

I FEEL
SLOVENIA

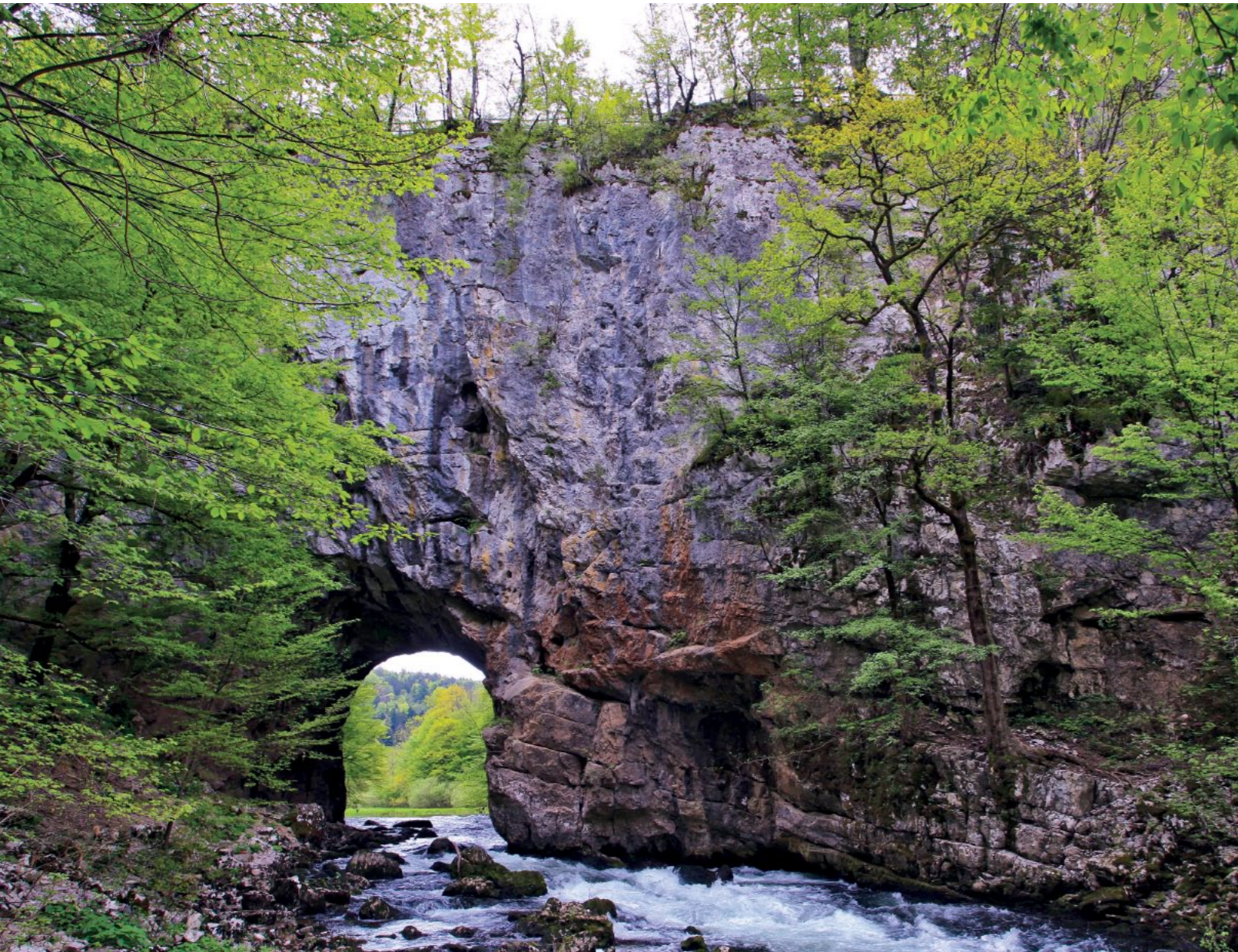


TWO FACES OF ONE WORLD

Natural Heritage of the Green Karst

eng





The Great Natural Bridge in Rakov Škocjan

Following a cave ceiling collapse it is today part of a picturesque collapse doline (collapse sinkhole) at the foot of Javornik Hills, which is more than 2 km in length and 300 m in width. The Rak River Valley is a natural monument of great national significance and part of Notranjska Regional Park.

Cover page:

Top: the intermittent Lake Cerknica with Slivnica (1,114 m) in the background; Bottom: Gorge of Pivka River, the creator of all caves of the Postojna - Planina Cave System, which made the Classic Karst famous all over the world.

Water, Stone... and Time

Welcome, traveller, in the wonderful kingdom of the Green Karst! There is a magnificent world awaiting you here: it is embraced by the wide expanse of forests and meadows and is brimming with all sorts of karst phenomena, with roaring subterranean and soothing surface waters.



It's high time you took some time to explore it, because – believe it or not - in this part of the world time has always been passing somewhat more slowly. Just like the water runs when it leaves the bosom of the green world made up of karstified plateaus and hills covered in fir and beech forests, then flows downwards to the intermediate valleys and plains in amounts so large that it floods them first, before it finally disappears underground through the porous carbonate ground and thus leaves behind a world of colourful meadows and unusual karst phenomena. However, for many a person the real story does not start until they make it over here, to this soul-stirring, mysterious and diverse underground world. Once you step over its threshold, things turn upside down – you realize that the real paradise resides under the surface of the earth. Both the subterranean world as well as the karst poljes and the forests lying higher up are inhabited by a diverse multitude of flora and fauna and more than half of the Green Karst area has been listed among the protected areas of Natura 2000.

