The Heart of Slovenia is home to people living in the heart-shaped area around the Geometric Centre of Slovenia. The hospitality of kind-hearted people and unique features of this hearty place attract many visitors. They find new inspirations for holidays and relaxation in the area stretching from the Kamnik Alps to the hills of Dolenjska, and from the outskirts of Ljubljana to the plains by the Sava River. The Heart of Slovenia is a place for people who strive to create a better life!

www.heartofslovenia.com

The Heart of Slovenia is an area which offers different kinds of experience of Slovenian unique features, just a stone’s throw away from Ljubljana. You may explore it on your own or choose one of the programmes offering adventures of several hours, days or weeks. In addition to sightseeing, the programmes include meeting people who will open doors of their homesteads and workshops or organised guests or organise adventures for different groups.

Group hikes and journeys, as well as visits to sights of the area, all filled with adrenaline, will further inspire you to embark on exploring Slovenia. After having experienced the local culinary offer, which is included in most programmes, you will gladly return to the Heart of Slovenia to get homemade crops and produce and at the same time try new recipes of the local housewives. You will acquire new knowledge at gatherings with the local craftsmen and in programmes of special adventures, e.g. charcoal burning. The Heart of Slovenia is a place where you will find your favourite romantic spots, especially when choosing the romantic programme, which is full of lovely surprises for two.

The programmes are arranged for groups of various numbers and interests, as well as for families. Do not be limited by the group sizes: if you like the contents of a certain programme, you can make arrangements with providers of programmes of the Heart of Slovenia and organise adventures your way!

Choose your programme!

1. When in the Heart of Slovenia for the first time: Visiting the sights of the Heart of Slovenia
2. For seekers of well-being: Get healthy in the Heart of Slovenia
3. For hikers even in wintertime: Hike to the hearth in the Heart of Slovenia
4. A different kind of snow experience: Snowshoeing on the Velika planina alpine pasture
5. For adventure enthusiasts: Adventures amidst the treetops
6. Respecting traditions: Getting to know the golden age of straw hat making
7. Meeting potter Tatjana Hlačer
8. For those who have trust in nature: Meeting herbalist Sabina Grošelj
9. For gastronomes: Culinary delights in the Heart of Slovenia
10. For families: Adventures in the Charcoal Land
11. For romantics: Romantic waking up with birds in the treetop
The biggest attractions of the Heart of Slovenia are the essence of all Slovenian unique features! Just in two days you will see the Alps, healing waters, botanical treasures and distinctive architectural heritage of the countryside. In the meantime you will try the local culinary specialties and learn about the history of the mediaeval town.

ITINERARY:

Day 1: Alps – Kamnik – Snovik Spa
• An outing to the Velika planina alpine pasture by gondola lift in the morning, sightseeing along the mountain trail, and a shepherd’s lunch
• Afternoon sightseeing in the mediaeval town Kamnik
• A guided tasting Tastes of Kamnik at the Repnik Inn
• Night swimming and accommodation at the Snovik Spa

Day 2: Volčji Potok Arboretum – Geoss – The Land of Jurij Vega
• A healthy breakfast at the Snovik Spa and a guided tour of the Volčji Potok Arboretum
• A walk to the geometric centre Geoss and getting acquainted with the symbols of the Slovenian nation
• A morning visit to the Land of Jurij Vega and the eco tourism farm with tradition Pr’ Krač in Dolsko, lunch
• A walk to meanders of the Sava River and a return to the starting point

EQUIPMENT:
Hiking gear

SEASON:
Year-round, except in winter

PRICE:
Up to 8 people: 141 EUR/person
Up to 15 people: 150 EUR/person
Up to 20 people: 137 EUR/person
Slovenia is a country of health and well-being. In the Heart of Slovenia you will learn why: discover the benefits of Slovenian healing waters, energetic points, herbal and beekeeping traditions and try dishes which promote health and well-being.

**ITINERARY:**

**Day 1: Unique features of the Alpine world and indulging at the spa**
- A visit to the Velika planina alpine pasture and the Preskar Hut Museum, tasting of traditional dishes: a shepherd’s lunch
- A trip to the source of the Kamniška Bistrica and the Predaselj gorge with possibilities for recreation in nature: hikes to lookout points
- Accommodation at the Snovik Spa and a local culinary dinner – Tastes of Kamnik, possibilities for swimming and spending time in sauna

