran branzino (sea bass), world-class farmed fish, calamari – filled or roasted squid, and 'klapavice' or **'pedoči'** (Mediterranean mussels) prepared in local ways



The natural diversity of Slovenia is inseparably connected Slovenia is the land of some of the oldest special features with the cultural wealth of its different regions. Learn about in the world! the Slovenian language with its dual grammatical form and its more than 30 dialects! Visit ethnographic and other events in the countryside, and festivals, museums, and galleries in towns and cities. Visit more than 150 castles and manors, and get a

sense of the life in historical towns and Plečnik's Ljubljana.

### UNESCO HERITAGE WITH GLOBAL SIGNIFICANCE

UNESCO List of World Cultural and Natural Heritage: Škocjan Caves • Primeval Beech Forests the Krokar primeval forest and the Snežnik Ždrocle reserve • Heritage of Mercury – Idrija • Prehistoric Pile Owellings – the Ljubljana Marshes.

Representative List of the Intangible Cultural Heritage

of Humanity: Škofja Loka Passion Play – Škofja Loka • Kurenti door-to-door rounds – Ptuj • Bobbin lacemaking n Slovenia • The art of dry stone walling, knowledge an echniques – the Karst and Slovenian Istria.

UNESCO Global Geoparks: Idrija Geopark · Karavanke Geopark.



The oldest flute. The more-than-60-thousand-year-old eanderthal flute found in Slovenia can be seen at the itional Museum in Ljubljana.

The oldest wheel with an axle. The 5200-year-old ooden wheel with an axle, which was found in the pile wellings of the Ljubljana Marshes, can be seen at the City Museum of Ljubljana, while the pile dwelling culture can oe explored in Vrhnika.

The oldest grapevine. This grapevine, which has been entered into the Guinness Book of Records, is almost five enturies old, and still yields wine, grows in the centre of



# SLOVENIA OUTDOOR SLOVENIA WELL-BEING HERE, I CAN BE ACTIVE HERE, I FIND **EVERY DAY OF THE YEAR!**

### WORLD-CLASS NATURAL HEALTH RESORTS

Fifteen health and wellness centres invite you to enjoy Slovenia's thermal and mineral water with clinically proven us, Slovenia doesn't only offer various programmes effectiveness and other natural therapeutic elements (the climate, brine, peat, peloids, aerosols, etc.). Staying in spas will be enriched by experiences in modern pools, saunas, and massages, world-class medical therapies, prevention wellness programmes, and beauty treatments.



### APITHERAPY IN THE LAND OF BEEKEEPING

In Slovenia, which encouraged the declaration of World Bee Day, beekeepers don't only make honey and honey products, but also offer original apitherapy experiences. Relax in apiaries by resting in api-chambers, breathe the air from bee dwellings while lying next to hives, as this will have a beneficial effect on your respiratory system, and enjoy a honey massage. Find hosts who is ranked with three, two, or one bee.



### SELFNESS IN A SLOVENIAN WAY

When we're seeking something to calm us and balance combining traditional approaches and medical knowledge. but also surprising places with energy points, workshops with various relaxation methods in nature, and special programmes, such as forest selfness. This type of selfness helps you experience the medicinal energy of trees, the sonic life of the forest, and natural paths to yourself.





Thousands of trails for all kinds of hikers and cyclists take

Slovenia's advantage is that, with all activities, you can count on you through the diverse landscapes of Slovenia. In winter, a selection of various levels of difficulty: from the easiest to the of each region surprises the visitors to 16 golf courses, and more than 13 thousand karst caves await speleologists from all over the world.



White waters invite you to come rafting, canyoning, hydrospeeding, and to enjoy other adrenaline-fuelled experiences. The sea, rivers, and lakes have well-maintained swimming areas. Your encounters with water are different, depending on whether you are stand-up paddleboarding, enjoying a boat ride, scuba diving, sailing, kiteboarding, surfing, or enjoying fishing or fly fishing.