If you treat nature with respect, you are here a most treasured guest! Set out and make it to the most mysterious corners of the Green Karst; you can choose yourself how you would like to be enticed by it – on foot, by bicycle, on the back of a horse or with a fishing rod in your hands.

The Brilliant (Diamond) and other precious attractions

The five-metre high Brilliant, the most beautiful stalagmite of Postojna Cave, was formed in a spot where a fine film of water drips continuously from the ceiling down the rounded crown of the stalagmite, which rises up from the ground, and steadily and continuously deposits a thin layer of pure calcite. This gives the Brilliant its white and shiny appearance. There is a calcite column with baroque grooves standing next to it. But these are not the only interesting formations found in the hall where the Brilliant is located. Calcite curtains can be admired on the walls in the background of the cave, along with a calcite cascade called Orgle, The Organ, and tiny stalactites hanging from the ceiling.

The olm or proteus (*Proteus anguinus*), occasionally called the »human fish«

This unusual amphibian is the only European permanently cave-dwelling vertebrate. It is endemic to the underground world of the Dinaric Karst. With a bit of luck it is possible to see it after heavy rains, in surface watercourses flowing up from the caves. People used to believe proteus was the dragon's offspring, which is not completely far-fetched considering it retains larval characteristics throughout its life in spite of reaching sexual maturity.



Postojna Cave - the shiny white Brilliant and the calcite column with baroque grooves

Postojna Cave - the Queen of World Caves

Its far-reaching tourism-, karstology- and speleobiology-related activities undoubtedly make Postojna Cave one of the most popular and best-explored caves with one of the highest numbers of visitors. It is a natural wonder, which calls for more than a single visit and deserves to be paid tribute to!

The most popular underground world for more than 200 years

A completely new world, which has been experienced by over 34 million visitors from all over the world, is uncovered along its 21 kilometres of passages. The cave has been an enticing and awe-inspiring destination ever since the year 1818, when its most beautiful parts were discovered by Luka Čeč, an assistant to the cave lamplighter. The interlaced network of passages, galleries and halls, captivating flowstone formations, a trail, which takes visitors around all of these sights comfortably, and a ride on a unique cave train make Postojna Cave one of the best known and most popular tourist destinations in the world.



Calcite curtains



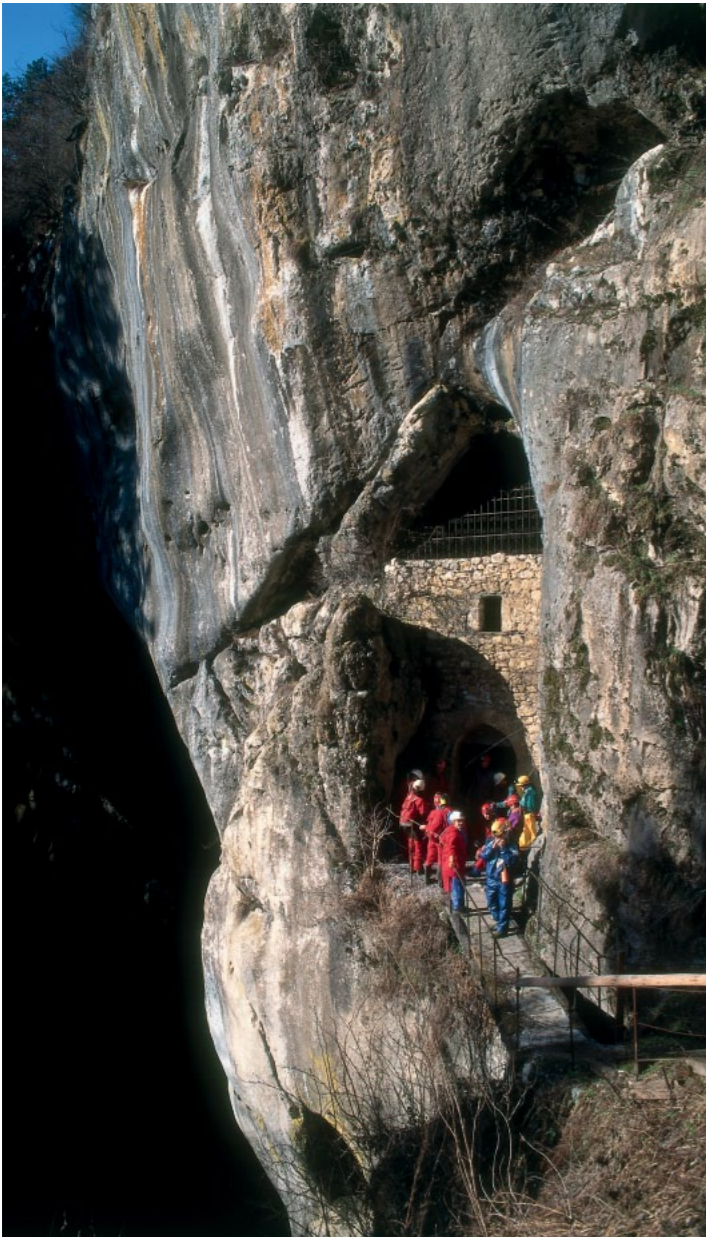
The only underground world with a double-track railway



The Spaghetti Hall - the hall with needle-thin stalactites

POSTOJNA CAVE
Jamska cesta 30, Postojna
+386 (0)5 700 0100, +386 (0)5 700 0130
www.postojnska-jama.eu
sales@postojnska-jama.eu
Cave tour timetable on page 16.