**Day 2: A day full of energy, herbs and honey**
- A healthy breakfast and a visit to the Centre of Living Energy at the Tunjice Natural Health Resort: a guided experience of energetic points and tasting of living water
- A walk to the Garden of Healing Plants and meeting herbalist Sabina Grošelj: learning how to grow herbs and make herbal preparations
- Lunch enriched with healing plants and spices from the Garden of Healing Plants at the Vegov Hram Inn
- A visit to the Slovenian National Beekeeping Centre: getting acquainted with the autochthonous Slovenian bee (Carniolan grey bee) and beekeeping, tasting of honey and honey products
- A return to the Snovik Spa, i.e. the starting point of the journey

**EQUIPMENT:**
- hiking gear

**SEASON:**
- year-round, except winter; especially interesting in summer!

**PRICE:**
- Up to 8 people: 195 EUR/person
- Up to 15 people: 167 EUR/person
- Up to 20 people: 148 EUR/person

Explore natural, cultural, historical and culinary attractions in the Heart of Slovenia and get in touch with yourself in pristine countryside and towns with castles and hayracks, and feel the healing power of nature.

Get healthy in the Heart of Slovenia

2-DAY PROGRAMME
The Heart of Slovenia is an area of numerous possibilities for active leisure. In addition to certain sports and selected adrenaline experiences, you can choose programmes of adrenaline adventures which involve active exploring of interesting sights in the Heart of Slovenia. Combine a hike, especially interesting in winter, with a visit to an old homestead where a traditional ‘black kitchen’ is still being used. Complete your summer experiences on the routes of adventure park with a walk along the circular trail in the Geometric Centre of Slovenia and the tasting of local delicacies.

Adequately equipped, we will go for one and a half hours hike from the Snovik Spa, the place of natural thermal water, to the Budnar Homestead, where you will experience the past times. We will try ourselves in making delicacies according to grandma’s recipes and wrap up a day of hiking and adventures with swimming at the Snovik Spa.

**ITINERARY:**
- A start point at the Snovik Spa
- A guided hike to the Budnar’s Homestead: a warm welcome with homemade spirit, tea and juice
- A cooking workshop in groups: making delicacies according to grandma’s recipes
- A hike back to the Snovik Spa and relaxing by swimming in thermal pools

**EQUIPMENT:**
- hiking gear, walking poles

**SEASON:**
- year-round, especially interesting in winter!

**PRICE:**
- Up to 10 people: 51 EUR/person
- Up to 20 people: 34 EUR/person

**1-DAY PROGRAMME**

_Hike to the hearth of the Heart of Slovenia_
We will arrive at the Velika planina alpine pasture by gondola lift and enter its winter fairy tale in a special way! We will put on snowshoes and take a refreshing plunge in deep, unscathed snow. A guided tour of the pasture will be concluded with lunch at the mountain cabin and the day will be wrapped up with swimming at the Snovik Spa.

**ITINERARY:**
- A gondola lift ride to the Velika planina alpine pasture
- A guided tour around the Velika planina alpine pasture using snowshoes
- Lunch at the mountain hut on the Zeleni rob
- A descent from the Velika planina alpine pasture to the valley by gondola lift
- Swimming at the Snovik Spa

**EQUIPMENT:** winter sports gear

**SEASON:** winter months (when there is snow)

**PRICE:**
- Up to 10 people: 49 EUR/person
- Up to 20 people: 43 EUR/person

In addition to unique adrenaline adventures, which you can experience at the Geoss Adventure Park on 5 adrenaline routes of various difficulty levels with numerous climbing elements, the programme offers a genuine experience of the Heart of Slovenia: on the way to the ecological farm Pr’ Lavrič. It is also suitable for families with children over 4 years of age!

**ITINERARY:**
- Testing individual abilities on routes of the Geoss Adventure Park in the morning
- Midday exploring of nature on the circular trail Geoss, which leads you through the Geometric Centre of Slovenia
- Lunch at the ecological farm Pr’ Lavrič
- Experiencing patriotism at the Geometric Centre of Slovenia
- A return to the Geoss Adventure Park and optional additional adrenaline experiences

**EQUIPMENT:** sports gear

**SEASON:** from April to October

**PRICE:** 36 EUR/person
We will visit Domžale, the town of the most sought after straw hats in Europe back in the day, and reminisce about the unique skill of straw plaiting and a scent of honey dough. In Mengeš we will seek tastes of homemade dishes and melodies from the renowned Mengeš instruments.