### AIR. FROM VIEWS WITH A TWIST TO ADRENALINE.

excited about panoramic flights and parachuting.



mountain centres are exciting destinations for lovers of most challenging. At venues of world-class competitions and skiing and other winter sports. The distinctive character races, everyone can get a taste of the authentic fan atmosphere! **36 Olympic Medals prove** that sport is in the Slovenians' blood. According to the number of medals per capita,

> Slovenia is at the very top globally!  $\underline{\text{More than 10,000 km}} \text{ of marked hiking trails invite you}$ to meet other hikers! In Slovenia, everyone greets each

other on mountain trails. Just say: "Dober dan." 178 mountain cabins offer hospitality by providing accommodation and typical cuisine on the tops of tall

mountains and in the panoramic mountain pastures of he highlands. he largest zipline park in Europe and other opportunities

or unusual experiences show you that Slovenia is an exciting centre for adrenaline-fuelled air and water sports. **Cycling in all seasons** can be enjoyed in Slovenia due to its

liversity in terms of geography and climate.

10 major mountain sports and recreation centres offer active experiences and a whole range of sports in winter and summer.

Be in touch with nature by staying in specialised hiking and cycling accommodation, camp sites, boutique glamping accommodation, and tourist farms.

Experience tall tree canopies, rock faces, and the special features of adventure parks. Visit the steepest zipline in the world and all different kinds of ziplines. Panoramic launch sites await paragliders, and lovers of aviation can get

This is why we encourage you to use it. Browse through it. Plan your journey with it, by scribbling on it and markin Jestinations you want to visit. Let this map help you experience Slovenia in the best possible authentic way.



SLOVENIAN TOURIST BOARD

# AMONG THE TALLEST MOUNTAINS

ALPINE SLOVENIA

abundance and mountain herdsmen dairy and cheese-making tradition.

You can explore the special sights surrounding Lake Bohinj on foot, by

oicycle, on horseback, or on skis. If

you're seeking sport inspiration, visit th

Park, the largest area of protected

nature in Slovenia, accompanied by a

guide. The most beautiful hidden areas

under Mt Triglav are connected by the

Juliana long-distance hiking trail.

Pokljuka plateau! Visit Triglav National

# AND THE WILDEST WATERS

A famous lake with an island. The largest area of protected nature in Slovenia. An emerald river. Historic towns. Venues for major sporting events. Mysterious corners in the mountains and valleys. The oldest vine in the world. Nature and culture. How to experience the special features of Alpine Slovenia? By enjoying activities in nature!



boat, to **the island on the famous** Lake Bled. Hike up to the castle on the rock and explore the surrounding areas by taking hiking and cycling trails. Visit Bled, the cosmopolitan gem of the Julian Alps.



All year round, **cyclists** conquer Slovenia's highest road mountain pass near Kranjska Gora while **hikers** climb the summits of the Julian Alps. In winter, **alpine skiers** compete here and the best ski-jumpers set records in nearby Planica.

MEDITERRANEAN & KARST SLOVENIA

SALT PANS TO KARST CAVES

GLOBAL SURPRISES FROM



**TONE** 

T334 I



In a place where exciting water sports await you on the emerald River Soča, hiking trails will also take you to areas where you can witness the heritage of World War I. When you visit the Soča Valley explore the Walk of Peace between Bovec, Kobarid, and Tolmin, and may the Alpe Adria Trail direct you to the international path towards the Adriatic Sea.



Gorges and canyons, just like the

Partisan Hospital is located, are one

of the many faces of Cerkno, which

will surprise visitors with its special

archaeological site where the oldest

flute in the world was found, a family-

friendly ski centre, and new ways of

experiencing selfness in the forest.

Maribor, the city with the oldest

vine in the world, is an excellent

starting point for exploring eastern

Slovenia. On one side, it touches the

Pohorje Hills, which have **ski centres** 

and hiking and cycling trails, and

on the other it continues into areas

famous for wine growing.

