



CYCLING IN THE HEART OF SLOVENIA



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Dol pri Ljubljani



Ivančna Gorica



Kamnik



Litija



Lukovica



Mengeš



Šentrupert



Šmartno pri Litiji

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Dear cyclists,

I have been involved with active sports for more than 30 years. Since I switched running shoes for biking ones eight years ago, I have cycled through a large part of Europe as well as the world. However, I am still most inspired by the local landscape of the Posavje hills, where I come from. I am still discovering new tracks for cycling and other unexplored places of our countryside. For me the joy in cycling is precisely in exploration. We can constantly learn through conversations with locals and by being in touch with nature. I love biking on cycle trails, cart tracks, forest paths and other less used trails. And there are plenty of these in the Heart of Slovenia.

The Heart of Slovenia is very unique as it offers 32 cycle routes for families, occasional cyclists as well as for recreation enthusiasts right next to Ljubljana. Cycling is one of the ways to discover nature's beauty, friendly people and outstanding views. Take the time to do something good for your body and soul.

Activate your heart!

Radovan Skubic Hilarij,
ultra marathon cyclist

BEFORE STARTING THE TRIP

The diverse area of the Heart of Slovenia, east of Ljubljana, is an ideal choice for a cycling trip or holidays as it possesses numerous natural and cultural attractions. There is a suitable route for every cyclist.

The guidebook *Cycling in the Heart of Slovenia* offers a wide range of cycling tours and thus enables easy choice of cycling trips in the Heart of Slovenia. Routes for trekking cyclists run on byways through many interesting places. Sections suitable for families are marked separately. Road trails run solely on asphalt roads, are longer and more challenging. Routes for mountain cyclists are very diverse and run on surfaced forest trails, cart tracks and macadam roads with ascents of various difficulty levels. We made sure you will enjoy cycling in the Heart of Slovenia – the total length of trails is 1.448 km, altogether 91 hours of cycling.

Cycling routes run through municipalities of Dol pri Ljubljani, Ivančna Gorica, Kamnik, Litija, Lukovica, Mengeš, Šentrupert and Šmartno pri Litiji, in some sections they may also join onto cycling trails belonging to neighbouring municipalities. Each route conveys key information, i.e. a short description, route elevation profile, which shows its difficulty level, as well as tips for short stops along the trails. What makes the guidebook so special, are presentations of natural and cultural attractions.

The routes are classified by difficulty level and type according to our difficulty scale; however, each can make their own difficulty scale from the basic route data but must also critically assess their own abilities.

Route selection was made by cyclists who daily cycle in the Heart of Slovenia, meaning that the trails are verified. Cycling routes are connected into a network, making it easy for you to combine them by yourself. Do not be afraid to ask the locals for advice and change direction according to their instructions. Every cyclist can choose their own favourite route, onto which they will gladly return.

To make cycling even more adventurous, we recommend you to hire a local cycling guide who will skillfully and safely lead you along the trails and at the same time present the hidden treasures as well as the culinary offer of the area.

The cycling guidebook is one of the first tourism products which arise from the Strategy of Tourism Development and Marketing of the Heart of Slovenia for 2011-2018.

♥ 32 DIFFERENT CYCLE ROUTES

♥ OVER 100 TIPS FOR SIGHTSEEING

♥ ROUTES CONNECTING 17 MUNICIPALITIES

♥ 4 TYPES OF CYCLING

♥ TOTAL LENGTH OF TRAILS: 1.448 KM

♥ TOTAL ASCENT OF TRAILS: 26.290 M

♥ 91 HOURS OF CYCLING



You can find further information at:
www.srce-slovenije.si/turizem.



A special thanks to all involved in marking the routes:

Janez Jarm from the Alpe Cycling Club, Tine Zupančič from the company LB&T Vegov hram, Jernej Muzga and Žiga Krofl from the Litija Alpine Club, TKO Mountain Biking, members of the Šentrupert Tourism Society, the Polet Šentrupert Alpine Club and the Blagovica Mountain Club, Jože Vahtar and Franc Zabret from the Mengeš Cycling Club and Vlado Kostec and Franc Kalar as well as to all the employees involved from partner municipalities.

TIPS BEFORE THE TRIP

ACCESS TO CYCLING TRAILS

You can park your vehicle at all of the starting points; some of them are also accessible by train (Kamnik, Laze pri Dolskem, Litija, Ivančna Gorica, Šentrupert). You can take the train in some parts of the route as well. The trains of the Slovenian Railways onto which you can take your bicycles are marked with a special pictograph in timetables. These trains will carry 4 bicycles; however, large groups are required to reserve space for bicycles ahead of travelling (T: 00386 1 29 12 554). There is an additional charge for bicycles of 3.2 EUR per day, including several rides.



FURTHER INFORMATION AND REPAIR SHOPS

All the key information about info points, cycling guides and bicycle repair shops are listed in the last pages of this guidebook.



CAREFUL ON THE ROAD

Some routes join onto main roads in some sections, for this reason drive slowly and closer to the edge of the roadway in those sections. The use of helmets is required for children aged 14 and under; however, we encourage others to wear them as well. Helmets are also recommended for elder people as they are a very important part of traffic safety. On biking trips with children where it is necessary to ride in single file, it is best if children ride in between two adults. If you wish to feel more secure and carefree, we advise you to hire a cycling guide who will lead you along the safest trails and show you numerous interesting sights.

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TREKKING AND FAMILY CYCLING ROUTES IN THE HEART OF SLOVENIA

TREKKING AND FAMILY CYCLING ROUTES IN THE HEART OF SLOVENIA

Cycling is becoming a popular way of spending free time among individuals as well as among families. Routes which will be depicted in the continuation are primarily suitable for trekking cyclists as there are also ascents present.

Separate sections, which are marked in the guidebook, are suitable for families that wish to enjoy a leisurely ride on less demanding and safe trails through villages and fields.

Selected routes are suitable for all who like to take time for interesting sights along the way.

Routes have starting points in different places and each of them is picturesque in its own way. Try them out!

T1 IN THE LAND OF JURIJ VEGA

The starting point is the Vegov hram Inn with accommodation – the cycling point of the Heart of Slovenia, where you can rent bikes and all the cycling equipment or hire a cycling guide. The route takes you towards the West through the valley whose historical name was Lusttal, meaning ‘the valley of joy and deliciousness’. Along the way, take a look at manor pavilions and the manor in Dol pri Ljubljani. The route continues past the provincial villages with interesting names all the way to Beričevo, which is known for its long greengrocer tradition. Turn right after the Agricultural House towards Pšata and go through the underpass below the main road Ljubljana-Litija. Continue past the transformer station, through the village Pšata, cross the bridge at the Janežič Inn and turn right towards Mala Loka. After about 1km, turn right in the middle of the field into Mala Loka and continue straight ahead before reaching the end (about 2km), then turn right towards Ihan.

On arriving to Ihan, turn right onto the main road. You have two options regarding the continuation of the route. After having cycled for 200 m along the main road, turn left, go past the football field and turn right towards Brdo. After a 1-km-long ascent, descend to the starting point in Dolsko via the village Vinje. An easier flat road takes you straight ahead along the main road through Selo and the plain amidst the fields. Shortly before the road you are on joins onto the main road Ljubljana-Litija, turn left at the RotoPrint Company. Cycle alongside the River Mlinščica through the village Zaboršt and



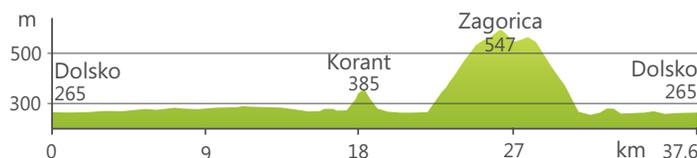
The Land of Jurij Vega bears its name after the renowned mathematician baron Jurij Vega, who was born in 1754 at the Vehovec Homestead in the village Zagorica. This prominent Slovene, whose name is well-known all over the world, was a shepherd, baron, soldier, colonel, mathematics teacher as well as a scientist. He spent his youth in the village above the River Sava.

ROUTE:

Dolsko–Dol pri Ljubljani–Beričevo–Pšata–Ihan–Zaboršt–Zajelše–Petelinje–Kamnica–(Zagorica–Senožeti–Jevnica–Laze)–Dolsko



Route elevation profile:



on towards Podgora, Petelinje and Kamnica.

You can finish your journey here and return to Dolsko or you can decide for a challenging ascent to Zagorica. The route will take you past the Vega Homestead and the Church of the Holy Cross into Križevska vas and Velika vas. Then the route descends towards Senožeti, continues towards the main road Ljubljana-Litija and through the roundabout towards Jevnica, crossing the wooden bridge. In Jevnica, turn right towards Laze. The wonderful cycle ride will take you alongside the refreshing River Sava. At the end of Laze, turn right onto the bridge across the River Sava and the River Mlinščica towards Dolsko. Turn right at the first crossroads and cycle along the small village road that ends in front of the Vegov hram Inn.

Tips for sightseeing:

- Pr' Krač Homestead (Dolsko)
- Manor pavilions (Kleče)
- Confluence of three rivers: the Sava, the Kamniška Bistrica and the Ljubljanica
- Korant Sports and Recreation Centre
- Jurij Vega's Birthplace (Zagorica)
- Wooden bridge over the River Sava (Jevnica)



Suitability for families:

Only the first part of the route is suitable for families – the section through Beričevo, Pšata, Ihan and back via Zajelše to Kamnica or the section from Dolsko to Jevnica and back.

CATEGORY: trekking and family cycling

START POINT: Dolsko, cycling point of the Heart of Slovenia – Vegov hram

ACCESS TO START POINT: by train – Laze pri Dolskem Railway Station, by car

ROUTE LENGTH: 37,6 km

ESTIMATED TIME WITHOUT STOPS: 2,5 hours

TOTAL ASCENT: 470 m

DIFFICULTY LEVEL: family section is easy, ascent to Zagorica is challenging

ROAD TYPE AND QUALITY: asphalt

ASCENT ABOVE THE CONFLUENCE OF RIVERS

The starting point for this trip is in Dolsko, in front of the Vegov hram Inn, where you can also rent bikes or hire a cycling guide. Turn left off the village road and head towards Laze and across the Sava Bridge. The road branches off towards Podgrad. In the meantime, the route offers a stunning view of the confluence of rivers. In Podgrad at the Pecelj Inn, turn left into the underpass below the railway and continue through the valley of Besnica all the way to Veliko Trebeljevo. For courageous and fit cyclists there is a route to Janče offering a stunning panorama all around. Leaving Janče, you will cycle along the ridge to Velika Štanga and head down to Štangarske Poljane. Should you decide to not go to

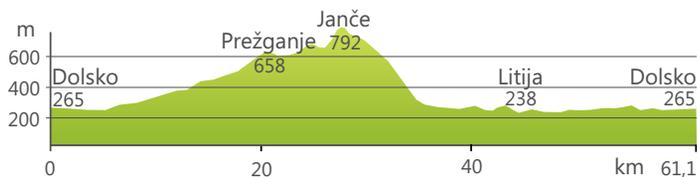
There is a unique nature's beauty near Podgrad – confluence of the Sava, the Kamniška Bistrica and the Ljubljanica. This picturesque spot, where extensive gravel deposits are formed, is a natural habitat to numerous plants and animals, one of which is also the Danube salmon. The view over the confluence is even better from the right bank of the River Sava, near Podgrad; gravel deposits below the confluence are accessible from the left side, i.e. from the Sava terrace below Dol.

ROUTE:

Dolsko–Podgrad–Besnica–Prežganje–(Janče–Tuji Grm–Velika Štanga)–Štangarske Poljane–Litija–Kresnice–Laze–Dolsko



Route elevation profile:



Janče, continue along the main road in Veliko Trebeljevo, heading down to Šmartno pri Litiji. In Šmartno, turn left towards Litija. In Litija, you can decide to take the train (together with bikes) to Laze. Or you can follow the old road on the right bank of the River Sava and cycle for another 20 km to Dolsko.

Tips for sightseeing:

St. Margaret's Church (Prežganje)
Janče Mountain Hut
Church of St. Anthony of Padua (Velika Štanga)
The big bend of the River Sava (Podšentjur)

Tips for joining onto surrounding cycling routes:

The possibility of combining this route with trails at the recreational portal of the Ljubljana urban region Gremo na pot: Atomic Wedge, Gremo v sredo, The Glory of Valvasor, Veveričji skok, Min 'n Max, Confluence, The Sava Gravel



Suitability for families:

The only section of the route which is suitable for families is through Podgrad and the picturesque valley of Besnica. Here the route slowly becomes steeper. That is when you can turn around and return to the starting point along the same route. Another suitable section is from Laze to Litija alongside the River Sava. You can return to the starting point from Jevnica, Kresnice or Litija by bicycle or train.

CATEGORY: trekking and family cycling

START POINT: Dolsko, cycling point of the Heart of Slovenia – Vegov hram

ACCESS TO START POINT: by train – Laze pri Dolskem Railway Station, by car

ROUTE LENGTH: 61,1 km

ESTIMATED TIME WITHOUT STOPS: 4 hours

TOTAL ASCENT: 1.090 m

DIFFICULTY LEVEL: medium (via Volavljje–Janče–Tuji Grm)

ROAD TYPE AND QUALITY: asphalt, macadam

GOING TO TUNJICE TO GET HEALTHY, TO THE GOBAVICA HILL FOR THE VIEW

The start point is in front of the TIC in the old town centre of Kamnik. Cycle towards Kamniška Bistrica and, after 500 m, turn left towards the village Tunjice. The route will take you towards Komenda and past the hippodrome to the main road Mengeš-Kranj. Instead of joining the main road, turn left towards Kamnik. After 300 m, turn right into a bystreet and cross the main road Mengeš-Kranj at the gas station and the schoolyard. Continue along the byway all the way to Mengeš. On reaching Mengeš, join onto the cycling path by the main road, then stay right while passing the football field and heading towards Trzin. Fit cyclists can try out the short but very steep ascent to the Mengeš Hut.

Leaving Mengeš, you will go past the Jablje Castle to Trzin where you will turn left and cycle alongside the main road Ljubljana-Trzin-Domžale to Domžale. Stay right by the gas station in Domžale, cycle



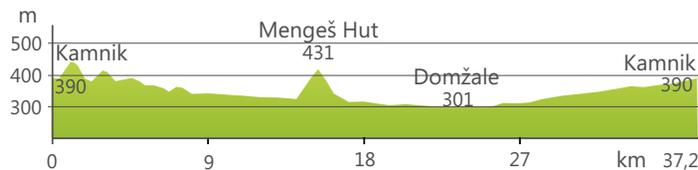
Bizgec of Mengeš is a simple dish consisting of sauerkraut, sour turnip, barley porridge or pot barley and meat. This dish was popular in the 19th century, then it disappeared. According to the records of the writer and ethnologist Janez Trdina, who spent his youth in Mengeš, the dish was brought back to life. Today it is served in the Mengeš Hut and the Trdinov hram Inn.

ROUTE:

Kamnik–Tunjice–Moste pri Komendi–Mengeš–Mengeška koča–Jablje Castle–Domžale–alongside the Kamniška Bistrica River to Kamnik–Kamnik



Route elevation profile:



through the centre and railway line, past the swimming pool and turn left shortly after the football stadium. Join onto the macadam cycling trail and continue alongside the Kamniška Bistrica River, thus heading back to the starting point.