All the Secrets of the Underground World



Cave under Predjama Castle

The underground world of the Green Karst boasts a dense network of caves. Visitors can have a look at some of the most beautiful and larger ones by simply walking along some well-tended footpaths. However, if you would like to see them close up, you can turn into a caver for a few hours and also visit some of the less easily accessible passages of the Postojna Cave and some other caves.

Proteus Cave with Vivarium is located close to the entrance into Postojna Cave. In the exhibition area, you will not only meet the proteus, but will also get familiar with some other indigenous inhabitants of the subterranean world and learn about the basics of speleobiology and karstology.

Cave under Predjama Castle is in terms of its length a close second to Postojna Cave. It is spread across four interconnected levels. The cave provides a hibernation refuge for over ten species of bats and is during the winter-time thus closed for visitors.

The Pivka Cave and the Black Cave are the two last caves along the subterranean Pivka River before it finally disappears underground and resurfaces in the Planina Cave. Both caves can be entered from the surface through a collapse doline (sinkhole), which is formed when part of the cave ceiling collapses. The entrance into the Black Cave is sloped gently, whereas the Pivka Cave entrance is surrounded by imposing vertical walls. The Black Cave impresses visitors with its calcite impressions and the Pivka Cave boasts an enticing view of the river, particularly when the water levels are high.

Planina Cave (part of the Postojna - Planina cave system) is a river source karst cave with the largest underground confluence in Europe. The Pivka and Rak rivers appear on the surface as Unica River.

Križna Cave is a subterranean water cave; it is more than 9 km in length and boasts several tens of lakes, which visitors are able to admire from a boat. The cave is a noteworthy site where bones of the extinct cave bear have been found and one of the most varied karst caves in the world in terms of biotic diversity.

Proteus Cave with Vivarium



Vivarium – a unique subterranean zoo



Planina Cave



UNDERGROUND TREKKING

For all visitors that would like to set out into the exciting underground world outside of regular tourist tracks. Various different difficulty levels and duration. Detailed information available from individual trekking providers, see page 16.



Pivka Cave



Cerknica Lake - the Largest Intermittent Lake in Europe

The intermittent Cerknica Lake on the Cerknica Polje was for the first time described in the 17th century by J. W. von Valvasor, who thus placed it among the wonders of the world. Owing to the dynamics of regular overflow and dry periods the numerous habitats of the lake are inhabited by the flora and fauna of all sorts. This is a once-in-a-lifetime opportunity to get a feel for the changing world of unspoilt nature!

The lake appears after it gets filled by the autumn rains and the spring thaw, with water coming from Snežnik, Javornik Hills and the Bloke Plateau, when the system of sinking streams and swallow holes is no longer able to swallow such large quantities of the water. In the summer and late winter the lake is dry, which gives visitors an opportunity to have a closer look at the swallow holes (Rešeto, Mala and Velika Bobnarica,

Sitarica), through which water flows to the sources of the Bistra River, as well as two inflow caves (Velika and Mala Karlovica), which carry the water to Rakov Škocjan. The alternation of wet and dry periods enables the emergence of habitats of different kinds, from wet and dry meadows to marshes and riverbeds. The vegetation, which includes some protected species, provides shelter for birds in particular. More

than 230 different bird species have been seen here and for over 94 of them Cerknica Lake is a nesting place; some of these are rare species on the worldwide scale (Corn Crane) and others on a national scale (the Red-necked Grebe). The watercourses are full of fishes, crabs and amphibians, and there are also various other interesting animal species wondering along and on Cerknica Polje (the lynx, wolf, wildcat, otter).



HORSE RIDING

Kontrabantar Tourist Farm

Dolenja vas 72, Cerknica
+386 (0)1 709 2253, +386 (0)40 364 260

Levar Open-Door Farm (Bela griva)

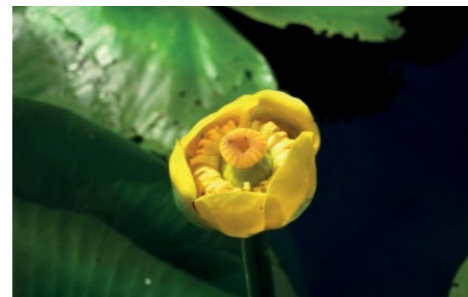
Dolenje Jezero 33, Cerknica
+386 (0)1 709 1914, +386 (0)41 504 375
kmetija.levar@siol.net



MUSEUM OF LAKE CERKNICA

Jezerski hram

Dolenje Jezero 1e, Cerknica
+386 (0)1 709 4053, +386 (0)41 561 870
www.jezerski-hram.si
IV-X - Saturdays, 15.00
Year-round by prior arrangement
for groups of 7 people minimum.