Shrovetide ('Pust') traditions, an

a medieval town with a defence moa and a view of the Karavanke Alps. The honestly sweet Radol'ca will excite you vith its Chocolate Festival. In <mark>Kranj</mark>, the capital of the Slovenian Alps, which is also the cultural heart of ovenia due to its heritage of Slovenia's greatest poet France Prešeren, the canyon of the River Kokra awaits you







nce you've learnt about the

or a kayak into the mining

**underground** of Mt Peca.

special features of the cross-border

UNESCO Karavanke/Karawanken

Geopark in Koroška, take **a bicycle** 

ALPINE

SLOVENIA

**MEDITERRANEAN** 

& KARST SLOVENIA

**SELECT UNIQUE EXPERIENCES!** 

and recommended by the Slovenian Tourist Board.

Experience local, authentic, unique, experiential and

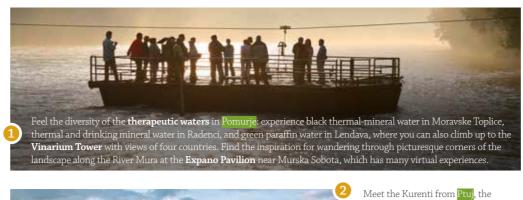
sustainably green programmes of premium quality.

www.slovenia.info/slovenia-unique-experience

Find you unique experience at:

n the very centre of this charming town

in green nature in summer and snow-covered nature in winter. while also relaxing at the Terme Zreče Spa, will find a great combination in





door-to-door rounds of Kurenti are a part of UNESCO world heritage. From the town with a spa and the oldest wine cellar, head to the Jeruzalemsko Ormoške Gorice Hills, the Slovenske Gorice Hills, and the Haloze Hills to find some **excellent wine**.

oldest town in Slovenia with one

world. Its unique traditions and the

the most interesting carnivals in the

THERMAL PANNONIAN SLOVENIA

## WELLNESS IN HEALTH RESORTS AND GENTLE WINE-GROWING HILLS

Therapeutic hot springs. World-renowned mineral waters. The stories of castles, manors, charterhouses, and historical towns and cities. Hearty cuisine at farms and in traditional restaurants known as 'gostilna'. A green getaway in Therman Pannonian Slovenia improves your health and makes you feel good.



THERMAL

PANNONIAN

SLOVENIA



If you'd like to see the best view of the town of princes, visit the **Celje Castle**. In Celje, you can discover the stories of a family that was once one of the most important noble families of Europe. Make sure to also visit the nearby hopproducing town of Žalec, which has the first **beer fountain** in the world.

WHERE TO? ANYWHERE!

Forget about restrictions. When in Slovenia,

you can visit any place you want. Distances

are easily manageable. Pick your favourite

experiences and put together a journey in

east - west: 300 km or 3 hours drive



you to go upstream towards the castles

Rajhenburg and Sevnica.

ne oldest pharmacy and other popular y-trip destinations along the River otla. Taste apples from the meadow hards in the Kozjansko Regional Park. Take care of your health by visiting

in the park of the health resort in Dobrna. his is the location of the oldest still

operating health resort in Slovenia with a

llev of Mills in the surrounding area.

tradition over 600 years old. Discover the

surface like a miner, and after touring the

Coal Mining Museum of Slovenia have

some beach experiences on Lake <mark>Velenje</mark>.

Nearby, you can also visit the town of

the green Topolšica with a nice spa

Learn how brewing, beekeeping, and

**herbalism** are connected and focus

**Laško Spa** by visiting Laško. The

health resort below the castle is

on your well-being at the **Thermana** 

located right next to the River Savinja,

not far from the **Rimske Terme Spa**.