**ITINERARY:**

- Individual arrival or an organised ride to the Straw Hat Making Museum in Domžale
- A guided tour of the museum and a demonstration of straw plaiting and sewing (possibilities to try yourself in plaiting and sewing)
- A walk to the Lenček Gallery, a guided tour of the gallery, getting acquainted with honey-bread baking traditions, a demonstration of decorating lečt - pastry made from honey dough
- A ride to Dobeno nad Mengšem, lunch or dinner at the Blaž Agritourism
- Different instruments which originate from Mengeš, the place of renowned musical traditions, will be played at dinner
- An organised ride to the starting point

**SEASON:**

- year-round

**PRICE:**

- Up to 8 people: 62 EUR/person
- Up to 15 people: 75 EUR/person
- Up to 20 people: 63 EUR/person
Pottery and ceramics can be experienced with your own two hands at the workshop of master potter Tatjana Hlačer. Later lunch awaits you at a nearby inn, which preserves the traditional Tastes of Kamnik.

ITINERARY:
• A warm welcome with a story about clay and ceramics in the Kamnik area and a presentation of the pottery history in Slovenia
• A demonstration of making a bowl using a pottery spindle
• Possibilities of making your own bowl by using the pottery spindle or other pottery/ceramic techniques
• Lunch at the Repnik Inn – getting acquainted with the Tastes of Kamnik

GROUP SIZE: up to 15 people
SEASON: year-round
PRICE:
- Families: 145 EUR/family
  (2 adults and 2 children up to 12 years of age)
- Up to 8 people: 86 EUR/person

Meeting potter Tatjana Hlačer in the Heart of Slovenia

5-HOUR PROGRAMME
Awaken all your senses in the garden of healing plants! Learn how to grow, pick and use plants, and make your own herbal spread at the workshop with herbalist Sabina Grošelj, the keeper of the Garden of Healing Plants.

**ITINERARY:**
- A presentation of the basics of garden, observing how to plant herbs and their symbiosis with beneficial organisms in the garden
- Walking in the garden and getting acquainted with plants, ways of growing, picking, drying and preparing healing plants
- Sensibilisation and energetic enrichment by perceiving and soaking up the healing energies of plants: aromatherapy and awakening of all five senses
- Picking plants in the garden and meadow and preparing herbal spreads from freshly picked flowers, buds and seeds
- A snack with herbal spreads on oak benches
- Possibilities for buying saplings and products made of healing plants
- Lunch at the Vegov Hram Inn in Dolsko

**SEASON:** year-round, except winter; especially interesting in summer!

**PRICE:**
- Up to 4 people: 32 EUR/person
- Up to 8 people: 26 EUR/person
- Up to 20 people: 24 EUR/person
Seekers of different kind of local tastes will be astonished by the trnič cheese, the way it used to be produced by shepherds on the Velika planina alpine pasture for their girls in the valley, chamois soup and game goulash from the Kamniška Bistrica valley, once a hunting place of the land sovereign, the festive Tuhinj stuffing, the cloister cream cake from the Ursuline Monastery and other delicacies from the area of Kamnik, a picturesque mediaeval town.

The Kamnik specialties are preserved by selected hospitality service providers, brought together in the project Tastes of Kamnik. Their specialties can be tasted by the attendees of different programmes in the Heart of Slovenia.

The Heart of Slovenia is an area of maintained self-sufficiency with local crops and produce. Taste the best dairy, fruit, wheat, herbal, honey, wine and other products and learn how to prepare the tastiest bread – from the open furnace!

**ITINERARY:**
- A visit to the Garden of Healing Plants, Dolško: learning how to grow herbs and spices
- Paternoster Homestead in Litija: a cheese-making presentation, cheese tasting
- A 4-hour bread baking course and dinner from the open furnace at the Krejan Inn in Trzin

**SEASON:**
year-round

**PRICE:**
- Up to 4 people: 56 EUR/person (transport not included)
- Up to 8 people: 114 EUR/person (transport and guiding included)
- Up to 20 people: 78 EUR/person (transport and guiding included)

In the Heart of Slovenia, excellent tastes of homemade food await you at every step. You will be pampered with it at traditional inns and friendly homesteads. Choose a programme full of tastings and at the same time enrich your cooking skills!

**1-DAY PROGRAMME**

**Culinary delights in the Heart of Slovenia**

**TASTES OF KAMNIK: PRESERVING THE BEST CULINARY TRADITIONS IN THE REGION**

Seekers of different kind of local tastes will be astonished by the tmilč cheese, the way it used to be produced by shepherds on the Velika planina alpine pasture for their girls in the valley, chamois soup and game goulash from the Kamniška Bistrica valley, once a hunting place of the land sovereign, the festive Tuhinj stuffing, the cloister cream cake from the Ursuline Monastery and other delicacies from the area of Kamnik, a picturesque mediaeval town.

The Kamnik specialties are preserved by selected hospitality service providers, brought together in the project Tastes of Kamnik. Their specialties can be tasted by the attendees of different programmes in the Heart of Slovenia.
Adults, as well as children, will see the woods in a new way after visiting the Charcoal Land! Along the themed trail you will learn about tree species, pick suitable wood material and make a bench; you can draw your adventures using charcoal which is burnt in Dole and try a dish cooked in embers from charcoal.