BIRD-WATCHING

Drago Telič

Brestova 9, Cerknica
+386 (0)41 711 088, www.telico.info

BIKE RENTAL

Igor Klančar s.p.

Cesta na Jezero 18, Cerknica
+386 (0)41 875 037

From top to bottom: **Cerknica Lake in the autumn, in the spring and in the winter**

Top: **Corn Crane (Crex crex)**
Bottom: **Yellow Water-lily (Nuphar luteum)**

The Rešeto swallow hole on Cerknica Lake

The Large Copper (Lycaena dispar)



Lake Palčje in the autumn and in the summer

The Changing World of the Waters

In addition to Cerknica Lake visitors can in the Green Karst also look forward to seventeen intermittent Pivka Lakes, all picturesque and of different sizes. The water shows its change-inducing power in several karst poljes, intertwined and flooded by sinking rivers on a regular basis. Pay a visit to these lakes and poljes on more than one occasion, in different seasons, and you will slowly get to know the unique nature of the way they look.



A marsh marigold (Caltha palustris) in the marshland of Planina Polje



A boiling spring in the area of Pivka

Water is supplied to the seventeen Pivka Lakes by the underground springs and boiling springs of the River Pivka. The largest of these lakes is **Lake Palčje** (Palško jezero), while the lake where the water lasts for the longest time in a year is **Lake Petelinje** (Petelinjsko jezero).



A carnivorous Great sundew (Drosera anglica) in the Bloke Plateau marshland

The flat ground of **Planina Polje** is frequently flooded by **Unica River**, which rises in one part of the polje (in Planina Cave), disappears underground in the other end, and meanders between one and the other point in a typical way. **Bloščica River** is likewise a sinking river; on the



Bloščica Stream and low marshland

impermeable Dolomitic ground and with a rather small drop it creates meanders and picturesque marshes on the Bloke Plateau. The dry and flood-prone meadows of karst poljes and the intermittent lakes also provide a habitat for some rare vegetation, butterflies and birds.



Tkalcva Cave (Rakov Škocjan), Rak River ponor (swallow hole)



PIVKA INTERMITTENT LAKES

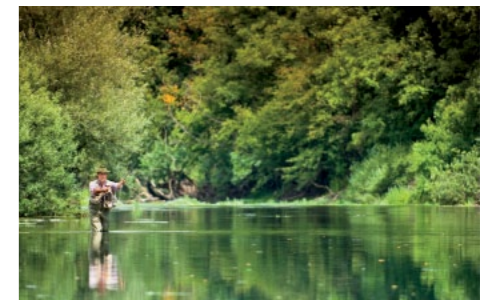
*Guided tours provided by TIC Pivka
Kolodvorska cesta 51, Pivka,
+386 (0)5 721 2180, year-round -
Saturdays and Sundays, 14.00*

SPORT FISHING

*World-famous fly fishing sites and
sites for other fishing methods.
Further information on page 16.*



*Lake Petelinje in the summer
and in the winter*



Fly fishing on Unica River

**A view of Nanos (1313 m) from
Vremščica Mountain (1027 m)**

**The Clouded Apollo
(*Parnassius mnemosyne*)**

*This protected and endangered butterfly
species also inhabits Slivnica above
Cerknica Lake. Here it is pictured on the
protected Orange Lily (*Lilium bulbiferum*).*



WINTER SPORTS

Skiing on Bloke Plateau

Information: TIC Bloke, Nova vas 46a,
Nova vas, +386 (0)31 326 158, tic@bloke.si

Ulaka ski slope, Stari trg pri Ložu

A ski run and a toboggan run
+386 (0)31 527 095

A ski slope on Sviščaki

Three ski runs and a toboggan run
www.activeslo.com, www.snezni-telefon.si



Yew trees (*Taxus baccata*) in Strane below Nanos

Owing to their extraordinary dimensions both of
the coniferous trees are unique natural monuments.
The older of the two yew trees (on the right) is
a male tree and its girth of 4.25 metres makes it
the thickest yew tree in Slovenia. According to
some sources it is more than five hundred years
old and thus one of the oldest trees in Slovenia.

A view of Snežnik from Lož Valley

HIKING

Nanos - Razdrto - 2 h 20'

Nanos - Strane - 2 h 30'

Snežnik - Sviščaki - 2 h

Snežnik - Leskova dolina - 3 h 15'

Slivnica - Cerknica - 1 h 40'

Križna gora - Sv. Ana - 20'

Sv. Lovrenc - Studeno - 1 h

Vremščica - Volče - 1 h 30'

Sv. Trojica - Slovenska vas - 2 h 15'



The Green Karst on Higher Altitudes

**Between two altitude extremes of the Green Karst –
Snežnik in the south and Nanos in the north – there
are a number of other forest plateaux and outlying
mountain tops. Get higher up and delight in fresh air,
primeval nature and wonderful views.**



Snežnik (1796 m)