Tips for sightseeing:

- Old town centre (Kamnik)
- Little Castle (Kamnik)
- Šutna (Kamnik)
- Ursuline Convent (Mekinje)
- Tunjice Natural Health Resort (Tunjice)
- Jablje Castle (Mengeš)

Tips for joining onto surrounding cycling routes:

The possibility of combining this route with trails at the recreational portal of the Ljubljana urban region Gremo na pot: Žejni volk, Trzinska skirca



Suitability for families:

Apart from the starting ascent to Tunjice, the route is suitable for families, especially the section from Domžale towards Kamnik alongside the Kamniška Bistrica River, which is very picturesque and slowly turns uphill.

CATEGORY: trekking and family cycling

START POINT: Kamnik, the Glavni trg square (TIC)

ACCESS TO START POINT: by train – Kamnik Railway Station, by car

ROUTE LENGTH: 37,2 km

ESTIMATED TIME WITHOUT STOPS: 2,5 hours

TOTAL ASCENT: 290 m

DIFFICULTY LEVEL: easy

ROAD TYPE AND QUALITY: asphalt

T4 PAST THE CLEAR SPRING AND ON TO THE ECO SPA

The starting point is in front of the TIC in the old town centre of Kamnik. On the route between Kamnik and Stahovica, you can avoid the busy main road by turning right at the roundabout, then turning left at the football field and continuing past the Mekinje Convent towards Godič. The route then takes you towards the spring of the Kamniška Bistrica alongside its wild mountain rivers flow. Continue to the mountain gondola which will take you to the mountain plateau Velika planina. If you wish, you can leave the bike at the mountain gondola station and head to the mountain plateau. From the lower gondola station, a three-minute cycle ride will take you to the spring of the Kamniška Bistrica. Head back along the same route all the way to Kamnik.

There is another cycling challenge for trekking cyclists who prefer more demanding trails. In Stahovica, the route will join onto the main road Kamnik-Gornji Grad before taking you on a steep climb to the Črnivec pass (902 m). Before reaching it, turn right onto the macadam road and head up the short grade. A fairly demanding



The Snovik Spa is the highest located spa in Slovenia, situated in a peaceful, green environment of the valley Tuhinjska dolina, offering a covered thermal riviera as well as recreation all year round. The Snovik Spa was the first Slovenian tourist company to obtain the EU Eco-Daisy emblem for an environment-friendly tourist accommodation facility. Its wealth is primarily in high quality thermal water.

ROUTE:

Kamnik–Mekinje–Stahovica–Kamniška Bistrica–Velika planina–Stahovica–(Črnivec–Terme Snovik)–Kamnik



Route elevation profile:



descent follows through the village Bela Peč to Snovik, where you can stop for a while and go for a swim in the highest located spa in Slovenia or you can head to Potok – the spring of potable thermal water which is very popular. Head back to the main road and cycle back towards the mediaeval town of Kamnik.

Tips for sightseeing:

- Old town centre (Kamnik)
- Plečnik Mansion (Kamniška Bistrica)
- Spring of the Kamniška Bistrica
- Mountain plateau Velika planina
- Spring of thermal water (Potok)
- Snovik ECO Spa (Snovik)

Tips for joining onto surrounding cycling routes:

The possibility of combining this route with trails at the recreational portal of the Ljubljana urban region Gremo na pot: Žejni volk



Suitability for families:

This cycling route is suitable for families in the section from Kamnik to the spring of the Kamniška Bistrica and back. This section is fairly easy. We also recommend paying a visit to the mountain plateau Velika planina. A mountain gondola will take you there from the gondola station in Kamniška Bistrica.

CATEGORY: trekking and family cycling

START POINT: Kamnik, the Glavni trg square (TIC)

ACCESS TO START POINT: train – Kamnik Railway Station, by car

ROUTE LENGTH: 49,2 km

ESTIMATED TIME WITHOUT STOPS: 3,5 hours

TOTAL ASCENT: 790 m

DIFFICULTY LEVEL: hard (a demanding ascent to the Črnivec pass and descent along the macadam road to Snovik)

ROAD TYPE AND QUALITY: asphalt in macadam

T5 DISCOVER THE TREASURES OF THE VALLEY ČRNI GRABEN



This route is a bit more challenging yet offering a stunning panorama over the valley Tuhinjska dolina, the Trojane hill, the Kamnik-Savinja Alps and the Ljubljana Basin. Starting in the centre of Lukovica, the route takes you past the Apiculture Centre of Brdo pri Lukovici, the Kersnik Castle in Brdo, through the alp Zlato polje and up the grade. Then the trail flattens out. Continuing through the villages Pšajnovica and Gabrovica, enjoy the view on both sides.

In addition to the old town centre, numerous churches, apicultural tradition and genuine cuisine, the lake Gradiško jezero is another treasure of the valley Črni graben. This artificial lake in the vicinity of Gradišče is very popular among the locals. A 5-km-long trail around the lake is rich in flora and fauna, thus being ideal for a short stroll in nature. Part of the Bandits' trail also runs around the lake.

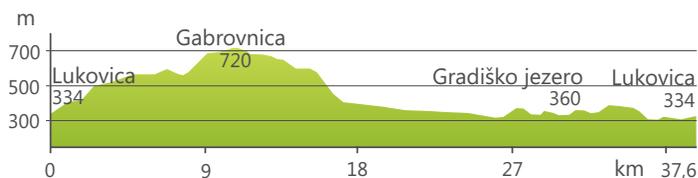
ROUTE:

Lukovica–Brdo–Zlato Polje–Pšajnovica–Gabrovica–Vrh nad Krašnja–Blagovica–Krašnja–Zgornje Prapreče–Gradišče–Gradiško jezero–Preserje–Spodnje Koseze–Spodnje Prapreče–Lukovica



Easier version: Lukovica–Zgornje Prapreče–Gradišče–Gradiško jezero–Preserje–Spodnje Koseze–Spodnje Prapreče–Lukovica

Route elevation profile:



Descend to Vrh nad Krašnja, where you can turn left towards Blagovica or continue downhill to Krašnja.

After the trail flattens out in Blagovica, turn right and continue on the regional road to Podpeč, turning left over the highway and join the circle around the lake Gradiško jezero, Preserje and Videm pri Lukovici. You will reach the starting point at Main Square in Lukovica by cycling via Spodnje Prapreče and the highway once again.

Tips for sightseeing:

- Brdo Castle (Brdo pri Lukovici)
- Lake Gradiško jezero (Gradišče)
- St. Luke's Church (Spodnje Prapreče)



Suitability for families:

The trip to the lake Gradiško jezero is suitable for all families. The starting point is at the square in Lukovica, then cycle towards Blagovica and after about 1 km turn right, heading across the bridge over the highway into the village Gradišče pri Lukovici. Follow the signs for the lake Gradiško jezero. On your way back, cycle through the villages Preserje and Videm pri Lukovici to the starting point, thus finishing the circuit.

CATEGORY: trekking and family cycling

START POINT: Lukovica, the Stari trg square

ACCESS TO START POINT: by car

ROUTE LENGTH: 37,6 km

ESTIMATED TIME WITHOUT STOPS: 3 hours

TOTAL ASCENT: 660 m

DIFFICULTY LEVEL: medium

ROAD TYPE AND QUALITY: asphalt

CYCLING TO THE CENTRE OF SLOVENIA

Your cycle trip starts in the centre of Litija. Cross the bridge over the River Sava, turn right towards Ponoviče at the intersection and cycle alongside the left bank of the Sava. On arriving to the village Sava, take the first left towards the mountain Zasavska Sveta gora. Go half-way up the grade and turn left towards Vače, a popular hiking spot.



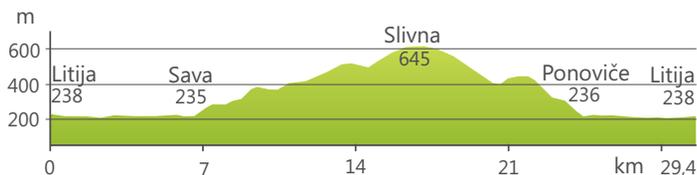
The wider area of Vače is one of the most important archaeological sites in Slovenia. You can pay a visit to an enlarged situla from Vače, St. Andrew's Church with the holy grave, a cargo scale, old washing area, well, table from Mačkovec Castle, the Geometric Centre of Slovenia (GEOSS), an adventure park, panoramic spot at the Church of St. Agnes and many other sights.

ROUTE:

Litija–Ponoviče–Sava–Vače–Klenik–GEOSS–Slivna–Vače–Ponoviče–Litija



Route elevation profile:



You can continue towards the Geometric Centre of Slovenia (GEOSS) and then on to Zgornja Slivna to the panoramic spot by St. Agnes's Church. On your way back, head downhill along the main road through Vače towards Hotič. After about 300 m, turn left at the big house and building and continue towards Boltija. After a short steep climb through the pass, descend towards Ponoviče. On reaching Ponoviče, turn right and finish your trip in Litija.

Tips for sightseeing:

- Wooden bridge on the River Sava (Sava)
- Replica of the Vače Situla (Klenik)
- St. Andrew's Church (Vače)
- Fossilized sea shore (Vače)
- GEOSS (Spodnja Slivna)
- GEOSS Adventure Park
- St. Agnes's Church (Zgornja Slivna)

Tips for joining onto surrounding cycling routes:

The possibility of combining this route with trails at the recreational portal of the Ljubljana urban region Gremo na pot: Gremo v sredo



Suitability for families:

This route is less suitable for families as it is fairly challenging. The only easy section is from Litija to the village Sava, running on the left bank alongside the River Sava. We recommend returning along the same route.

CATEGORY: trekking and family cycling

START POINT: Litija, the Valvazorjev trg square

ACCESS TO START POINT: by train – Litija Railway Station, by car

ROUTE LENGTH: 29,4 km

ESTIMATED TIME WITHOUT STOPS: 2 hours

TOTAL ASCENT: 530 m

DIFFICULTY LEVEL: medium

ROAD TYPE AND QUALITY: asphalt, macadam

FRESHENING UP BY THE RIVER KRKA

The starting point is in the street Sokolska ulica in Ivančna Gorica. Continue along the old road to Višnja Gora. On arriving there, follow the signs for Polževo. Continue the ride uphill to the Dinaric-Karst plateau Polževo, which is situated south of Višnja Gora. Cycle past the villages Male Vrhe and Velike Vrhe. In Velike Vrhe stay right, continuing along the macadam road through the plain into the forest. Then join onto the main macadam road Krka-Grosuplje and turn left towards the spring of the River Krka.



The Krka is one of the most interesting carstic rivers in Slovenia. The view of its spring is very picturesque – it springs from under the mountains in the village Krka below the cave Krška jama. The proteus resides there and can also be seen by the visitors. The ride along the peaceful river is suitable for all family members. Kayakers and fishermen will be especially fond of it. In the past, numerous mills and sawmills operated by the River Krka.

ROUTE:

Ivančna Gorica–Višnja Gora–Polževo–Male Vrhe–Krka–Muljava–Malo Črnelo–Ivančna Gorica



Route elevation profile:



On heading back to the village Krka, cross the bridge over the river and continue along byways through the village Znojile all the way to Muljava. On cycling from Muljava to Ivančna Gorica, stay on the main road for about a kilometer, then turn left onto a byway through the village Črnelo and head back to Ivančna Gorica, where you started your cycling trip.

Tips for sightseeing:

- Old town centre (Višnja Gora)
- Swimming pool and campsite (Višnja Gora)
- Church of the Holy Spirit (Polževo)
- The cave Krška jama and the carstic spring of the Krka River (Krka)
- Jurčič's Birthplace (Muljava)
- Jurčič Trail (Višnja Gora–Muljava)

Tips for joining onto surrounding cycling routes:

The possibility of combining the route with trails at the recreational portal of the Ljubljana urban region Gremo na pot: The Glory of Valvasor



Suitability for families:

We recommend the route from Ivančna Gorica to the spring of the River Krka and returning along the same road. You can also rent a boat here and go exploring the Krka.

CATEGORY: trekking and family cycling

START POINT: Ivančna Gorica, the Sokolska ulica street

ACCESS TO START POINT: by train – Ivančna Gorica Railway Station, by car

ROUTE LENGTH: 32,6 km

ESTIMATED TIME WITHOUT STOPS: 2 hours

TOTAL ASCENT: 390 m

DIFFICULTY LEVEL: medium

ROAD TYPE AND QUALITY: asphalt, macadam

THROUGH THE WINE-GROWING COUNTRY TOWARDS THE MONASTERY

The route which is intended for fit trekking enthusiasts starts at Bogenšperk Castle near Šmartno pri Litiji. Cycle towards Ivančna Gorica and, after the pass, turn left towards Vinji Vrh. Follow the macadam road but do not turn left into the valley, instead stay right and continue uphill. Cycle 5 km before reaching Vinji Vrh, where you have two options. The first route takes you through the valley of the stream Mišji potok to Breg pri Velikem Gabru, then turns right towards Stična. If taking the second route, stay left on the main road from Vinji Vrh on and cycle to Žubina and then to Stranje where you will turn right towards Radohova vas. On reaching Radohova vas, join onto the regional road for a short while, turning right in Pristavlja vas and continuing towards Stična and the Cistercian Monastery. The monks still reside there.

Leaving Stična, you will continue cycling towards the North. On your way to Metnaj, you can turn right towards the Lavrič Hut on the hill Gradišče or you can climb to Pristava nad Stično. Both options offer



In the second half of the 17th century, the eminent polymath Janez Vajkard Valvasor, who was also a member of the Royal Society of London, lived in Bogenšperk Castle. A genuine European by education and a Carniolan by nationality, he is one of the most memorable men who lived and worked in the Slovenian territory and earned high regard at a European level.

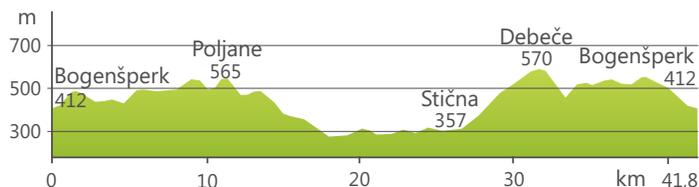
ROUTE:

Bogenšperk–Vinji Vrh–Žubina–Šentvid pri Stični–Stična–Metnaj–Debeče–Javorje–Bogenšperk



More demanding variant: *Stična–Lavrič Hut on Gradišče–Pristava nad Stično–Metnaj–Obolno–Bogenšperk*

Route elevation profile:



a stunning panorama over the surrounding hills and valleys. Fitter cyclists can go to Metnaj and from then on follow the signs for Obolno.

After about 2 km, turn right downhill on the asphalt road, then head uphill and turn right onto the macadam road to Debeče. The route takes you past Javorje, cycling straight on until you join onto the main road Šmartno-Ivančna Gorica, where you will turn left and head back to the starting point.

Tips for sightseeing:

Bogenšperk Castle
Stična Cistercian Monastery
Lavrič Hut on the hill Gradišče

Tips for joining onto surrounding cycling routes:

The possibility of combining this route with trails The Glory of Valvasor at the recreational portal of the Ljubljana urban region Gremo na pot and Kolesarska pot ob reki Temenici at the portal Po poteh dediščine Dolenjske in Bele krajine



Suitability for families:

The section suitable for families stretches from Veliki Gaber to Stična. Return along the same route.