Descend **160 m under the Earth's** 

gaška Slatina<mark>,</mark> a health resort town with an impressive 400-year tradition and a globally unique mineral water with the highest magnesium content in the worl Make sure to also learn about the **tradition** of producing glass and famous crysta



Tour castles in the region Posavje Learn about the globally significant archaeological heritage. In Novo mesto, yo can experience the Iron Age at events! When visiting the Dolenjska region along along the River Sava! Start your tour near the popular Terme Čatež Spa, the River Krka, don't forget to taste Cviček, a unique Slovenian wine. Enjoy the where you can find the castles Mokrice, beneficial effect of the waters at the Šmarješke Toplice Spa and the Dolenjske Brežice, Podsreda, and Kostanjevica Toplice Spa on your health! na Krki. The castles of Posavje invite

Explore Slovenia, a green, active and healthy country

which despite its pocket size hides immense diversity. Here, everything is close by and easily accessible. It is the place, where the Alps meet the Mediterranean, the Karst, and the Pannonian Plain. It is the place where a great number of authentic boutique experiences can be found, be it nature- or culture-oriented. Discover the first country in the world to be declared a Global Green Destination. Experience the unforgettable and combine diverse experiences: marvel the view from the mountains with the salt from the sea, descent into an underground cave or hike along the vastness of plains. Be the master of your trip through Slovenia and experience it in your own way.

population of 2.084 million

20,273 km<sup>2</sup>

46.6 km

2,864 m the highest peak, Mt. Triglav

Ljubljana

European Union

Schengen Area

(GMT + 1)Central European Time

EURO €

Slovenian

the official language (also Hungarian and Italian

# in ethnically mixed territories)

## I CHOOSE GREEN IN SLOVENIA

IN THE FIRST GREEN DESTINATION OF THE WORLD, I FOLLOW THE 'SLOVENIA GREEN' LABEL



When I select a destination, accommodation, a park, an agency, or another operator with the Slovenia Green label, I am selecting proven sustainable responsibility in tourism. The operators with this label meet more than 100 global sustainability criteria of the Green Scheme of Slovenian Tourism. More information: www.slovenia.info/sloveniagreen.

IN A COUNTRY WITH A CONSTITUTIONAL RIGHT TO CLEAN DRINKING WATER I AM LEARNING ABOUT THE DIVERSITY OF WATERS



No matter where you are in Slovenia, high-quality drinking water is guaranteed – drinking from the tap is safe, and in some places even from town drinking fountains. There are no fewer than 87 hot springs with thermal-mineral water and mineral water. Some mineral waters are special at a global scale. Donat Mg is the richest water in the world in terms of magnesium content.

> IN AN AREA OF INCREDIBLE BIODIVERSITY, I RESPECT BEES



Slovenia, the third most-forested country in Europe, covers less than 0.004 percent of our planet's surface, while more than 1 percent of all of the known living species on Earth live here. The incredible biodiversity is protected by areas of protected nature, which cover more than 37% of Slovenia's surface. In addition to natural elements, Slovenian indigenous bees are also important for the incredible biodiversity. Among other things, Carniolan honeybees pollinate cultivated plants. World Bee Day was declared at Slovenia's initiative. Discover why!

HERE, I EXPLORE IN MY OWN WAY - BUT WITH A RESPECT FOR NATURE





In nature, I act as a guest and I only take new memories with me.

I don't disrupt the life in natural

environments with motor vehicles into it anywhere I go.

LJUBLJANA & CENTRAL SLOVENIA

# LIVELINESS OF THE CAPITAL AND

Short distances between towns and the green surrounding areas. Recognisable architecture. The atmosphere of various cultural events. Globally significant cultural, natural, and intangible heritage. Adventures and experiences for every day of the year. You'll be hard-pressed to find so many diverse elements of urban and green environment as there are in Central Slovenia.

your own way!



Live like Ljubljana locals. Hike up to the **castle,** take a walk through the marketplace and across the bridges designed by the architect Jože Plečnik, whose works marked Ljubljana – the green capital of a green country. Choose from among thousands of events. **Take a boat ride** on the River Ljubljanica to the surprising **Ljubljana Marshes**, which is known for its pile dwellers' heritage inscribed on the UNESCO World Heritage List. Experience what it was like to live in the times of pile dwellers in Vrhnika, where the oldest wooden wheel in the world







workshop and discover the special



by the globally significant UNESCO mining and lacemaking heritage. largest mercury mine in the world. Participate in a bobbin lacemaking

Go down into the tunnel of the second features of Idrija lace. Visit a UNESCO Geopark. Learn how to make a famous dish called 'žlikrofi' (local dumplings filled with potatoes, onions, etc.).