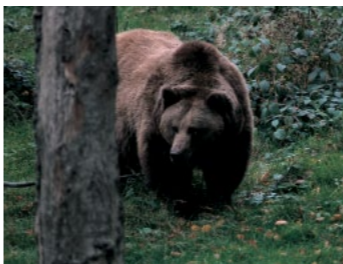
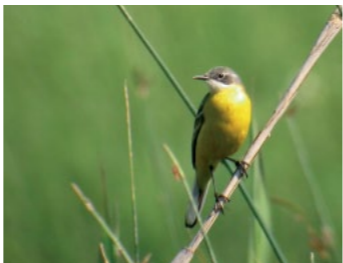
*The highest mountain of
Slovenia outside of the
Alpine Range. Its peak
is a nature reserve.*

**Justin's Bellflower
(*Campanula justiniana*)**

*An endemic alpine
plant, which grows in
the area of the Snežnik
mountain range as well.*

Snežnik is the highest peak of the Slovenian Karst and the highest
Slovenian mountain outside of the Alps. It remains covered with
snow long into spring and is visible from most other Slovenian
mountain tops. An amazing view can, however, be enjoyed from
Snežnik itself as well – from the Julian Alps and the Karawanks
mountain range all the way to Istria, the Kvarner Gulf and the Gulf of
Trieste. Owing to its extraordinarily diverse flora, the peak of Snežnik
was in 1964 proclaimed a botanical reserve. There are several hiking
trails leading to the mountain hut and the shelter on Snežnik, the
best known of them from Sviščaki.

Right below its peak, the Snežnik plateau boasts majestic fir-beech
Dinaric forests, which seem to have no end and spread towards
the north into the elongated Javornik Hills; they are full of roe deer,
reed deer and other game species, the most prominent of which
are the brown bear, the lynx and the wolf. Parallel to Javornik Hills,
the secluded Slivnica Mountain is rising above Cerknica Lake,
accompanied by Menišija and Bloke plateaux. On the edge of Pivka
Valley is where the mighty Nanos rises, a 12-kilometre long and
6-kilometre wide Karst plateau, which divides the continental area of
Slovenia from the coastal region. It is an easily recognizable sight for
its abruptly cut-off edge, Pleša. Nanos is a popular hiking destination.

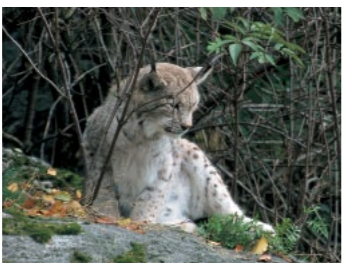


LIVING CAVE-DWELLING ANIMALS ON DISPLAY

Proteus Cave with Vivarium
at Postojna Cave
Information on page 16.

EXHIBITION ON CAVE-DWELLING ANIMALS

Notranjska Museum Postojna
Kolodvorska c. 3, Postojna
+386 (0)5 721 1090
V-IX - daily, 11.00-18.00
X-IV - Monday-Friday, 9.00-15.00,
Sat. and Sundays, 11.00-16.00
Visits outside of regular
opening hours and guided
tours by prior arrangement.



HUNTING COLLECTION & DORMOUSE MUSEUM

Snežnik Castle
Kozarišče 70, Stari trg pri Ložu
+386 (0)1 705 7516
V-X - Sundays, public holidays,
10.00-13.00, 15.00-18.00
On other days for groups
with advance notice.



BEAR WATCHING

Slovenia Forest Service
+386 (0)41 657 312
anton.marincic@zgs.gov.si

'Na meji' Tourist Farm
Trnje 1, Pivka
+386 (0)41 648 960

Tuam Vineŕou
Vojkova ulica 15, Ajdovščina
+386 (0)40 805 761
www.tuam.si

Lož-Stari trg Hunting Ground
Rožnik 4, Stari trg pri Ložu
+386 (0)41 536 949
ld.loz.staritr@gmail.com

Iga vas Hunting Ground
Pudob 45a, Stari trg pri Ložu
+386 (0)41 225 015

The Plethora of Colours in the Green Karst

Natura 2000 is a network of special protected areas selected by member states of the European Union with the aim of conserving the biodiversity. The incredibly high percentage of the Green Karst, i.e. 54 %, has been listed as part of Natura 2000, which speaks volumes about the uniqueness of the local habitats.

A species protection system is in place in Natura 2000 sites which does not exclude human activities, it does however assist landowners and land users by means of guidelines and limitations regarding sustainable land management. By taking into consideration characteristics of individual habitats, the diversity is preserved within these habitats, which is in terms of evolution of key importance for the development and survival of the species. Most of this colourful wildlife often remains concealed from the human eyes, however, a trip into the diverse habitats of the Green Karst will nevertheless be an unforgettable experience of nature's vividness.



Štívanski Log Nature Science Trail
For further information about theme trails see page 17.

Typical representatives of the flora and the fauna and their predominant habitats

First row

Amethyst Meadow Squill (*Scilla litardierei*), Planina Polje;
Carniolan Lily (*Lilium carniolicum*), Snežnik, high plateaus;
Black-veined White butterfly (*Aporia crataegi*) on a
Pyramidal Orchid (*Anacamptis pyramidalis*), dry karst meadows;
Perennial Flax (*Linum narbonense*), dry karst meadows;
Ural Owl (*Stryx uralensis*), the forests of Snežnik, Javornik Hills and Nanos.