CATEGORY: trekking and family cycling

START POINT: Bogenšperk Castle

ACCESS TO START POINT: by car

ROUTE LENGTH: 41,8 km

ESTIMATED TIME WITHOUT STOPS: 3 hours

TOTAL ASCENT: 880 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: asphalt, macadam

T9 TASTES OF THE RANGE POSAVSKO HRIBOVJE

This beautiful yet very challenging route starts in the centre of Litija. It takes you through the old town centre on a short climb, bringing you to Šmartno pri Litiji. At the Church of St. Martin, stay left while continuing through the low pass and quarry into the valley Jablaniška dolina. The main road then takes you all the way to the Pustov mlin Inn. The steep 6-km-long climb will bring you to Velika Preska. After about 1 km of descending, turn left towards Polšnik. In Polšnik, turn back and on reaching the highest part of the road, turn right towards Mamolj. The route then takes you through the plateau, offering a spectacular view over the mountain Triglav. Head downhill through the hill Gradišče to the valley Jablaniška dolina and turn right in Gradiške Laze. Cycle for about 1 km through the valley and turn right, continuing through the villages Tenetiše and Breg, where you can try home-made cheese at the Paternoster Homestead or



Polšnik is a village in the range Posavsko hribovje. It is situated amongst the hills with churches which are linked into a well-marked hiking trail. In the vicinity, there is the village Velika Preska, having the only wooden pavement in Slovenia. You will find friendly people here as well as an overwhelming landscape which always leaves a remarkable impression on its visitors. In 2012, Polšnik was given a European award for the countryside development for all its endeavours.

ROUTE:

Litija–Šmartno pri Litiji–Cerovica–Velika Preska–
Polšnik–Mamolj–Breg pri Litiji–Litija



Route elevation profile:



take a look at the collection of the River Sava gravel-stones. Return along the byway towards the starting point in Litija.

Tips for sightseeing:

St. Nicholas's Church (Litija)

Collection of the River Sava gravel-stones (Breg pri Litiji)

St. Martin's Church (Šmartno pri Litiji)

Tips for joining onto surrounding cycling routes:

The possibility of combining this route with the trail The Glory of Valvasor at the recreational portal of the Ljubljana urban region Gremo na pot

Suitability for families:

For families, we recommend paying a visit to Šmartno and the valley Jablaniška dolina. You can also rent a bike in Tenetiše.

CATEGORY: trekking and family cycling

START POINT: Litija, the Valvazorjev trg square

ACCESS TO START POINT: by train – Litija Railway Station, by car

ROUTE LENGTH: 38,0 km

ESTIMATED TIME WITHOUT STOPS: 3 hours

TOTAL ASCENT: 890 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: asphalt, macadam

T10 TRIP TO THE CHARCOAL LAND

The route starts at the square in Šentrupert, following the road towards the North and the village Draga. At the crossroads, turn left and cycle towards the valley of the River Bistrica to the Charcoal Land, stretching around Dole pri Litiji. This area offers intact nature and exceptional landscape. On reaching Dole pri Litiji, cycle downhill for about 1 km, then uphill to Brezovo, which offers a stunning panorama over the valley and the hills of Dolenjska with vineyards. Continue downhill all the way to Gabrovka, then turn left towards Trebnje. Cycle slightly downhill for about 5 km, then in the village Ravne behind the corner of a big house with a garden, turn left towards the village Cirknik. Keep going straight and join the main road Gabrovka-Mirna. Turn right, continue downhill to Mirna and turn right before the bridge below the castle, go past the fishpond and continue to the River Mirna. Turn left along the main road and cross the stone bridge. Cycle for half a kilometre, then in a slight right turn where the road branches, turn left towards Trstenik. Continue through the village Straža. On cycling along the plain of Šentrupert, turn right towards the solitary farm. Passing the farm, you will continue along the cart track amongst the fields and then join onto the main road in Rakovnik. In Prelesje, turn right and continue along the forest trail to the meadow, then turn right and cycle along the grass



The Charcoal Land is located on the plateau of Dolsko in the eastern part of the Heart of Slovenia. Charcoal burning was brought to this area more than one hundred years ago by the Italian charcoal burners. Today there are 16 charcoal-burning farms in the village of Dole pri Litiji, which burn 30 charcoal piles each year. The method of preparing a charcoal pile and the lifestyle at such farms can be experienced at the Brinovec Charcoal Burner Homestead. An interesting hike around the Charcoal Land is organised in May for all who wish to get acquainted with charcoal burning.

ROUTE:

Šentrupert–Smolaj–Dole pri Litiji–Brezovo–Gabrovka–Moravče pri Gabrovki–Gornje Ravne–Mirna–Šentrupert



Route elevation profile:



trail to the stream Mirna. Turn left and follow the stream Mirna or Mirenščica to the bridge where the stream Bistrica flows into it. Turn left and continue on the macadam road alongside the stream Bistrica to the crossing over the railway line and on to the main road Mokronog-Trebnje. The route takes you to the village Bistrica, where you will turn right by the shrine and cycle into the village. Join the macadam road and head back to the starting point – the square in Šentrupert.

Tips for sightseeing:

- Land of Hayracks (Šentrupert)
- St. Rupert's Church (Šentrupert)
- Charcoal Museum (Slavina)
- Tona's Birthplace (Moravče pri Gabrovki)
- Resnik Granary (Moravče pri Gabrovki)
- Mirna Castle (Mirna)

Tips for joining onto surrounding cycling routes:

The possibility of combining the route with trails Po poti sakralnih zakladov and Na vinski gorici Čatež in Gradišče at the portal Po poteh dediščine Dolenjske in Bele krajine



Suitability for families:

The trail through the plain amidst Šentrupert and Mirna is highly suitable for families. The Charcoal Land is more challenging but very interesting to see, especially in the spring when charcoal burners are preparing piles.

CATEGORY: trekking and family cycling

START POINT: Šentrupert, the square in front of St. Rupert's Church

ACCESS TO START POINT: by train – Šentrupert Railway Station, by car

ROUTE LENGTH: 43,9 km

ESTIMATED TIME WITHOUT STOPS: 3 hours

TOTAL ASCENT: 700 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: asphalt, macadam

SEEING THE PLAIN MENGEŠKO POLJE FROM A BICYCLE SEAT



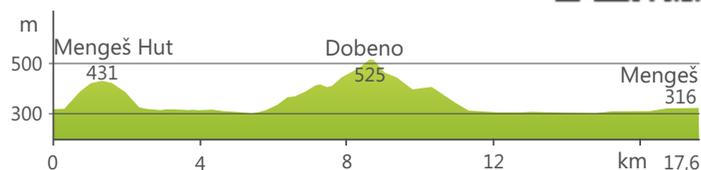
Jablje Castle is situated in the western outskirts of the alp Mengeško polje in Loka pri Mengšu. The original castle was first recorded in the 14th century, while the current structure was built by the noble house of Lamberg in the 16th century. The castle is restored now; however, all the wealthy and prestigious baroque furniture is gone – only a few frescos are preserved. The castle is complemented by two barns, a partially preserved park, stone bridges, a church and villa rustica.

ROUTE:

Mengeš–Mengeška koča–Dobeno–Jablje–
Mengeško polje–Mengeš



Route elevation profile:



The starting point is at the parking place next to the Mengeš Cultural Centre. The route takes you through the sports park, past the Harmony Sports Centre, and via Pristava and Mali Mengeš to the pond of Cegvan. The route continues past the hunting cabin and along the road to Loka.

You have two options at the intersection Na Gmajni. The trail to the hill Dobeno (549 m) branches off and leads you towards the range of Dobeno and Rašica. The route passes the Ručigaj Well, where you can stop and refill your water bottles, and on to the popular hiking spot on the hill Dobeno. You can return to Loka along the same route. If you opt for another route, go past the Church of St. Primus and Felician all the way to Jablje Castle. In order to return, cycle along the road to the village Loka, cross the main road Mengeš-Trzin and follow the field trails to the avenue Lipica. Then cycle towards Mengeš and on to the starting point. Fit cyclists can climb to the Mengeš Hut on the hill Gobavica (435 m) from here.

Tips for sightseeing:

St. Michael's Church (Mengeš)
Jablje Castle (Mengeš)
Mengeš Hut (Gobavica)

Tips for joining onto surrounding cycling routes:

The possibility of combining this route with trails at the recreational portal of the Ljubljana urban region Gremo na pot: Žejni volk, Trzinska skirca



Suitability for families:

The route is suitable for families in its plain macadam part – there are no climbs or traffic. However, be careful when crossing traffic roads.

CATEGORY: trekking and family cycling

START POINT: Mengeš, the Mengeš Cultural Centre

ACCESS TO START POINT: by car

ROUTE LENGTH: 17,6 km

ESTIMATED TIME WITHOUT STOPS: 1 hour

TOTAL ASCENT: 320 m

DIFFICULTY LEVEL: easy, medium - sections to Dobeno and the Mengeš Hut

ROAD TYPE AND QUALITY: asphalt

T12

FOLLOWING THE TRAIL OF ANCIENT ROMANS ABOVE THE VALLEY OF KRKA

The starting point is in the centre of Ivančna Gorica. The ride takes you along the road Cesta 2. grupe odredov via the railway line to the roundabout where you will turn left towards St. Joseph's Church. Then follow the information signs leading you via the highway overpass to the villages Mrzlo Polje and Škrjanče and on to the regional road Ivančna Gorica-Muljava. Continue to the village Gorenja vas and towards Bojanji Vrh, where you will find the most well-preserved ancient Roman road.

Shortly after Velike Kompolje and Male Kompolje at the crossroads of the local road towards the village Sušica, join the forest trail and cycle along the partially preserved ancient Roman road to Kobiljek pod Kitnim Vrhom where a Roman posting station once stood. The route then passes Tolčane and a somewhat long climb up the asphalt road brings you to the village Valična vas. Cycle past the church and after a short downhill grade, climb up once again below the village Vrh pri Križu before going downhill along the asphalt



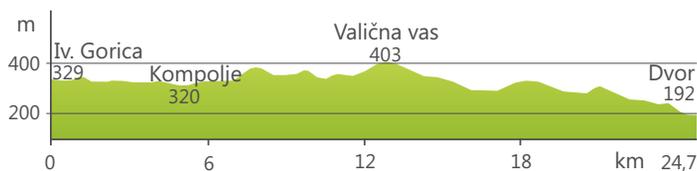
The Roman road running from Ivančna Gorica through Žužemberk and Dvor towards Črnomelj used to be the main connection in Venetian times in this part of Slovenia. Later the imperial road took place here. The road was used until 1859 when the new road was built through the valley of Krka. There are numerous natural as well as cultural sights along the Roman road. One of them is the Naral Cross in the vicinity of the village Trebče. Remains of the Roman road can be seen near St. Margaret's Church above the village Vrh pri Križih and in Zafara pri Žužemberku.

ROUTE:

Ivančna Gorica–Mrzlo Polje–Kompolje–Valična vas–Žužemberk–Sadinja vas–Dvor



Route elevation profile:



road to Vrhovo, where you will join the cart track. Continue along the forest trail to Zgornje Cviblje, through the village Zafara, and on to Trebča vas. Cycle for another 3 km before reaching your destination. The route will take you through the village Sadinja vas and downhill to the restored blast-furnace of the former industrial plant in Dvor ob Krki. Head back along the same route.

Tips for sightseeing:

- Roman milepost (Ivančna Gorica)
- Nose Ethnology Collection (Bojanji Vrh)
- St. Martin's Church (Valična vas)
- Roman well (Vrh pri Križih)
- Naral Cross (Trebča vas)

Tips for joining onto surrounding cycling routes:

The possibility of combining the route with trails The Glory of Valvasor at the recreational portal of the Ljubljana urban region Gremo na pot and Spomin na rimsko cesto and Po poti sakralnih zakladov at the portal Po poteh dediščine Dolenjske in Bele krajine



Suitability for families:

The route is suitable for families as it is fairly easy. Children will be thrilled by the story of the ancient Roman road.

CATEGORY: trekking and family cycling

START POINT: Ivančna Gorica, the Sokolska ulica street

ACCESS TO START POINT: by train – Ivančna Gorica Railway Station, by car

ROUTE LENGTH: 24,7 km

ESTIMATED TIME WITHOUT STOPS: 1,5 hours

TOTAL ASCENT: 190 m

DIFFICULTY LEVEL: easy

ROAD TYPE AND QUALITY: asphalt, macadam

T13 THE BIG TOUR OF ZASAVJE

The route starts in the centre of Litija – at the square Valvazorjev trg. Continue towards Zagorje and at the end of Litija, at the roundabout, turn right uphill. After 500 m, at the top of the slope, the road branches left and takes you downhill towards Breg pri Litiji. Cycle through Tenetiše and go up the valley Jablaniška dolina before turning left uphill towards Velika Preska. The route takes you on a steep climb up, in the middle of which go right towards the village Velika Goba, coming into the Charcoal Land. On reaching the village, cycle through the village Črepinje and head downhill into the valley of the Bistrica River. You will notice the first charcoal piles. In order to reach the centre of the Charcoal Land, head up the short, steep grade towards Dole pri Litiji. Turn left and continue through the plateau with small climbs, then cycle downhill into the intact valley of the River Sopota, turning right on the macadam road and continuing alongside the river. On reaching the settlement Medvešek, turn left and head uphill to the village Podkum, which is also the starting point of hiking trails to the mountain Kum (1,200 m) – the highest peak of the range Posavsko hribovje. In Podkum, cycle towards Zagorje, then downhill into the valley of the River Sava. Cycle for 1 km along the regional road, where you have to be



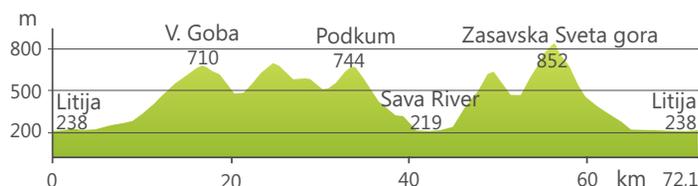
Zgornja Jablanica is a traditional countryside village in the range Posavsko hribovje. It developed simultaneously with the old mining industry which dates back to Roman times. Numerous double hayracks (the Toplars) and outbuildings from the times of Levstik are proof of the land's fertility. The locals are cheerful, they like to sing and protect their cultural heritage.

ROUTE:

Litija–Cerovica–Velika Goba–Dole pri Litiji–Podkum–Zagorje–Čolnišče–Šentlambert–Zasavska Sveta gora–Podbukovje–Sava–Litija



Route elevation profile:



very careful. Cross the bridge over the River Sava on the right, continue through Zagorje ob Savi, staying left at the end of the town and heading towards Čolnišče. The route takes you on a 4-km-long steep climb to the village Kal, then slightly downhill to the village Brezovica. Cycle through the village Rovišče and climb once again to the mountain Zasavska Sveta gora (852 m), which offers a stunning panoramic spot. When heading down, be careful to turn right towards Vače before the settlement Rovišče. The route takes you downhill to the settlement Sava. Turn right and continue towards the starting point in Litija.