**ITINERARY:**

• Meeting a guide at the hunting cabin in Dole pri Litiji, a presentation of the Charcoal Land and the tradition of charcoal burning
• A walk along the themed Charcoal Trail through the forest: learning about tree species and picking material in order to make a charcoal pile
• Arrival at the Brinovec Charcoal Burner Homestead: getting acquainted with the vocation of a charcoal burner and making a charcoal pile under the leadership of animator
• Drawing motives from the charcoal burner lifestyle using charcoal and paper
• The charcoal burner meal: goulash, bread and herbal beverage, baking potatoes in embers

An unforgettable experience of the charcoal burning tradition and new skills on how to use wood, fire and water!

**EQUIPMENT:**

sports gear and footwear

**SEASON:**

from early spring to late autumn

Especially suitable for families and school groups!

**PRICE:**

Families: 60 EUR/family (transport not included) (2 adults and 2 children up to 12 years of age)
Up to 10 people: 34 EUR/person (transport and guiding included)
Up to 20 people: 30 EUR/person (transport and guiding included)

Among the many homemade crops, produce, souvenirs and unique creations bearing the emblem of the Heart of Slovenia, charcoal has a special place! In the Heart of Slovenia, the tradition of charcoal burning has been preserved – burning wooden charcoal in piles the way it has been done here for the past 200 years. You can visit the Charcoal Land at the traditional event in September, while the loveliest gatherings with charcoal burners are available through the programme of adventures, which will delight even the youngest.
Spend the night in a hanging bed in the treetop after a romantic dinner! Wake up at sunrise by the sound of birds and after a delicious breakfast from the basket – test your abilities on adventure routes of adrenaline park.

**ITINERARY:**

- An afternoon presentation of a unique tree accommodation at the Geoss Adventure Park in the Heart of Slovenia, in the immediate vicinity of the Geometric Centre of Slovenia
- Tasting local dishes at sunset: dinner with champagne
- Accommodation in the treetop
- Breakfast from the basket
- Testing your abilities on routes of various difficulty levels of the Geoss Adventure Park and zip-lining

**EQUIPMENT:**

- Sports gear and footwear

**SEASON:**

- From April to October

**PRICE:**

- 145 EUR for 2 people

*Extra charges to visit the Geoss Adventure Park (20% discount on a regular price)

The Heart of Slovenia is abundant with romantic spots and offers excellent locations for different wedding ceremonies. But even before you take the wedding vows or after having been a couple for a long time, you can experience a different kind of romantic night in the Heart of Slovenia – in nature! Adrenaline experience at the adventure park in the forest will further accelerate your heartbeat.

**2-DAY PROGRAMME**

**Romantic waking up with birds in the treetop**

- An afternoon presentation of a unique tree accommodation at the Geoss Adventure Park in the Heart of Slovenia, in the immediate vicinity of the Geometric Centre of Slovenia
- Tasting local dishes at sunset: dinner with champagne
- Accommodation in the treetop
- Breakfast from the basket
- Testing your abilities on routes of various difficulty levels of the Geoss Adventure Park and zip-lining

*Extra charges to visit the Geoss Adventure Park (20% discount on a regular price)*
MAKE A RESERVATION FOR A PROGRAMME OF YOUR CHOICE!

Authorised providers of programmes in the Heart of Slovenia:

**TIC KAMNIK**  
Glavni trg 2, 1241 Kamnik  
T: 00386 1 831 8250  
E: info@kamnik.si  
W: www.kamnik-tourism.si

**JARINA, Rural Development Cooperative**  
Kidričeva cesta 1, 1270 Litija  
T: 00386 1 89 72 104  
E: info@jarina.si  
W: www.jarina.si

Details on programmes are available at:  
www.heartofslovenia.com

Also, see other unique features of the Heart of Slovenia!

1. Come and meet people in the Heart of Slovenia who connect traditions with a vision for the future. Visit craftsmen, tourism farms and numerous events.
2. Get acquainted with natural and cultural features of the region stretching from the Alps, along the Sava River to the Dolenjsko hills.
3. Enjoy nature: go hiking, cycling and horse riding, visit recreation centres, an adventure park or a spa resort. Also, explore winter activities!
4. Explore on your own by motorhome: visit friendly motorhome stopovers, using GPS coordinates and a mobile phone along the route you planned yourself.
5. Open your eyes to the uniqueness in the Heart of Slovenia! Come and experience your personal celebrations: weddings, picnics, social and business meetings.