Second row

Stag Beetle (*Lucanus cervus*), old oak forests;
Fire Salamander (*Salamandra salamandra*), wet deciduous forests;
Chirocephalus croaticus (*Chirocephalus croaticus*),
Lake Petelinje is its most important habitat site in the world;
Yellow Wagtail (*Motacilla flava*), wet meadows;
Scarlet rosefinch (*Carpodacus erythrinus*), wet meadows and thicket areas.

Third row

Freshwater shrimp (*Troglocaris anophthalmus*), caves;
Smooth Snake (*Coronella austriaca*), dry karst meadows;
European Tree Frog (*Hyla arborea*), wet meadows and thicket areas;
European Nightjar (*Caprimulgus europaeus*), dry karst meadows;
The brown bear (*Ursus arctos*), forests of Snežnik, Javornik Hills and Nanos.

Fourth and fifth row

The lynx (*Lynx lynx*), **the red deer** (*Cervus elaphus*), **the wolf** (*Canis lupus*), **the edible dormouse** (*Glis glis*), **the red fox** (*Vulpes vulpes*);
all of them in the forests of Snežnik, Javornik Hills and Nanos.

Cave tours

Postojna Cave

Jamska c. 30, Postojna
+386 (0)5 700 0100
+386 (0)5 700 0103
info@postojnska-jama.eu
sales@postojnska-jama.eu
CAVE TOUR TIMETABLES
POSTOJNA CAVE*
I, II, III, XI, XII - daily, 10.00, 12.00, 15.00
IV, X - daily, 10.00, 12.00, 14.00, 16.00
V, VI, IX - daily, 9.00-17.00*
VII, VIII - daily, 9.00-18.00*
**tours start every hour on the hour*

PROTEUS CAVE WITH VIVARIUM

Opening hours correspond to the Postojna Cave tour timetable: it opens half an hour before the first cave tour and closes half an hour after the final cave tour.
PIVKA CAVE AND BLACK CAVE*
VII, VIII - daily, 9.00 and 15.00

OTOK CAVE*

V-X - by prior arrangement, for groups of 3 people minimum
CAVE UNDER PREDJAMA CASTLE*
V-IX - daily, 11.00, 13.00, 15.00, 17.00

The Association of Križna Jama

Bloška Polica 7, Grahovo
+386 (0)41 632 153
krizna_jama@yahoo.com
www.krizna-jama.si

CAVE TOUR TIMETABLES

KRIŽNA CAVE*

IV, V, VI - Saturdays, Sundays, public holidays, 15.00
VII, VIII - daily, 11.00, 13.00, 15.00, 17.00
IX - daily, 11.00, 13.00, 15.00
X-III - by prior arrangement
CAVE GOLOBINA
most of the year -
by prior arrangement

Planina Caving Society

Planina 2, Planina
+386 (0)5 756 5242
+386 (0)41 338 696
mogsac5@gmail.com
PLANINA CAVE*
CAVE TOUR TIMETABLES
VII, VIII - daily, 17.00
IV-IX - Saturdays, 15.00, 17.00, Sundays, public holidays, 11.00, 15.00, 17.00
X-III - by prior arrangement, for groups of 5 people minimum
** underground trekking available by prior arrangement*

Horse riding

Prestranek Castle

Na Gradu 9, Prestranek
+386 (0)5 754 0595, (0)51 311 211
info@gradprestranek.si

Icelandic horses Trnje

Trnje 68, Pivka,
+386 (0)41 519 270, (0)41 739 956
slodan@amis.net

Boštjančič Farmstead

Brce 8, Ilirska Bistrica,
+386 (0)5 710 1217 , (0)41 768 744
saso.bostjancic@siol.net

Kontrabantar Tourist Farm

Dolenja vas 72, Cerknica
+386 (0)1 709 2253, (0)40 364 260

Levar Open-Door Farm (Bela griva)

Dolenje Jezero 33, Cerknica
+386 (0)1 709 1914, (0)41 504 375
kmetija.levar@siol.net

Kandare Farmstead

Dane 10, Stari trg pri Ložu
+386 (0)51 225 455
domacija.kandare@volja.net

Bloke Ranch

Nova vas 71, Nova vas
+386 (0)31 318 881
www.ranc-bloke.com

Sport fishing

Unica River

grayling (fly fishing); 1. 5. to 30. 11.
FISHING LICENCES
Petkovšek Inn
Planina 99, Planina
+386 (0)5 756 5013
Hotel Rakov Škocjan
Rakov Škocjan 1, Rakek
+386 (0)5 709 7470

Fisheries Research Inst. of Slovenia
Sp. Gameljne 61a, 1211 Ljubljana-Šmartno
+386 (0)1 244 3400, (0)31 376 446
info@zzrs.si, www.zzrs.si

Obrh River

grayling, brook trout, pike, rainbow trout (fly fishing); 1. 3. to 30. 11.
FISHING LICENCES -
A LIMITED NUMBER AVAILABLE
Fisheries Research Inst. of Slovenia
+386 (0)1 244 3400, see above

Cerknica Lake

pike, tench, bleak, carp; 1. 5. to 31. 1.
FISHING LICENCES
Igor Avsec
Gorenje Jezero 23, Grahovo
+386 (0)1 709 2153