Tips for sightseeing:

- St. Nicholas's Church (Litija)
- Collection of the River Sava gravel-stones (Breg pri Litiji)
- Charcoal Museum (Slavina)
- Valley of the River Sopota
- Mountain Zasavska Sveta gora



Suitability for families:

This route is one of the most challenging trekking routes with a large altitude difference. For that reason it is not suitable for families. Apart from the surfaced macadam road in the valley of Sopota and the 7-km-long climb to Podkum, most of the route is suitable for road cyclists.

CATEGORY: trekking kolesarjenje

START POINT: Litija, the Valvazorjev trg square

ACCESS TO START POINT: by train – Litija Railway Station, by car

ROUTE LENGTH: 72,1 km

ESTIMATED TIME WITHOUT STOPS: 4,5 hours

TOTAL ASCENT: 1.850 m

DIFFICULTY LEVEL: very hard

ROAD TYPE AND QUALITY: asphalt, macadam



ROAD CYCLING ROUTES IN THE HEART OF SLOVENIA

ROAD CYCLING ROUTES IN THE HEART OF SLOVENIA

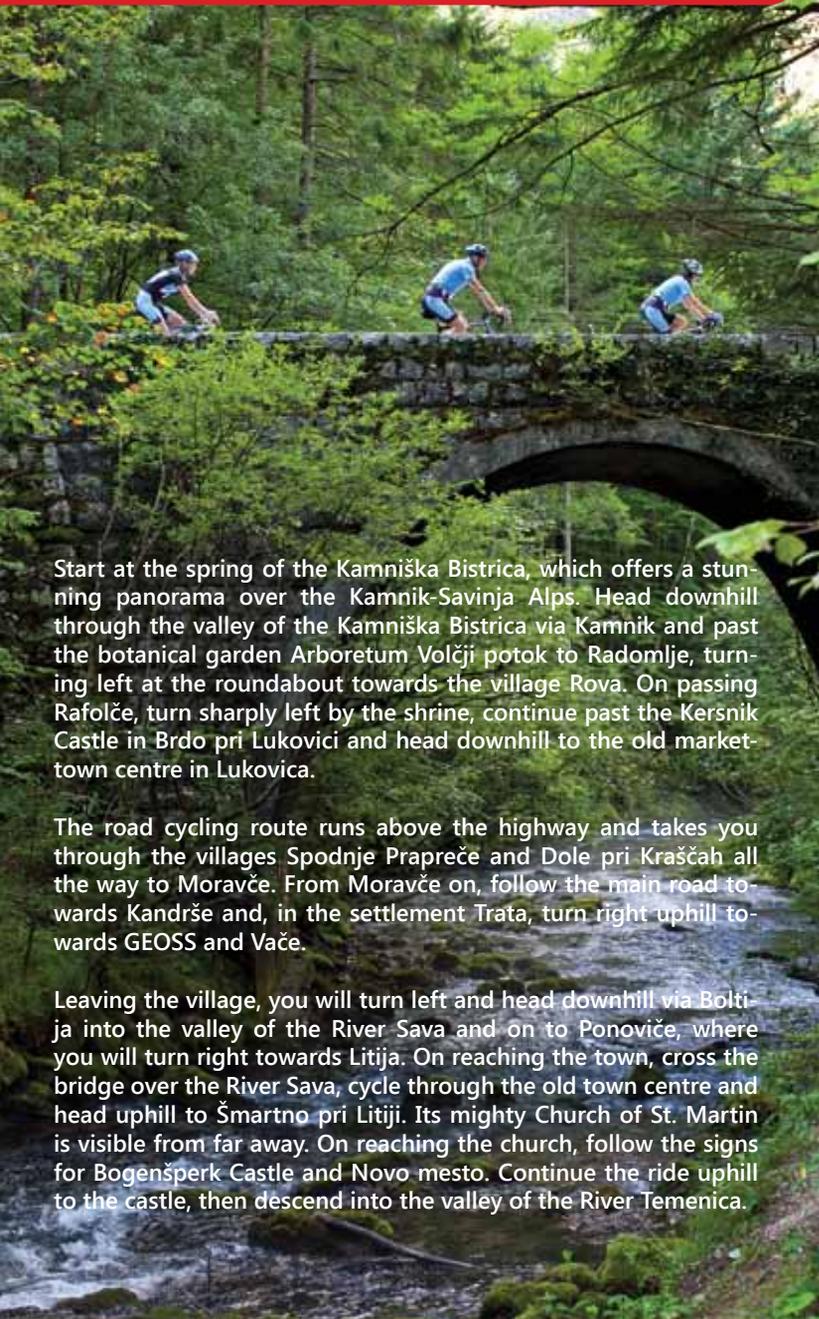
Usually fit cyclists ride fast road bicycles. The landscape of the Heart of Slovenia is very diverse, having good roads even in the most remote places, which means there are innumerable possibilities for cycling.

Cycling routes are marked in a way that cyclists can get acquainted with the entire area of the Heart of Slovenia and cycle as many kilometres as possible in one day. They are connected into a network, so that you can design your own favourite route. All routes run on asphalt roads.

Road cyclists normally do not like to stop, but we invite you to take a look at some of the recommended sights.

Now let's go racing through the Heart of Slovenia!

C1 FROM SPRING TO SPRING



Start at the spring of the Kamniška Bistrica, which offers a stunning panorama over the Kamnik-Savinja Alps. Head downhill through the valley of the Kamniška Bistrica via Kamnik and past the botanical garden Arboretum Volčji potok to Radomlje, turning left at the roundabout towards the village Rova. On passing Rafolče, turn sharply left by the shrine, continue past the Kersnik Castle in Brdo pri Lukovici and head downhill to the old market-town centre in Lukovica.

The road cycling route runs above the highway and takes you through the villages Spodnje Prapreče and Dole pri Kraščah all the way to Moravče. From Moravče on, follow the main road towards Kandrše and, in the settlement Trača, turn right uphill towards GEOSS and Vače.

Leaving the village, you will turn left and head downhill via Boltja into the valley of the River Sava and on to Ponoviče, where you will turn right towards Litija. On reaching the town, cross the bridge over the River Sava, cycle through the old town centre and head uphill to Šmartno pri Litiji. Its mighty Church of St. Martin is visible from far away. On reaching the church, follow the signs for Bogenšperk Castle and Novo mesto. Continue the ride uphill to the castle, then descend into the valley of the River Temenica.

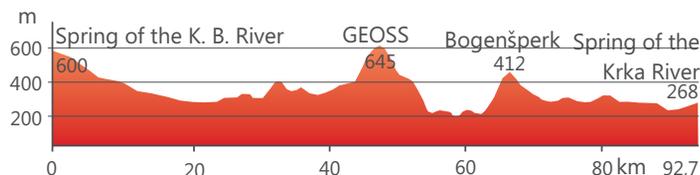
The most famous of the three springs of the Kamniška Bistrica River is the one situated in the vicinity of the Kamniška Bistrica Hut. Water flows from under the rocks overgrown with moss and then stops for a while in the artificial lake. The Kamniška Bistrica River is very picturesque in its initial flow. There is also a trail which takes you around the Predaselj gorge.

ROUTE:

Spring of the Kamniška Bistrica–Kamnik–Radomlje–Lukovica–Moravče–Slivna–Litija–Šmartno pri Litiji–Šentvid pri Stični–Stična–Muljava–spring of the Krka



Route elevation profile:



After a short climb, stay right in a left turn by the Jap Inn and cycle along the meadow via Šentvid pri Stični to the main road which, after about 500 m in the settlement Griže, branches off towards Stična. Turn towards the South and cycle to Krka via Ivančna Gorica and Muljava, following the signs by the church which will lead you to the stream of the Krka. The route ends at the mighty stream of the Krka River below the cave Krška jama.

Tips for sightseeing:

- Spring of the Kamniška Bistrica River
- Old town centre (Kamnik)
- Botanical Gardens Arboretum Volčji Potok
- Brdo Castle (Brdo pri Lukovici)
- Square in Lukovica
- GEOSS
- Replica of the Vače Situla (Klenik)
- St. Martin's Church (Šmartno pri Litiji)
- Bogenšperk Castle
- Stična Cistercian Monastery
- Josip Jurčič's Birthplace (Muljava)
- Cave Krška jama and a carstic spring of the Krka River (Krka)

CATEGORY: road cycling

START POINT: the spring of the Kamniška Bistrica River

ACCESS TO START POINT: by car

ROUTE LENGTH: **92,7 km**

ESTIMATED TIME WITHOUT STOPS: 4,5 ur

TOTAL ASCENT: 1.000 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: asphalt

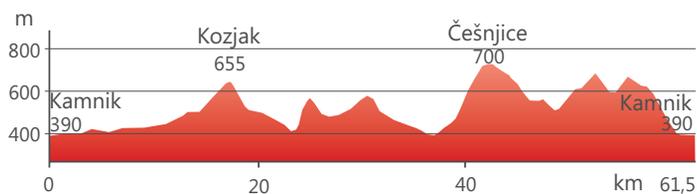
C2 GREETINGS TO THE VALLEY TUHINJSKA DOLINA

ROUTE:

Kamnik–Motnik–Trojane–Blagovica–Pšajnovica–Zgornje Palovče–Kamnik



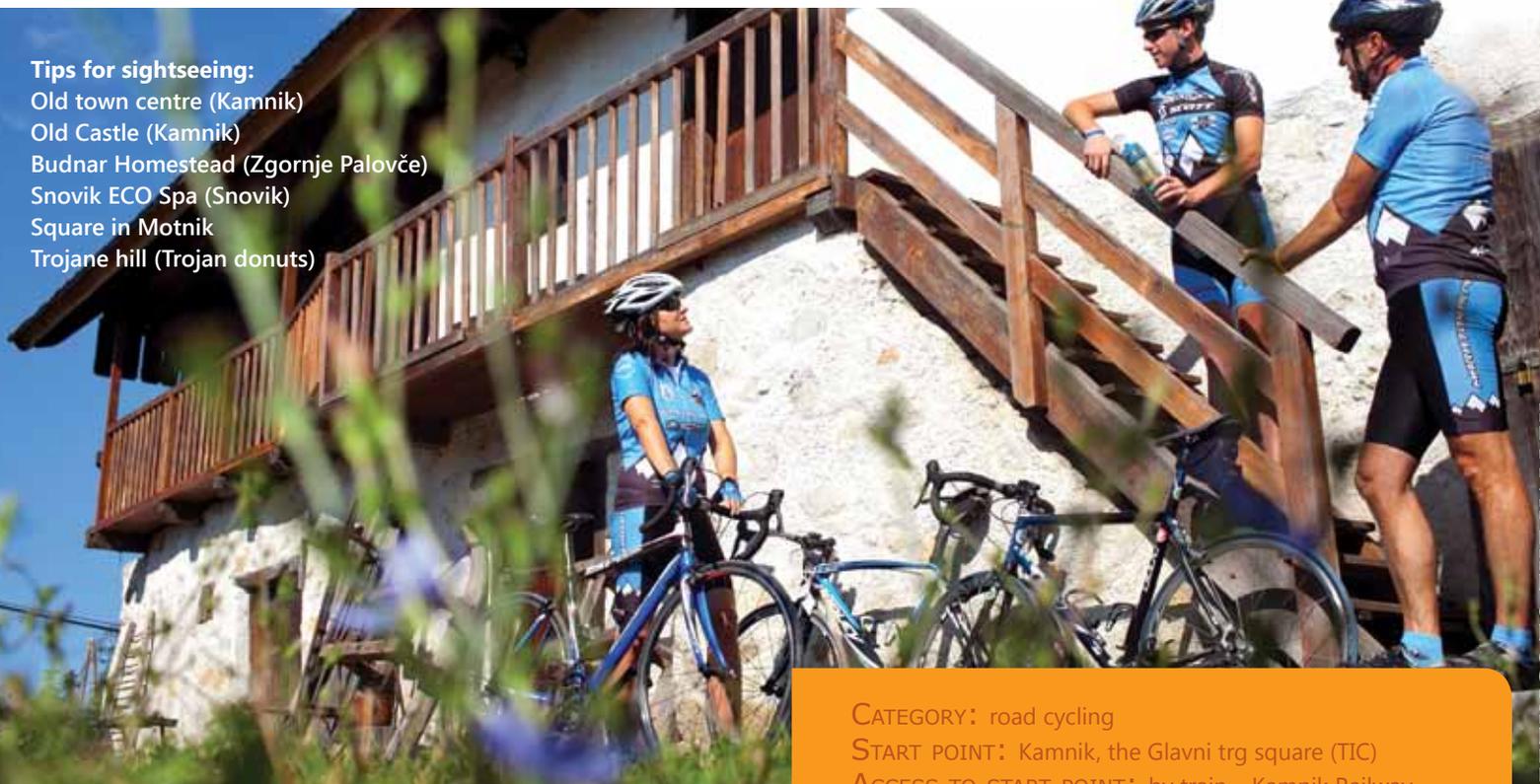
Route elevation profile:



Start your trip in the mediaeval Kamnik, cycling towards the green valley Tuhinjska dolina. The route passes the villages of the valley Tuhinjska dolina, the Snovik Spa and runs through the pass Kozjak all the way to Motnik. Head into the village, climb to the pass Strmec and continue to the Trojane hill, known for tasty donuts. Leaving the Trojane hill, the route will take you along the regional road to Blagovica in the valley Črni graben. In Blagovica, turn right and climb to Pšajnovica, a village situated on the ridge between the valleys Črni graben and Tuhinjska dolina. The route takes you on to the village Zgornje Palovče, which is known for the 350-year-old Budnar Homestead with the black kitchen. Leaving Zgornje Palovče you will head downhill towards Kamnik, past the turning for the Old Castle, which offers a beautiful panorama over Kamnik.

Tips for sightseeing:

- Old town centre (Kamnik)
- Old Castle (Kamnik)
- Budnar Homestead (Zgornje Palovče)
- Snovik ECO Spa (Snovik)
- Square in Motnik
- Trojane hill (Trojan donuts)



Motnik is one of the market towns in the municipality of Kamnik. It was granted market-town rights already in 1423 by Ernest the Iron, the last duke to be enthroned in the Slovene language on the plain Gosposvetsko polje. Motnik was a renowned place throughout its time of existence as the so-called imperial road ran through it for 200 years in the Middle Ages, and not through the Trojane hill and the valley Črni graben, as it does today.