## Go to a primeval forest! In Kočevsko, which has the most cohesive fore habitat in Europe, you can visit another EXPERIENCE MORE! Discover hidden corners and surprising experiences.







If you'd like to experience somewhat Combine the **experiences** of a **medieval town** and of green mountain pastures. Visit Kamnik and hike up a mountain trail or take a gondola up to where mountain dairy farmers live in a traditional **herdsmen's settlement** on the Velika planina Gorenjskem, where you can be inspired plateau. Try their intricately decorated **Trnič** cheese, which was once intended for



Every few years, you can visit <mark>Škofja Loka</mark> to watch 900 actors enact the **Škofja** Loka Passion Play, which is also a part of UNESCO heritage. There, various **creative gatherings** are available: from artistic to handicraft to culinary.

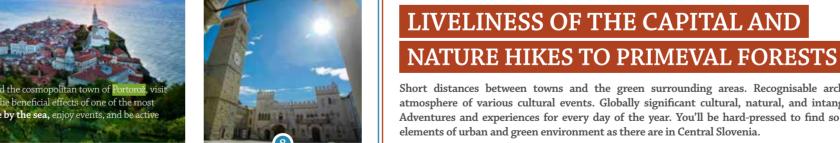


traditions and original stories in Bela krajina by the warm River Kolpa. Folklore, local handicrafts, wines, and excellent dishes are available between the towns of Metlika, Semič, and



Experience the authenticity of old





LJUBLJANA

SLOVENIA

1 & CENTRAL











**archaeological park** in <mark>Izola</mark>. Find the most beautiful natural beache under the **Strunjan Cliff** and head to the inland areas to wander amongst vineyards and olive groves.

If you visit <mark>Idrija</mark>, you'll be impressed

pastures, head to Cerklje na

different adventures in mountain by stories from Strmol Castle. Rising girls in the valley. above this town is Krvavec, a ski centre offering **skiing** to the capital city and the country's international airport, and

in summer it offers experiences in an

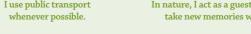
adventure and bike park.

There are bus and train connections to

Slovenia from numerous European cities. I

by environmentally-friendlier forms of

the city and its surroundings even better!



as almost 40% of Slovenia's area is can be transported to most places in Slovenia covered by protected areas of nature and almost 60% by forests, I quickly find transport, Rental bicycles are available in myself in habitats of rare animal and plant many Slovenian towns and cities, and they species. I protect animate and inanimate make exploring the most beautiful corners of nature. I don't take plants, animals, or rocks with me.

by bicycle, and I do not litter.

I make sure not to leave behind any unnecessary traces. I take litter with me I use a reusable bottle. I can pour water

# famous for wine growing and fruit production. As you explore the special features of Mediterranean & Karst Slovenia, your eyes will be wide open! Take a cave train to Postojna Cave, 1 Visit Predjama Castle, the largest cave castle in the world! Make sure to also meet the **'human fish'** (proteus or olm), the largest cave animal

An unusual subterranean world. The mysterious life of the 'human fish' (proteus or olm). The liveliness of

coastal towns. Valuable and traditionally produced salt. The cradle of the white Lipizzaner horses. Areas







classical riding shows and practices,

go horse riding in nature, or enjoy a

carriage ride in the karst landscape.



the water from the karst underground fill it a **surprising river source** in the centre up, you can go for a boat ride on Slovenia's of town to Ajdovščina with **heritage** 

the beauty of the Ferrari Garden. In Pivka, Above them, you can find paragliding

go on board a submarine and see the items take-off sites.

displayed in the **Park of Military History**.



with nice beaches and the Debeli rtič largest lake. Discover the **special historical** from Roman times and further on to and cultural features of the Karst. Visit Nova Gorica, Slovenia's youngest town, the medieval village of Štanjel and discover which provides **entertainment in** the work of the architect Maks Fabiani and casinos right on the border with Italy.