Fisheries Research Inst. of Slovenia
+386 (0)1 244 3400, see above

Reka River

trout, pike perch, pike, bleak

Accumulation Lake Mola

carp, pike

Accumulation Lake Klivnik

pike perch, trout

FISHING LICENCES

Bistrica Fishing Centre

Soze 15, Ilirska Bistrica
+386 (0)5 714 5041, (0)40 609 815
ribiskadruzina.bistrica@siol.net

Pri Zotlarju Inn

Buje 3a, Vremski Britof
+386 (0)5 762 1020

Shop RAK

Škoflje 25, Vremski Britof
+386 (0)5 762 5211

Edvard Boštjančič

Zalči 3, Ilirska Bistrica
+386 (0)5 710 0740

Mini Pub

Kosovelov trg 3, Koper
+386 (0)31 654 012

Shop Lovec

Bazoviška c. 25, Il. Bistrica
+386 (0)5 714 1706

DSP Bar, PETROL service station

Vilharjeva c. 31a, Ilirska Bistrica
+386 (0)5 714 1471

Cycling

Waymarked cycling Routes

The MTB Park Notranjska guidebook and a cycling routes map are available.

INFORMATION

Hotel Sport

Kolodvorska ulica 1, Postojna
+386 (0)5 720 2244
info@sport-hotel.si

Bike rental is possible.

JUNIOR CYCLING ROUTE

A circle cycling route around the vicinity of Postojna, suitable for very young children.

Length: 11.9 km; difficulty level: 1/10.

CAVES CYCLING ROUTE

The route connects five large caves in the vicinity of Postojna: Postojna Cave, Otok Cave, Cave under Predjama Castle, Pivka and Black Caves.
Length: 39 km; difficulty level: 4/10.

CASTLES CYCLING ROUTE

The route leads past three medieval castles (Prestranek, Orehek and Predjama Castles) and the remains of some others.
Length: 57.4 km; difficulty level: 7/10.

THE LAND OF INTERMITTENT LAKES

Across the Javornik Hills among the seventeen intermittent Pivka Lakes.
Length: 53.7 km; difficulty level: 7/10.

CERKNICA LAKE - RAKOV ŠKOCJAN

From Postojna across Javornik Hills to Cerknica Lake and return through the Rakov Škocjan regional nature reserve.

Length: 48.2 km; difficulty level: 8/10.

NANOS CYCLING ROUTE

Around the extensive forests of Nanos plateau.

Length: 58.6 km; difficulty level: 8/10.

Adventure programmes

Tuam Vinetou

Vojkova ulica 15, Ajdovščina
+386 (0)40 805 761, www.tuam.si

Adventure Park Postojna

in the vicinity of Postojna Cave
+386 (0)40 170 896
www.pustolovski-park-postojna.si

Hiking trails / theme trails

Martin Krpan Trail on Bloke

A gently sloping path suitable for everyone. Unspoilt nature and other interesting sights of Bloke.

Length: 20 km, with the upper part of Iška river basin 24 km; duration: 4-5 h.

A guidebook with a map is available.

INFORMATION

Tourist Information Centre Bloke

Nova vas 46, Nova vas
+386 (0)31 326 158
tic@bloke.si

The Great Martin Krpan Trail

A longer waymarked trail through nature, which connect the entire Green Karst area. Typical karst phenomena, wildlife watching and some of the most important cultural-historical points of interest.

Length: 91 km; duration: a three-day trek or shorter trek stages.

A guidebook with a map is available.

INFORMATION

Tourist Information Centre Pivka

Kolodvorska cesta 51, Pivka,
+386 (0)5 721 2180, (0)31 775 002
tic.pivka@pivka.si

E6 and E7 European long distance paths

The E6 and E7 European long distance paths lead through the Green Karst area.

INFORMATION

Commission for European Footpaths

Večna pot 2, Ljubljana
+386 (0)41 657 560
www.eupoti.com

Sviščaki

A forest educational trail through the majestic forests below Snežnik; frost hollows (low-lying areas where temperature inversions occur) and other phenomena typical of this area.
Length: 4.3 km; duration: 3 h.

GUIDED TOURS FOR GROUPS

Slovenia Forest Service

Vojkova 9, Postojna, +386 (0)5 700 0610

Mašun

Forest educational trail, set up in 1888.
Length: 1.7 km; duration: 45’.

GUIDED TOURS FOR GROUPS

Slovenia Forest Service

+386 (0)5 700 0610, see above

Štivanski log

A nature science trail through river biotops with interactive features. Marked tree species. Suitable for children as well.
Length: 1.2 km; duration: 45’.

GUIDED TOURS

Štivan tree nursery

Matenja vas, Prestranek
+386 (0)5 754 2405
drevesnica.stivan@siol.net

Slovenia Forest Service

+386 (0)5 700 0610, see above

Menišija

A nature educational trail around the Menišija Plateau. Karst phenomena, including caves.
Length: 6 km; duration: 3 h.

GUIDED TOURS

Tourist Society Menišija

+386 (0)1 705 6279, (0)31 599 523
menisija@siol.net

Rakov Škocjan

A nature science trail around the Rak River Valley. A series of karst phenomena (karst springs, natural bridges, collapse sinkholes, caves), as well as diverse flora and fauna.
Length: 3 km + return to the starting point 2.5 km; duration: 3 h.