CATEGORY: road cycling

START POINT: Kamnik, the Glavni trg square (TIC)

ACCESS TO START POINT: by train – Kamnik Railway Station, by car

ROUTE LENGTH: **61,5 km**

ESTIMATED TIME WITHOUT STOPS: 3 hours

TOTAL ASCENT: 1.310 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: asphalt

FROM UNDER THE MOUNTAINS TOWARDS THE HILLS OF DOLENJSKA

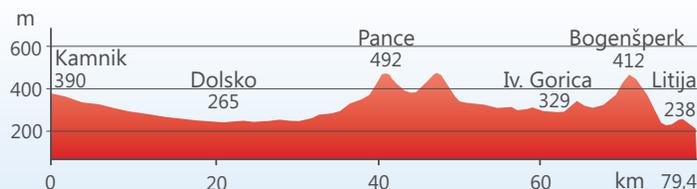
The route starts in the town Kamnik and takes you towards the South, turning towards Domžale at the roundabout. On reaching Domžale, follow the signs for highway and, after crossing the bridge over the River Kamniška Bistrica, turn right via Ihan, Videm and Dol pri Ljubljani to Dolsko. In Dolsko, turn right towards Laze and cross the bridge over the River Sava. After the bridge, continue towards Ljubljana alongside the River Sava. After crossing the bridge over the River Ljubljanica and reaching Zalog, turn left below the railway towards Sostro. In Zgornji Kašelj, cross the bridge over the Ljubljanica once again. The route turns slightly uphill all the way to Pance. Continue the ride downhill to Dole and at the end of the downhill grade, turn right. At the next junction, turn left towards the village Polica and continue straight on to Višnja Gora. After the junction, cycle for 1 km uphill and on to Spodnje Brezovo. Head downhill towards Višnja Gora and continue alongside the Dolenjska Highway all the way to Ivančna Gorica.

ROUTE:

Kamnik–Domžale–Dolsko–Sostro–Pance–Višnja Gora–Ivančna Gorica–Bogenšperk–Litija



Route elevation profile:



Cycle through the settlement along the main road and past Šentvid pri Stični towards Radohova vas. When the road branches off, turn left. The route runs through diverse terrain all the way to Bogenšperk Castle and turns more steeply downhill in Šmartno pri Litiji, passing St. Martin's Church. A short climb will bring you to Litija – to the square Trg svobode in front of the Plečnik Monument.

Tips for sightseeing:

- Old town centre (Kamnik)
- Homestead Pr' Krač (Dolsko)
- Confluence of three rivers: the Sava, the Kamniška Bistrica and the Ljubljanica
- Old town centre (Višnja Gora)
- Stična Cistercian Monastery
- Bogenšperk Castle
- St. Martin's Church (Šmartno pri Litiji)

CATEGORY: road cycling

START POINT: Kamnik, the Glavni trg square (TIC)

ACCESS TO START POINT: by train – Kamnik Railway Station, by car, return – railway connection Litija–Ljubljana–Kamnik

ROUTE LENGTH: 79,4 km

ESTIMATED TIME WITHOUT STOPS: 3,5 hours

TOTAL ASCENT: 730 m

DIFFICULTY LEVEL: medium

ROAD TYPE AND QUALITY: asphalt

Šmartno pri Litiji is a market-town settlement located at the junction of roads connecting Dolenjska, Zasavje and Ljubljana. According to Valvasor, many craftsmen, especially leather dealers, furriers, blacksmiths as well as horse and cart drivers lived there. There is also St. Martin's Church, a Neo-Gothic cathedral from the 19th century, situated in the middle of the square.

C4 IN THE LAND OF HAYRACKS



The Land of Hayracks is a unique open-air museum comprising 19 hayracks from the valley Mirenska dolina. It represents a social centre of the valley, offering professional guidance around the museum, educational workshops, games for children and adults, team building for companies and organisations, international exhibitions, concerts, fashion shows, lodging at the hayrack and special weddings. The museum will officially be opened in June 2013.

ROUTE:

*Dolsko–Podgrad–Trebeljevo–Šmartno pri Litiji–
Gabrovka–Dole pri Litiji–Šentrupert*



Route elevation profile:



Starting at the parking place in front of the Dolsko Cultural Centre, the route takes you towards Ljubljana via Dolsko, turning left towards Laze over the Sava Bridge. The road branches right towards Podgrad and runs alongside the railway line Zidani Most-Ljubljana. In the meantime, you can observe the confluence of three rivers – the Ljubljanica, the Sava and the Kamniška Bistrica. In Podgrad by the Pecelj Inn, turn left into the underpass below the railway and continue through the valley of the stream Besnica all the way to the pass on Veliko Trebeljevo. After a climb, the winding road turns slightly downhill, taking you to Šmartno pri Litiji. The road gradually turns uphill all the way to the pass Javorski Pil, offering an overwhelming view over Moravče, Gabrovka and Moravška Gora, full of vineyards and vineyard cottages. After a downhill grade to Moravče, the route turns more steeply uphill via the settlement Dole pri Litiji, reaching its highest point (760 m). After an 8-km-long descent, head downhill for another 450 m towards Strmec and you are already in the valley. After a few hundred metres, you will reach the square in Šentrupert.

Tips for sightseeing:

Pr` Krač Homestead (Dolsko)
Confluence of three rivers: the Sava, the Kamniška Bistrica and the Ljubljanica
St. Martin's Church (Šmartno pri Litiji)
Resnik Granary (Moravče pri Gabrovki)
Charcoal Museum (Slavina)
St. Rupert's Church (Šentrupert)

CATEGORY: road cycling

START POINT: Dolsko, kolesarska točka Srca Slovenije – Vegov hram

ACCESS TO START POINT: by train – Laze pri Dolskem Railway Station, by car

ROUTE LENGTH: 73,3 km

ESTIMATED TIME WITHOUT STOPS: 3,5 hours

TOTAL ASCENT: 1.330 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: asphalt

C5 TRAIL TO THE LAND OF THE TENTH BROTHER

Starting at the square in Šentrupert, turn onto the main road towards Mirna. Below the hill Vesela gora by the forest, turn right uphill and continue through the village Trstenik. Soon the route joins onto the main road towards Mirna. Cycle along the main road to the turning for Brezovica pri Mirni, turn right uphill and continue along the main road through the village Račje selo. Turn right and



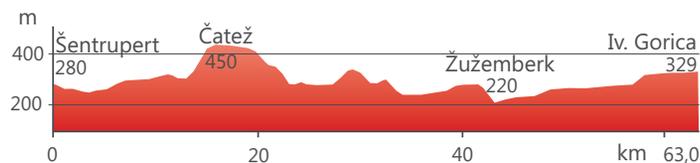
Muljava is a friendly village in Dolenjska known for the writer Josip Jurčič. He spent his youth there and preserved the pulse of his time and people's character in his literary work. Time stops at the patio of his birthplace, which has been turned into a museum. The local theatre group traditionally performs Jurčič's work in their theatre, which locals are deservedly proud of.

ROUTE:

Šentrupert–Čatež–Velika Loka–Dobrnič–
Žužemberk–Zagradec–Muljava–Ivančna Gorica



Route elevation profile:



cycle through the villages Blato and Velika Ševnica. The route takes you on a steep climb to Sejenice and Čatež. Continue the ride downhill along the main road and past Velika Loka to the village Štefan where you will turn sharply right through the village Zidani Most and cycle uphill. Turn left above the highway via the village Občine and continue to Dobrnič. Stay on the main road which turns right by the stone wall. Continue along the main road through the village Dobrava. On reaching Žužemberk, turn right at the main junction onto the main road towards Ivančna Gorica. The route takes you along the regional road through the valley of the Krka River, past the villages Zagradec, Gabrovčec, Muljava all the way to Ivančna Gorica.

Tips for sightseeing:

- St. Rupert's Church (Šentrupert)
- Way of the Cross on the hill Vesela gora
- Valley of the Krka River
- Cave Krška jama and a carstic spring of the Krka River (Krka)
- Josip Jurčič's Birthplace (Muljava)

CATEGORY: road cycling

START POINT: Šentrupert, the square in front of St. Rupert's Church

ACCESS TO START POINT: by train – Šentrupert Railway Station, by car

ROUTE LENGTH: 63,0 km

ESTIMATED TIME WITHOUT STOPS: 2,5 hours

TOTAL ASCENT: 610 m

DIFFICULTY LEVEL: nezahtevna

ROAD TYPE AND QUALITY: asphalt

C6 CYCLING RECREATIONALLY IN THE HEART

The road cycling route starts in the town Kamnik and passes the botanical garden Arboretum Volčji Potok through Radomlje and Ihan all the way to the main road Ljubljana-Litija, which needs to be crossed in Videm. Continue through Dol pri Ljubljani to Dolsko where you will turn right towards Laze and cross the bridge over the River Sava. Then cycle alongside the River Sava and the railway line all the way to Kresnice. On reaching Kresnice, head towards the bridge onto the main road Ljubljana-Litija, cycling to Zgornji Hotič and turning left towards Vače.



Trojane is a pass at 569 m in altitude, an important historical boundary site and posting station. There is still a boundary stone between the lands Kranjska and Štajerska situated by the old road below Trojane. Today the Trojane hill is known for delicious Trojan donuts, which have been baked in the Trojane Inn for half a century.

ROUTE:

Kamnik–Radomlje–Ihan–Dol pri Ljubljani–Dolsko–Kresnice–GEOSS–Kandriše–Izlake–Trojane–Lukovica–Dob–Kamnik



Route elevation profile:



Reaching the pass between Vače and Slivna, turn right towards Kandriše, head downhill, then join onto the regional road Moravče-Zagorje on the right. In Izlake, the route turns more steeply uphill towards the Trojane hill. Head back along the regional road through the valley Črni graben to Blagovica and then to Lukovica. Descend all the way to Dob where you will turn right towards Radomlje and return past the botanical garden Arboretum Volčji potok to the starting point at the square Glavni trg in Kamnik.

Tips for sightseeing:

- Old town centre (Kamnik)
- Botanical garden Arboretum Volčji Potok
- Manor pavilions (Kleče)
- Pr` Krač Homestead (Dolsko)
- Wooden bridge over the River Sava (Jevnica)
- Re-creation of the Vače Situla (Klenik)
- GEOSS
- Trojane (Trojan donuts)
- Square in Lukovica
- Brdo Castle (Brdo pri Lukovici)

CATEGORY: road cycling

START POINT: Kamnik, the Glavni trg square (TIC)

ACCESS TO START POINT: by train – Kamnik Railway Station, by car

ROUTE LENGTH: **89,5 km**

ESTIMATED TIME WITHOUT STOPS: 4 hours

TOTAL ASCENT: 850 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: asphalt

C7 FEEL AT HOME

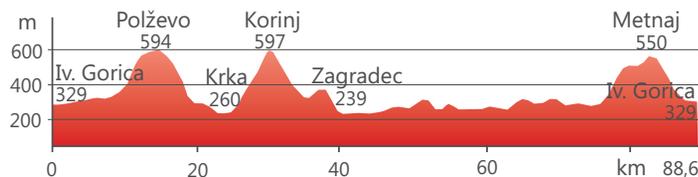
The route starts in the centre of Ivančna Gorica, taking you towards Višnja Gora, through the village Krška vas and on a steep climb to Polževo. Then the route turns more steeply downhill, leading into the valley and on to Muljava and Krka. A very steep climb brings you to the highest point – Veliki Korinj (597 m). Leaving Korinj, you will descend to Ambrus. The route turns around here, so that you return towards the valley of the Krka River and turn left. Cycle along the regional road to Muljava, where the road branches right and heads past the church towards Kompolje, Lučarjev Kal, Hrastov Dol to Dob. At the junction in Dob, turn right and, after 1 km, join onto the regional road towards Radohova vas by turning left. Shortly before the railway line, turn right towards Veliki Gaber, branching left after 500 m. After a slight climb, you will reach the village Cesta. Cross the bridge over the railway and turn right before reaching the valley of the River Temenica. Cycle through the valley towards the North all the way to Sobrače, where you will turn back. On leaving Sobrače,

ROUTE:

Ivančna Gorica–Višnja Gora–Polževo–Muljava–Krka–Ambrus–Zagradec –Muljava–Hrastov Dol–Dob–Temenica–Sobrače–Šentvid pri Stični–Stična–Metnaj–Ivančna Gorica



Route elevation profile:



stay on the main road in the settlement Praproče pri Temenici and, after a short climb, turn right downhill in the left turn at the beginning of a downhill grade. Continue the ride downhill via the village Šentpavel to Šentvid pri Stični. At the junction with the regional road, turn right and cycle another 500 m, then turn right once again and you are already in Stična. There you can climb to a circle in the northern part of the municipality of Ivančna Gorica, i.e. to the villages Mekinje, Dobrava and Metnaj, or end your journey early and head towards Ivančna Gorica.

You can collect stamps at the information signs standing in all local communities of the municipality of Ivančna Gorica. The card can be obtained at the Town Hall of Ivančna Gorica.

Tips for sightseeing:

Old town centre (Višnja Gora)
Jurčič's Birthplace (Muljava)
Cave Krška jama and a carstic spring of the Krka River (Krka)
Stična Cistercian Monastery

CATEGORY: road cycling

START POINT: Ivančna Gorica, the Sokolska ulica street

ACCESS TO START POINT: by train – Ivančna Gorica Railway Station, by car

ROUTE LENGTH: **88,6 km**

ESTIMATED TIME WITHOUT STOPS: 4,5 hours

TOTAL ASCENT: 1.440 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: asphalt

An idea about the Jurčič Trail which would take hikers from Višnja Gora to Muljava was developed at the 150th anniversary of the writer Josip Jurčič's birth. With its 15 km, it connects wealthy natural and cultural heritage of the municipality of Ivančna Gorica. Several literary sites complement it as well. The locals are cheerful and friendly, always offering tasty cuisine and making guests Feel at Home.



MOUNTAIN BIKE ROUTES IN THE HEART OF SLOVENIA

MOUNTAIN BIKE ROUTES IN THE HEART OF SLOVENIA

Mountain bikers love divergent trails with climbs and descents as they are skilful and fit cyclists. They like forests, cart tracks and challenging descents. We took into consideration all of this and designed several routes, well away from the hustle and bustle of the main roads but coming close to attractive tourist spots here and there.

Consider the following recommendations: ride on surfaced trails only, do not leave behind any litter, do not scare animals, adapt your ride to your abilities, yield to faster cyclists and plan your trip ahead. The routes are not designated in nature, for that reason it is recommended to use the GPS (available at www.srce-slovenije.si/turizem) in addition to this guidebook. To improve safety, we recommend the use of helmets and additional protective gear. Adrenaline-pumping routes are inviting you!

G1 BEHIND NINE MOUNTAINS

The starting point is at the square Glavni trg in Kamnik. In the first part of the route, cycle along the main road towards the valley of the Kamniška Bistrica, turning left at the lower gondola station and crossing the Kamniška Bistrica River. Continue through the valley of the Korošica, turn left uphill twice, the route taking you below the northern slope of the hill Kamniški vrh. The trail further takes you on a steep climb until reaching 1,000 m of altitude. Turn right downhill, cross the stream and descend back towards the valley of the Kamniška Bistrica. Stay left until reaching the hunting hut, then turn left uphill through the valley of the Kamniška Bistrica.

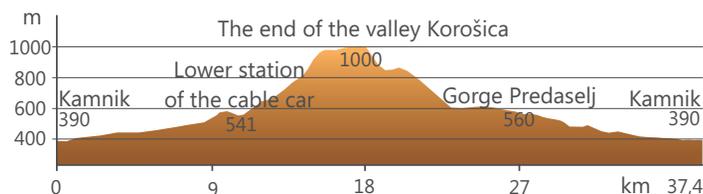
Cycle through the gorge Predaselj and join onto the road leading you to the Kamniška Bistrica Hut. From Godič on, follow the less busy road on the left bank alongside the Kamniška Bistrica and past the monastery in Mekinje.

ROUTE:

Kamnik–Stahovica–valley of the Kamniška Bistrica–valley of the Korošica–valley of the Kamniška Bistrica–Stahovica–Kamnik

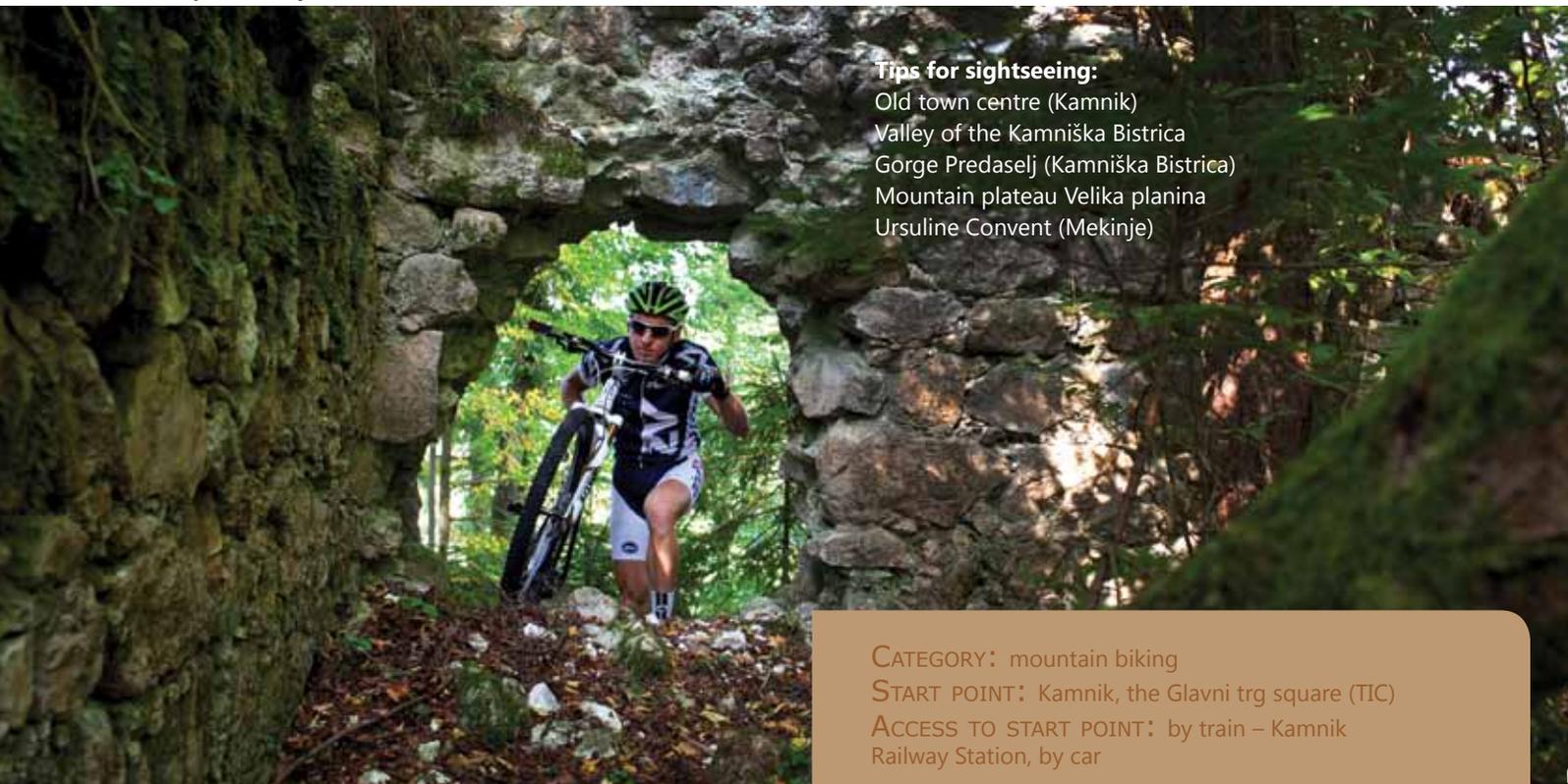


Route elevation profile:



Tips for sightseeing:

- Old town centre (Kamnik)
- Valley of the Kamniška Bistrica
- Gorge Predaselj (Kamniška Bistrica)
- Mountain plateau Velika planina
- Ursuline Convent (Mekinje)



Kamnik was a prosperous merchant town in the Middle Ages, having its own mint. Many famous aristocratic families lived there. Today, marvellous architecture and sacral heritage as well as numerous legends remind us of those glorious days. One of them is a legend of a bewitched countess Veronika – half girl, half snake – the protector of the hidden treasure.

CATEGORY: mountain biking

START POINT: Kamnik, the Glavni trg square (TIC)

ACCESS TO START POINT: by train – Kamnik Railway Station, by car

ROUTE LENGTH: 37,4 km

ESTIMATED TIME WITHOUT STOPS: 3 hours

TOTAL ASCENT: 740 m

DIFFICULTY LEVEL: very hard

ROAD TYPE AND QUALITY: asphalt, macadam with steep ascents and descents

ALONG THE LEVSTIK TRAIL TOWARDS ŠENTRUPERT

The cycling route starts in the old town centre of Litija and takes you to Breg pri Litiji. Turn right before the bridge over the stream Jablaniški potok and cycle past the industrial zone. After 100 m, you will come to the beginning of the hiking trail to Tisje. The first part of the trail is very steep, then a gently sloping cart track follows and takes you up the rising ridge. Cross the road Mala Kostrevnica-Cerovica and keep following the cart track along the ridge.



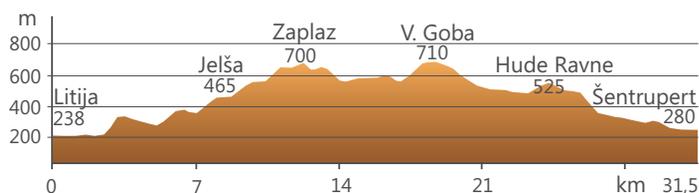
The Levstik Trail from Litija to Čatež is a traditional hiking event. More than 25,000 hikers of various ages from all over Slovenia gather each year to bring to life the travelogue *A Journey from Litija to Čatež* written by Fran Levstik. The park is inviting you to go on an adventure amidst the trees.

ROUTE:

Litija–Mala Kostrevnica–Jelša–Preska–Zaplaz–Javorje pri Gabrovki–Velika Goba–Čeplje–Hude Ravne–Šentrupert



Route elevation profile:



On reaching Grmadca, join the road towards Jelša. The road descends here but you will follow the cart track taking you straight across the meadow to the settlement Bič. Join the road here and cycle up to Liberga and on to Preska nad Kostrevnico. Continue in the same direction to the top of Grmada. Turn left and go past the settlement Cerovec and on to the pass Javorski Pil. Cross the regional road Litija-Gabrovka and carry straight on towards Javorje pri Gabrovki and via Velika Goba to Čeplje. Leaving Čeplje, you will descend into the valley of the stream Bistrica, turn sharply right and descend again along the cart track alongside the stream.

The route climbs towards Hude Ravne and descends again into the valley of the stream Bistrica. Follow the road leading you to Šentrupert alongside the stream.

Tips for sightseeing:

- Roza Hayrack (Jelša)
- Fruit drying house (Liberga)
- Wine road with vineyard cottages (Preska nad Kostrevnico)
- National Liberation War Monument (Javorski Pil)
- Land of Hayracks (Šentrupert)
- St. Rupert's Church (Šentrupert)
- Church of St. Francis Xavier (Vesela Gora)

CATEGORY: mountain biking

START POINT: Litija, the Valvazorjev trg square

ACCESS TO START POINT: by train – Litija Railway Station, by car

ROUTE LENGTH: 31,5 km

ESTIMATED TIME WITHOUT STOPS: 2 uri

TOTAL ASCENT: 760 m

DIFFICULTY LEVEL: medium

ROAD TYPE AND QUALITY: macadam, forest trail, asphalt

G3 FOLLOWING THE TRAIL OF THE SNAIL OF VIŠNJA GORA

The starting point is in Šmartno pri Litiji. Follow the road taking you through the valley of the stream Reka and via Zavrstnik and Štangarske Poljane to a steep climb up, at the beginning of which you will turn left and cycle to the settlement Reka. Turn sharply right and climb up towards Veliko Trebeljevo. Turn left in the village and climb up to the crossroads where you can turn right to Mali Vrh with a beautiful panoramic spot or head straight onto the macadam road taking you to Leskovec. On the macadam road, turn sharply left downhill, following the cart track towards Obolno. Shortly before reaching Obolno, the cart track turns left towards the Gregorc



There was always a lot of happening in Višnja Gora as it was situated by the ancient Roman road. Its symbol is a snail chained by a chain of gold.

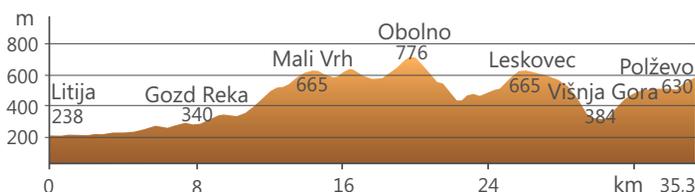
Legend has it that the son of the Venetian doge was injured in the Battle of Sisak. A daughter of the earl of Višnja Gora found him badly hurt and nursed him until he recuperated. To express gratitude, the knight's mother – the queen of the Republic of Venice, bestowed a golden snail shell adorned with diamonds, which has unfortunately been lost.

ROUTE:

Šmartno pri Litiji–Štangarske Poljane–Gozd Reka–Obolno–Poljane pri Stični–Leskovec–Višnja Gora–Polževo



Route elevation profile:



Farm but you will follow the right less-well-preserved cart track which will take you to the top of the hill Obolno. A small trail takes you to the South across the meadow and onto the cart track, then onto the road which will bring you to Poljane pri Stični. Descend along the cart track into the valley of the stream Stiški potok and cycle uphill alongside the stream. The road takes you to Leskovec via a very steep climb. Leaving Leskovec, you will cycle along the asphalt road downhill through Mlake to Vrh pri Višnji Gori. Descend along the grassy cart track into Višnja Gora, you will turn left onto a steep hiking trail towards the old castle. The Forest Learning Trail takes you to Pristava pri Višnji Gori. Continue along the asphalt road on the plateau towards Zavrtače. The cart track will take you past the hotel to the top of the plateau Polževo and to the Church of the Holy Spirit (630 m). To prolong the trip, follow the signs of the Jurčič Trail towards Muljava or the cycling route G5.

Tips for sightseeing:

St. Martin's Church (Šmartno pri Litiji)
 Čož Farm (Leskovec)
 Old town centre (Višnja Gora)

CATEGORY: mountain biking

START POINT: Šmartno pri Litiji, St. Martin's Church

ACCESS TO START POINT: by train (only to Litija Railway Station), by car

ROUTE LENGTH: 35,3 km

ESTIMATED TIME WITHOUT STOPS: 3 hours

TOTAL ASCENT: 1.120 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: asphalt, macadam, forest trail

G4 ABOVE THE SITARJEVEC MINE

The starting point is at the square Valvazorjev trg in Litija. The route runs from the parking place by St. Nicholas's Church along the narrow asphalt road and up the hill Sitarjevec. On reaching the settlement Podsitarjevec, continue towards Zavrstnik, turn right uphill and onto the macadam road taking you to the top of the Sitarjevec hill. Descend towards the North, turn left at the first turning and traverse along the trail towards the hill Oblakov hrib.

On reaching the pass, turn left at the crossroads and then right onto the cart track, bringing you onto the macadam road. At the crossroads, cycle straight up, past the Arh Farm and follow the forest trail along the ridge. The route takes you past the Šmic Farm, straight on at the crossroads and past the Omahen estate. Then the trail turns more steeply uphill, taking you under the hill Kamplov hrib.

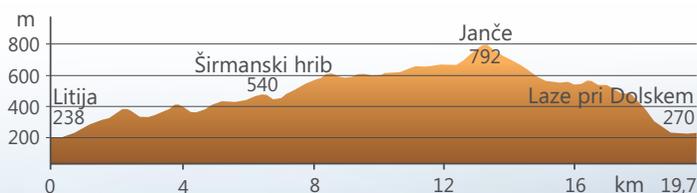
Turn left at the crossroads and cycle to the Tinček Farm. Follow the macadam road along the ridge towards the hill Janče. You will join

ROUTE:

Litija–Sitarjevec–Širmanski Hrib–Koške Poljane–Tuji Grm–Janče–Laze



Route elevation profile:



the asphalt road in Tuji Grm which will bring you to the hill Janče. Leaving Janče, you will descend along the asphalt road towards the North. At the first sharp turn, go straight onto the byway taking you along the ridge and past the farms Tončk and Hribovec. Turn left by the Jernač Farm and follow the road signs which will bring you to Laze. You can return to Litija by train.

Tips for sightseeing:

Museum of barge industry, mining industry and iron road (Litija)
Janče Alpine Hut
Confluence of three rivers: the Sava, the Kamniška Bistrica and the Ljubljanica
Pr' Krač Homestead (Dolsko)

Litija is one of the oldest mining towns in Slovenia. Archaeologists discovered remains from the Iron Age settlement on the top of the Sitarjevec hill. The Sitarjevec mine is first mentioned in the 16th century, having experienced flowering in the 19th century and at the beginning of the 20th century when it was one of the largest mines of lead in Europe. The Sitarjevec mine is rich in minerals which are of Slovenian as well as of European importance.

CATEGORY: mountain biking

START POINT: Litija, the Valvazorjev trg square

ACCESS TO START POINT: by train – Litija Railway Station, by car

ROUTE LENGTH: 19,7 km

ESTIMATED TIME WITHOUT STOPS: 1,5 hours

TOTAL ASCENT: 670 m

DIFFICULTY LEVEL: medium

ROAD TYPE AND QUALITY: macadam, forest trail, asphalt

AT A SNAIL'S PACE TO THE HILL PRIMSKOVA GORA

You can choose this route as a continuation of the route M3 as it starts on the hill Polževo. The starting point is in front of the Polževo Hotel. Climb up the ski slope to the Church of the Holy Spirit at the top and follow blazes towards Muljava. Field and forest trails will take you to the village Velike Vrhe, turning right at the shrine and staying right at the end of the village. Join the macadam road taking you to the forest where you will turn left downhill onto the forest trail.

The route turns more steeply downhill, then branches right and joins onto the firm macadam road which takes you past the clearing on the right side to the village Znojile. Turn right along the asphalt road towards Krka. On leaving the village Znojile, turn left by the remote



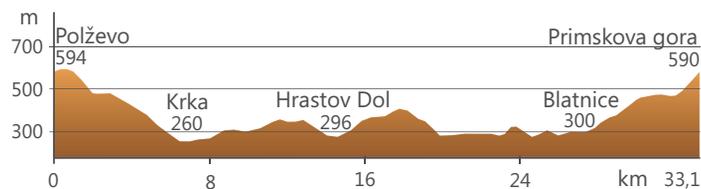
The village Gradišče, which is a popular panoramic and hiking spot, is situated in the southern hilly part of the range Posavsko hribovje. Back in the days, this area used to be known for the conical hill Primskova gora with the renowned Way of God with three temples and numerous vineyards. There are remains of one of the mightiest defensive camps in the Slovenian territory from the 15th century at the top of the hill Primskova gora. The priest Jurij Humar, »the miracle man from Primskovo«, a homeopath, who was known as a folk doctor, dowser, bio energy healer and telepathist, used to work here.