GUIDED TOURS

Tourist Information Centre Cerknica

Tabor 42, Cerknica, +386 (0)1 709 3636
ticerknica@cerknica.si

Mast Road (Jamborna cesta)

A waymarked trail route between Planina and Razdrto, along which masts and ship timber used to be transported all the way to the Port of Trieste. Places along the trail are an excellent starting point for cycling and hiking trips of all difficulty levels.

INFORMATION

TIC Postojna

Kolodvorska c. 3, Postojna
+386 (0)5 721 1090
info@notranjski-muzej.si

The Stonemasonry Trail (Kamnoseška pot)

Demonstration of the use of stone (quarry, stone working, lime production). *Duration: 2 h 30’*

INFORMATION AND GUIDED TOURS

Cultural Society Štirna

Kal 22, Pivka, +386 (0)40 805 911

Trail around Lož Valley

A low difficulty level circle trail on the edge of Lož Valley with the presentation of natural and cultural heritage.

Length: 22 km

INFORMATION

Tourist Information Centre Lož

Cesta 19, oktobra 49, Lož
+386 (0)81 602 853, tic.loz@kabelnet.net

Gornje Poljane

The historical heritage of a small mountain village (1,030 m) and the presentation of trees that grow in a very unusual way.

INFORMATION

Tourism Jure

Dolenje Poljane 3, Stari trg pri Ložu
+386 (0)41 810 596
turizem.jure@volja.net

Križna Cave

An educational trail at the entrance into Križna Cave (karst phenomena, forest ecosystems). *Duration: 30’*
INFORMATION AND GUIDED TOURS
The Association of Križna Jama
Bloška Polica 7, Grahovo
+386 (0)41 632 153
krizna_jama@yahoo.com

Tourist information

TIC Cerknica

Tabor 42, Cerknica
+386 (0)1 709 3636
ticerknica@cerknica.si

TIC Lož

Cesta 19. oktobra 49, Lož
+386 (0)81 602 853
tic.loz@kabelnet.net

TIC Bloke

Nova vas 46, Nova vas
+386 (0)31 326 158
tic@bloke.si

TIC Postojna

Notranjska Museum Postojna
Kolodvorska c. 3, Postojna
+386 (0)5 721 1090
info@notranjski-muzej.si

TIC Predjama

car park at Predjama Castle
VI-IX - daily, 10.00-18.00

TIC Pivka

Park of Military History Pivka
Kolodvorska c. 51, Pivka
+386 (0)5 721 2180
+386 (0)31 775 002
tic.pivka@pivka.si

TIC Prem Castle

Prem 39, Prem, Ilirska Bistrica
+386 (0)51 674 352
tic@ilirska-bistrica.si

TIC Ilirska Bistrica

Gregorčičeva 2, Ilirska Bistrica
+386 (0)59 966 278
+386 (0)51 674 352
tic@ilirska-bistrica.si

www.zelenikras.si

Natural Heritage of the Green Karst

1:250.000

- Caves
- Intermittent lakes
- △ Mountain tops

- Cycling Routes**
- Junior Cycling Route
 - Caves Cycling Route
 - Castles Cycling Route
 - The Land of Intermittent Lakes
 - Cerknica Lake - Rakov Škocjan
 - Nanos Cycling Route

- Hiking trails**
- The Great Martin Krpan Trail
 - Martin Krpan Trail on Bloke
 - E6 European long distance path
 - E7 European long distance path

- Theme Trails**
- Sviščaki
 - Mašun
 - Štivalski log
 - Rakov Škocjan
 - Menišija
 - Mast Road (Jamborna cesta)
 - The Stonemasonry Trail (Kamnoseška pot)
 - Trail around Lož Valley
 - Gornje Poljane



Interactive map:
www.zelenikras.si



The Slender-necked Beetle (Leptodirus hochenwartii)

The first described cave-dwelling beetle in the world. It was discovered in Postojna Cave in 1831 by Luka Čeč, who is also known for having discovered the inner parts of Postojna Cave over a decade earlier.



POSTOJNSKA JAMA
CAVE-GROTTE-HÖHLE



Two Faces of One World, Natural Heritage of the Green Karst

Published by: Regional Destination Organization Postojna Cave - Green Karst, Postojna • The brochure is part-financed by EC funds.
Produced by: Regional Development Agency of the Notranjska-Karst Region and company Pisarna (Andrej Rijavec, Sonja Dolenc, Boštjan Martinjak) • Sources/Expert information provided by: Notranjska Regional Park, Notranjska Museum Postojna, Encyclopaedia of Slovenian Natural and Cultural Heritage • Graphic material: archive of Notranjska Regional Park, archive of Notranjska Museum Postojna (Slavko Polak), archive of Postojna Cave (Dragan Arrigler, Miha Krivic, Peter Gedei), archive of the Regional Development Agency of the Notranjska-Karst Region (Tomaž Penko, Simon Avsec, Špela Habič, Neža Dekleva, Andrej Hudoklin, Tomaž Mihelič, Andrej Korenč, Jernej Privšek), archive of the The Association of Križna Jama (Križna Cave, page 7), Stojan Spetič (Lake Palčje in the autumn and in the summer, page 10), archive of the Public Institute of Culture and Tourism Snežnik Castle (Snežnik, page 12), Andrej Rijavec • English translation by: Rosman I d.o.o. • Printed by: Littera Picta, Ljubljana 2013