ROUTE:

Polževo–Znojile–Hrastov Dol–Dob–Cesta–Blatnice–Dolnji Vrh–Primskova gora



Route elevation profile:



house towards the village Krška vas, cross the regional road and cycle through the village uphill towards the forest. The macadam road in the forest will take you to the village Sušica – on reaching the church, head uphill towards the village. Then join onto the field trail and, after a short climb, onto the forest trail. Stay left in the forest, following the trail to the southern edge of the settlement Lučarjev Kal. Cycle along the local road to the end of Hrastov Dol, then turn right before the forest and cycle along the macadam road taking you to the ridge. Turn right and cycle into the village Sad. At the end of the village, the field trail branches left, turning right shortly after. In the forest, cycle along the surfaced road, turn left and slowly descend towards Podboršt.

On leaving Podboršt, cycle above the highway and turn right at the crossroads by the football field. Continue straight on to the village Cesta. Cycle along the macadam road, then head uphill along the field trail. On leaving the village, turn right to the village Blatnica, following the macadam road and turning right at the first bridge. Continue past the farm and go uphill along the forest trail, turning sharply left towards Sevnno. The route turns more steeply uphill along the Way of the Cross and takes you to the Church of St. Nicholas on the hill Primskova gora.

Tips for sightseeing:

Church of the Holy Spirit (Polževo)

St. Nicholas's Church (Primskova gora)

CATEGORY: mountain biking

START POINT: Polževo, Guest house Polževo

ACCESS TO START POINT: by car

ROUTE LENGTH: 33,1 km

ESTIMATED TIME WITHOUT STOPS: 2,5 hours

TOTAL ASCENT: 610 m

DIFFICULTY LEVEL: medium

ROAD TYPE AND QUALITY: forest trail, macadam, asphalt

G6 CYCLING WITH SAINT MARTIN

The starting point is in Šmartno pri Litiji on the regional road which takes you towards Bogenšperk. At the bus turning point by the school, turn sharply right into a new settlement. The route takes you above the settlement where the asphalt ends. Do not join the macadam road but turn left along the trail taking you across the meadow and onto the cart track which runs to Sv. Večer. Then descend along the asphalt road taking you towards the South and on to a remote farm. The cart track takes you along the ridge descending to the asphalt road. Cycle towards the South and to Ravni Osredek, where macadam starts – first steep, then gently sloping. The route joins onto the road Debeče-Osredek. Turn left downhill towards Debeče and, at the crossroads, right downhill into the valley of the stream Bukovica.

The route takes you to the pass, turning left at the crossroads and towards the hunting cabin. Follow the cart track which takes you to Pristava nad Stično, then follow the grassy cart track to Dobrava pri Stični. Turn left onto a grassy cart track again which takes you to the asphalt road circling Gradišče. Shortly after the turning, turn left and cycle along the cart track to the village Pristavlja vas. Continue along the road to Šentvid pri Stični and on to Male Češnjice and Velike Češnjice. Join onto the macadam road shortly after Predulce and cycle past Mali Kal to Bukovica. Stay right at the Kajar Farm and continue along the meadow's edge. The cart track takes you to the pass, heading uphill towards the North, then right to Sobrače. In Sobrače, turn right onto the main road, turn left at the first junction and go through the valley of the stream Ješko. At the crossroads, turn right towards Mišji Dol, then turn right once again and climb to the top of the hill Primskova gora.

The Stična Cistercian Monastery is the oldest monastery in Slovenia. It was built in the 12th century. Legend has it that the location was shown to the first monks by a bird who was persistently singing: »Sit hic! Build it here!« The monks built the monastery, the place was named Stična and the persistent bird got its place in the coat-of-arms of Stična. The monastery is also known for the vicar Simon Ašič who was one of Slovenia's most renowned herbalists.

ROUTE:

Šmartno pri Litiji–Osredek nad Stično–
Pristava–Šentvid pri Stični– Velike Češnjice–
Sobrače–Primskova gora



Route elevation profile:



Tips for sightseeing:

St. Martin's Church (Šmartno pri Litiji)
St. Nicholas's Church (Primskova gora)



CATEGORY: mountain biking

START POINT: Šmartno pri Litiji, St. Martin's Church

ACCESS TO START POINT: by train (only to Litija Railway Station), by car

ROUTE LENGTH: 31,5 km

ESTIMATED TIME WITHOUT STOPS: 2,5 hours

TOTAL ASCENT: 1.070 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: macadam, forest trail, asphalt

G7 GOING TO THE MOUNTAIN ZASAVSKA SVETA GORA TO SEE THE VIEW

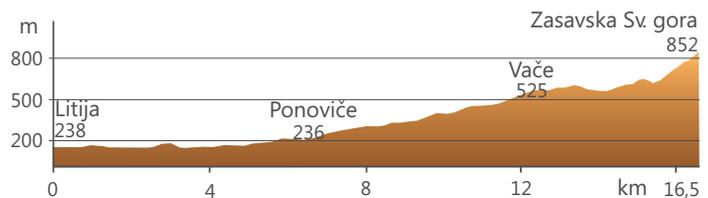
The route starts in the old part of Litija. Cross the River Sava and turn right after crossing the bridge. After 4 km of cycling, you will reach Ponoviče Castle. Continue to the settlement Mačkovina, at the crossroads turn left and cycle through the valley of the stream Vidrnica. When the road turns right uphill, cycle alongside the stream on the macadam road. At the crossroads, remains of the mill Piškovo mlin are visible. Soon you will reach the restored castle mill. At the

ROUTE:

Litija–Ponoviče–Vače–Klenik–Vovše–Zasavska Sveta gora



Route elevation profile:



junction, turn right uphill to the meadow. You are approaching the homestead by the Ljubek Castle. Continue uphill and join onto the asphalt road, turning left at the sign. Follow the asphalt road, in Vače turn right towards Klenik and cycle along the macadam road past Cvetež and Vovše. In Vovše, there is a well-preserved stone pigsty which is a protected cultural monument. On leaving Vovše, join the cart track uphill towards the mountain Zasavska Sveta gora. Follow the road taking you to the top.

Tips for sightseeing:

- Ponoviče Castle (Ponoviče)
- St. Andrew's Church (Vače)
- Vače Situla (Klenik)
- Fossilised sea shore (Vače)



The mountain Zasavska Sveta gora, along with the Church of Mary's Birth, is one of the most visited panoramic spots in this part of Slovenia. It is situated on the ridge of the range descending into the valley of the River Sava on one side and into a narrow valley of the stream Kandrščica on the other side. It used to be especially popular among Mary's worshippers who gathered on the mountain on her holidays. Today, the mountain is also popular among those who like nature, fresh air and nice views.

CATEGORY: mountain biking

START POINT: Litija, the Valvazorjev trg square

ACCESS TO START POINT: by train – Litija Railway Station, by car

ROUTE LENGTH: 16,5 km

ESTIMATED TIME WITHOUT STOPS: 1-1,5 hours

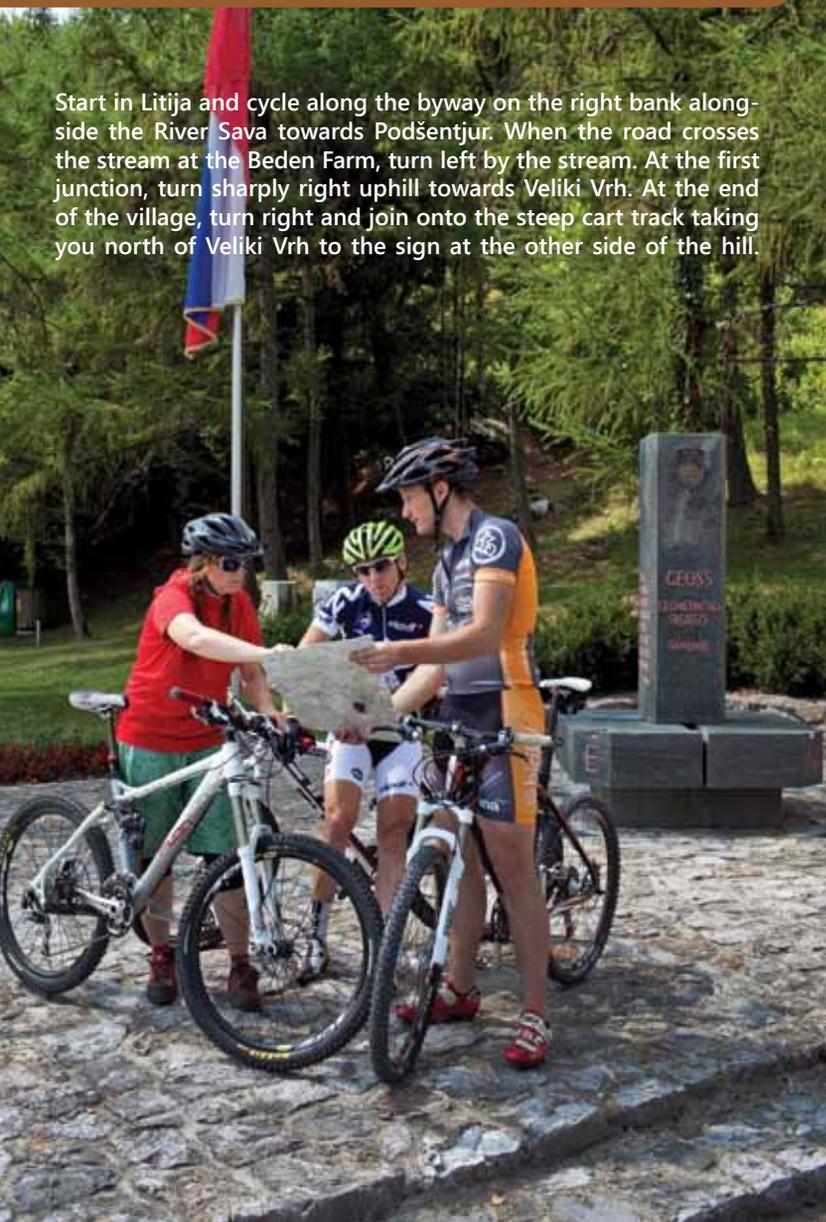
TOTAL ASCENT: 680 m

DIFFICULTY LEVEL: hard (The last part is slightly dangerous. If you are not skilful enough, we recommend you to get off the bike and walk with it in that section.)

ROAD TYPE AND QUALITY: macadam, forest trail, asphalt

ADVENTUROUS ASCENTS IN THE HEART OF SLOVENIA

Start in Litija and cycle along the byway on the right bank alongside the River Sava towards Podšentjur. When the road crosses the stream at the Beden Farm, turn left by the stream. At the first junction, turn sharply right uphill towards Veliki Vrh. At the end of the village, turn right and join onto the steep cart track taking you north of Veliki Vrh to the sign at the other side of the hill.



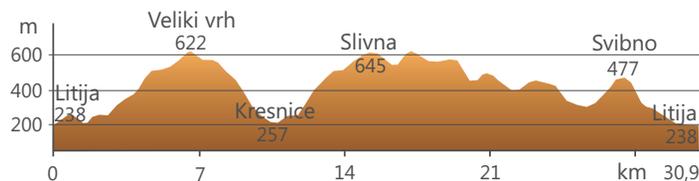
The GEOSS Adventure Park is located in the village Slivna, in the vicinity of the Geometric Centre of Slovenia. It is intended for use by children and adults who want to test their skills. It offers five climbing routes of various difficulty levels, situated between 1 and 11 metres of altitude amidst the treetops. You will rise from the ground to the treetops and set off on an adventure amongst the trees.

ROUTE:

Litija–Veliki Vrh–Kresniški Vrh–Kresnice–Slivna–Vače–Konj–Svibno–Litija



Route elevation profile:



Continue along the ridge towards the Kofelač Farm. On joining the asphalt road, turn right and descend towards Kresniški Vrh. When the road turns right, cycle straight ahead on the cart track. On reaching the road again, cross it and continue downhill. This trail is very challenging, for that reason you can cycle along the local road as well. In Kresnice, cross the River Sava and turn left onto the main road Litija-Ljubljana. Soon, turn right uphill towards the village Dešen. Turn right once again and traverse the slope. Continue past Zapodje, through Mala Sela and Močila towards the pass Klanec. Part of the route from Klanec to Vače is very challenging, for that reason you can also continue along the road there. Descend from Vače to Ržišče and at the sharp right turn, cycle straight onto the forest trail taking you via Kržac to the village Konj. Descend further towards the pass, crossing the local road Hotič-Ponoviče. Continue on the cart track straight uphill along the ridge. Shortly below the peak of the hill Strešni vrh, cycle along the contour line past the peak. By the bench below the hill Strešni vrh, descend right downhill along the Forest Learning Trail into Litija.

Tips for sightseeing:

St. Andrew's Church (Vače)
GEOSS
GEOSS Adventure Park

CATEGORY: mountain biking

START POINT: Litija, the Valvazorjev trg square

ACCESS TO START POINT: by train – Litija Railway Station, by car

ROUTE LENGTH: 30,9 km

ESTIMATED TIME WITHOUT STOPS: 2,5 hours

TOTAL ASCENT: 1.110 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: asphalt, macadam, forest trail

G9 JOYFULLY CYCLING IN THE VINEYARDS

Start at the square in Šentrupert and descend along the southern side of the wall of the Church of St. Rupert and then turn left. Cycle straight ahead on the asphalt road, then joining the macadam field trail (signpost Steklasova pot). The route takes you to the Way of the Cross, turning left and joining onto the asphalt road and then turning right onto the main asphalt road. Stay right at the next two junctions, then climb to the hill Vesela gora. The route takes you to the junction and on towards the village Ravnik (signpost Steklasova pot). Then, at the junction in the middle of the forest, turn left onto the macadam road turning steeply downhill. After about 1 km, you will join the asphalt road and turn right. Cycle through the valley,



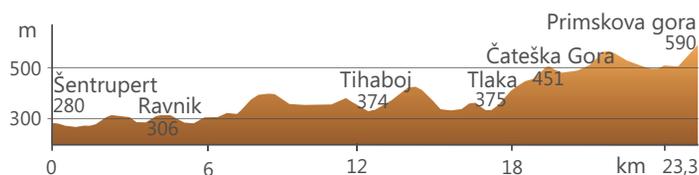
The valley of castles, as the valley Mirenska dolina was once called, is especially known for numerous beautiful churches and chapels. One of the most popular hiking and pilgrimage spots is the hill Vesela gora near Šentrupert, which is famous for the Way of the Cross, St. Margaret's Church and the Barbo Manor. At the Barbo Manor, there is an exhibition called Live History, a beekeeping room and permanent exhibition of tree species as well as of ancient peasant tools.

ROUTE:

Šentrupert–Selo pri Mirni–Tihaboj–Tlaka–Čateška Gora–Križišče pri Čatežu–Gornji Vrh–Primskova gora



Route elevation profile:



after the remote farm turn left and cross the stream. The route joins onto the macadam road turning steeply uphill to the Ogrin Farm and then turning into the asphalt again. Follow the main road to the village Selo pri Mirni, turning right onto the regional road to Tihaboj. Turn left at the first junction. The route turns into a macadam road amongst the meadows. Stay right at the first turning and left at the second one, taking you uphill through the forest to the village Kompolje. After a climb, turn left at the first crossroads in the forest and join the macadam road which soon turns into asphalt. Continue to the village Brezje all the way to the main road where you will turn right. After 1.5 km, turn left onto the macadam road which turns steeply uphill to the crossroads with a shrine, where you will turn right. Follow the main macadam road along the ridge of the hill taking you onto the asphalt road in Zagrič. Cycle straight on and, at the triangular junction, stay left. On reaching the village Gorenji Vrh (cross in the middle of the junction), turn right. After about 2 km, stay left and cycle uphill to the church in Primskovo.

Tips for sightseeing:

St. Nicholas's Church (Primskova gora)
Way of the Cross on the hill Vesela gora
St. Rupert's Church (Šentrupert)

CATEGORY: mountain biking

START POINT: Šentrupert, the square in front of St. Rupert's Church

ACCESS TO START POINT: by train – Šentrupert Railway Station, by car

ROUTE LENGTH: 23,3 km

ESTIMATED TIME WITHOUT STOPS: 2,5 hours

TOTAL ASCENT: 320 m

DIFFICULTY LEVEL: hard

ROAD TYPE AND QUALITY: asphalt, macadam, forest trail

G10 CYCLING THROUGH HEAVEN

The route runs from the square in Šentrupert along the main road towards the village Slovenska vas and on to the hill Vesela gora, past the Barbo Manor and the Church of St. Francis Xavier to Škrljevo. One of the oldest castles in Slovenia is situated here. On crossing the small bridge in the village, turn left, then continue through the village and uphill to the forest clearing. Amongst meadows, turn right at the first crossroads, coming to the village Draga. Turn left onto the main road and, after a few metres, turn right in the middle of the village. Descend to the stream Bistrica, turning left at the fishery. Continue along the macadam road, which turns into asphalt after about 3 km and then steeply uphill, climbing all the way to Dole pri Litiji. Turn right at the church and climb to the crossroads where you will turn sharply right towards the village Kal pri Dolah. Continue along the main road past the villages Dobavica and Radgonica to Prelesje, where you will turn left onto the macadam road,



slightly descending. At the next junction, turn left and cycle past the village Ježevce and through the forest. After descending along the macadam road, you will reach the junction where you will turn right and pass the abandoned quarry in Kostanjevica. Descend into the valley, where you will turn left onto the asphalt road and cycle uphill (18% grade). On reaching the top, turn left towards Nebesa (direction Viher). At the top of the hill, turn right (sign Nebesa Farm) onto the macadam road and continue to the clearing Nebesa (= heaven). Return along the asphalt road. On descending to the pasture, turn left where the road turns into macadam for a short while. After a slight climb, turn right onto the asphalt road towards Hrastno and then head into the valley, turning right at the small stream. At the top of the burial mound, turn right into the village Kamnje, then descend to the starting point in Šentrupert.

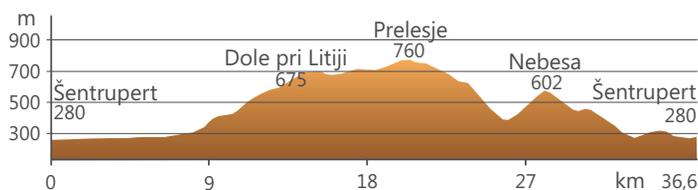
St. Rupert's Church rises mightily from the market-town centre in Šentrupert and greets the visitors. The missionaries from Aquileia presumably built the chapel on this spot in the year 796, which was a predecessor to this church. The Counts of Celje started building the current church at the end of the 14th century. Its construction took hundred years. It is considered as one of Slovenia's most beautiful Gothic churches. The history of this church is closely linked to the princess Hema Krška.

ROUTE:

Šentrupert–Brinje–Draga–Dole pri Litiji–Dobovica–Kostanjevica–Hom (Nebesa)–Hrastno–Kamnje–Šentrupert



Route elevation profile:



Tips for sightseeing:

- Land of Hayracks (Šentrupert)
- St. Rupert's Church (Šentrupert)
- Church of St. Francis Xavier (Vesela Gora)
- Barbo Manor (Vesela Gora)
- Charcoal Museum (Slavina)
- Panorama from Nebesa

CATEGORY: mountain biking

START POINT: Šentrupert, the square in front of St. Rupert's Church

ACCESS TO START POINT: by train – Šentrupert Railway Station, by car

ROUTE LENGTH: 36,6 km

ESTIMATED TIME WITHOUT STOPS: 3 hours

TOTAL ASCENT: 810 m

DIFFICULTY LEVEL: hard

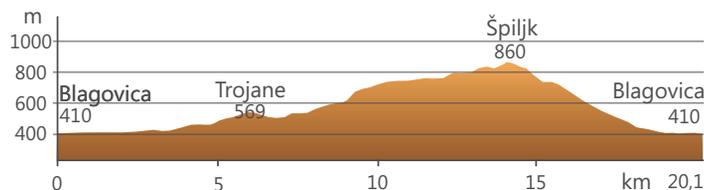
ROAD TYPE AND QUALITY: macadam, asphalt

G11 FOLLOWING THE HILLY TRAILS OF THE BANDITS

ROUTE:
Blagovica–Trojane–Gaberje–Blagovica



Route elevation profile:



The route starts in Blagovica, following the regional road Ljubljana-Maribor to Trojane via the villages Podmilj and Šentožbolt. In Trojane, descend from the inn along the regional road and, after 200 m, turn left at the junction onto the local road towards the fire station (wooden signpost Planina Lipovec). Continue past the fire station to the stream Bolska, following it by using blazes. Cycle along the surfaced macadam road through the beautiful valley of the stream Bolska before reaching the forest, where the road turns sharply left. The route takes you on a 3-km-long climb to the alp Lipovec, which is a nice place for a rest stop. A well-surfaced road takes you on several climbs. There are also several turnings along the road - stay left at all time. After a long descent, the main road turns right towards Kekec - turn left here onto a cart track climbing towards the clearing below Špilek. At the remote house, turn left again, descend the steep grade and cycle into the village Gabrje pod Špilkom. Keep descending along the asphalt local road into the valley, where you will turn left at the junction and continue alongside the stream Zlatenščica to the starting point in Blagovica.

Tip for sightseeing:
Trojane hill (Trojan donuts)

CATEGORY: mountain biking
START POINT: Blagovica
ACCESS TO START POINT: by car

ROUTE LENGTH: 20,1 km
ESTIMATED TIME WITHOUT STOPS: 1,5 hours
TOTAL ASCENT: 520 m
DIFFICULTY LEVEL: medium
ROAD TYPE AND QUALITY: macadam, asphalt

The valley Črni Graben is situated in the river basin of the Radomlja, stretching all the way from Prevoje pri Šentvidu and Lukovica to the Trojane hill. Numerous important routes had run through it since prehistoric times. First the renowned Jantar Trail from Aquileia to the Baltic Sea, a few centuries later the Roman road Emona-Atrans-Celeia, which became disused in the Middle Ages, and then the road between Trieste and Vienna, which was renovated at the beginning of the 18th century.

G12 CYCLING THROUGH MOUNTAIN PASTURES

The starting point of this beautiful yet very challenging cycling route is in front of the Tourist Information Centre at the square Glavni trg in Kamnik. The route takes you towards the valley Tuhinjska dolina, through the settlement Potok and on towards the Snovik Spa – from the thermal swimming pool complex through the valley of the stream Snovik upwards. The route takes you on a steep climb towards the Osredkar Farm and the settlement Poljana to Črnivec



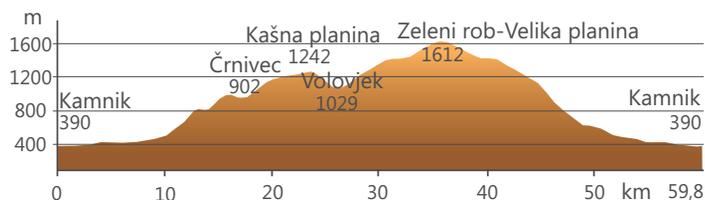
The mountain plateau Velika planina is one of the most beautiful Slovenian high mountain alps. You can explore a carstic cave there, get to know the shepherd Peter, admire the Kamnik orchid, go for a walk amongst animals on the mountain pasture or take a look at the ancient Preskar Cottage, now turned into a museum.

ROUTE:

Kamnik–Snovik–Črnivec–Kašna planina–Kranjski Rak–Velika planina–Kranjski Rak–Krivčevo–Stahovica–Kamnik



Route elevation profile:



(902 m). Cross the regional road and climb on the macadam road around Kranjska reber to the mountain plateau Kašna planina. Continue the ride downhill to Kranjski Rak and then uphill to the mountain plateau Velika planina. Cycle towards the valley Tiha dolina and climb past the herdsmen's settlement to the Zeleni rob Inn. Return along the same route to Kranjski Rak and descend steeply to the right to Krivčevo, where you will join onto the regional road Gornji Grad-Kamnik at the end of the valley. On leaving Godič, cycle on the less busy road on the left bank alongside the Kamniška Bistrica River and past the monastery in Mekinje.

On the mountain plateau Velika planina, cycling only along the surfaced trails to the Zeleni Rob Inn is allowed. Do not cycle all over and scare animals on the mountain pasture. You can also descend into the valley of the Kamniška Bistrica by gondola.

Tips for sightseeing:

- Old town centre (Kamnik)
- Snovik ECO Spa (Snovik)
- Mountain Gora Sv. Miklavž (Šmartno v Tuhinju)
- Mountain plateau Velika planina
- Ursuline Convent (Mekinje)

CATEGORY: mountain biking

START POINT: Kamnik, the Glavni trg square (TIC)

ACCESS TO START POINT: by train – Kamnik Railway Station, by car

ROUTE LENGTH: 59,8 km

ESTIMATED TIME WITHOUT STOPS: 5 ur

TOTAL ASCENT: 1.580 m

DIFFICULTY LEVEL: very hard

ROAD TYPE AND QUALITY: asphalt, macadam with very steep ascents and descents



CYCLING EVENTS IN THE HEART OF SLOVENIA

Cycling is a very popular way of spending free time in Slovenia. For this reason numerous recreational cycling events are organised. Several recreational cycling competitions are one of the most visited sports events in Slovenia.

THE FOLLOWING EVENTS ARE TRADITIONALLY ORGANISED IN THE AREA OF THE HEART OF SLOVENIA:

Ascent to GEOSS, May,
event organiser PD Litija, 00386 41 296 953 (Sašo Borišek)

Cycling ascent to the Mengeš Hut, at the end of May, event organiser Mengeš Cycling Club, 00386 41 519 419 (Primož Jeretina)

Everyone cycling, recreational day, June,
event organiser ŠD Zlato Polje, 00386 41 292 182 (Janez Pogačar)

Three municipalities marathon (Ivančna Gorica, Grosuplje, Dobrepolje), the first weekend in June, event organiser KD Grosuplje

Traditional journey along the ancient Roman road, at the beginning of June, event organiser TD Ivančna Gorica in TD Suha krajina, 00386 31 806 993 (Franc Kalar jr.)

Mountain bike ascent Snovik-Velika planina, the third weekend in June, event organiser TD Tuhinjska dolina, 00386 41 633 779 (Ivan Hribar)

Calcit mountain bike, at the end of June, event organiser KD Calcit, 00386 51 316 564 (Mohor Vrhovnik)

Cycling ascent to Nebesa, June, event organiser TD Šentrupert, 00386 7 34 34 560

Alpe Scott Marathon, at the beginning of July, event organiser KD Alpe, 00386 40 264 340 (Janez Jarm)

Cycling ascent to see the baron Jurij Vega, September, event organiser ŠD Zagorica, 00386 30 661 221 (Gregor Balon)

Cycling ascent to the Charcoal Land (Dole pri Litiji), September, event organiser ŠD Dole, 00386 31 64 36 25

TOURIST INFORMATION:

TIC Kamnik
Glavni trg 2, 1240 Kamnik
T: 00386 1 831 82 50
E: info@kamnik-tourism.si

Development Centre Litija
Kidričeva cesta 1, 1270 Litija
Telefon: 00386 1 89 62 710
M: 00386 51 312 739
E: info@razvoj.si

Cycling point of the Heart of Slovenia
Dolsko 57, 1262 Dol pri Ljubljani
M: 00386 31 290 510
E: info@vegovhram.si

Municipal Tourism Association of Ivančna Gorica
Cesta II Grupe Odredov 17
1295 Ivančna Gorica
T: 00386 1 781 21 30
E: turisticna.zveza@siol.net

TIC Lukovica, Občina Lukovica
Stari trg 1, 1225 Lukovica
T: 00386 1 729 63 00
E: info@lukovica.si

TIC Mengeš
Tourist Office Mengeš
Slovenska 30, 1234 Mengeš
M: 00386 31 752 621
E: info@td-menges.si

TIC Šmartno pri Litiji
Bogenšperk Public Institute
Bogenšperk 5
1275 Šmartno pri Litiji
M: 00386 41 703 992
E: info@bogensperk.si

TIC Šentrupert
Šentrupert Tourism Association
Šentrupert 33, 8232 Šentrupert
T: 00386 7 343 45 60
E: marko.gorenc@sentrupert.si

CYCLING GUIDES:

Cycling point of the Heart of Slovenia
Tine Zupančič 00386 31 290 510

Litija Alpine Club, TKO
Žiga Krofl 00386 31 347 903

Polet Šentrupert Alpine Club
Mojca Starič 00386 31 315 397

Kolesarski servis Vidic
00386 1 8985 018

Blagovica Alpine Club
Igor Trdin 00386 41 953 893

TIC Kamnik
00386 1 831 82 50

BICYCLE RENTAL:

Hotel Malograjski dvor, Kamnik
2 trekking bikes
00386 1 830 31 00

Snovik Spa, Snovik
4 trekking bikes
00386 1 83 44 100, 00386 80 81 23

TIC Kamnik, Kamnik
1helmets + 2 child helmets,
1 child bike seat
00386 1 831 82 50

Cycling point of the Heart of Slovenia, Dolsko
8 trekking bikes + adult helmets,
1 children's bike + child helmet,
2 child bike seats
Contact: Tine Zupančič,
00386 31 290 510

Kolesarski servis Vidic, Tenetiše pri Litiji
5 mountain bikes,
1 trekking bike
00386 1 8985 018

BICYCLE REPAIR SHOPS:

Kolesarski servis Vidic
Tenetiše 7 a, 1270 Litija
00386 1 8985 018

Kolesarski servis LAMU
Sitarjevška 61, 1270 Litija
00386 40 733 345

Motoset d. o. o.
Dunajska cesta 29, 1225 Lukovica
00386 1 723 52 65, 00386 41 713 542

Pro kolo šport, Sandi Srdar s.p.
Perovo 30, 1241 Kamnik
00386 1 831 12 38

Špica Šport, Boris Leben s. p.
Ljubljanska 4 a, 1241 Kamnik
00386 1 831 06 56, 00386 41 704 965

Bike & fun, Gregor Bele s. p.
Šutna 8, 1241 Kamnik
00386 51 325 027

KOALA TIM d. o. o.
Ljubljanska cesta 2
1295 Ivančna Gorica
00386 41 791 888



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