



The Heart of Slovenia

PROGRAMMES OF SPECIAL ADVENTURES
2014 – 2015



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: a place of adventures!



FOR GROUPS AND FAMILIES, FOR COUPLES AND INDIVIDUALS

The Heart of Slovenia is an area which offers different kind 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 to announced 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!

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Places in the Heart of Slovenia are an excellent starting point for exploring unique features of the country situated between the Alps and the Mediterranean, the Pannonian Plain and the Karst. Just a several-day trip in the Heart of Slovenia will be enough for you to get acquainted with all the Slovenian peculiarities.

2-DAY PROGRAMME:

Visiting the sights of the Heart of Slovenia

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



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.

2-DAY PROGRAMME

Get healthy in the Heart of Slovenia

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:

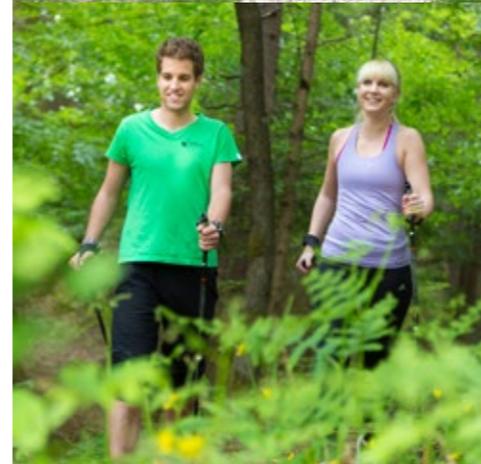
hiking gear

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



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.

1-DAY PROGRAMME

Hike to the hearth of the Heart of Slovenia

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



I-DAY PROGRAMME

Snowshoeing on the Velika planina alpine pasture

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 Zelenci
- 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



I-DAY PROGRAMME

Adventures amidst the treetops in the Heart of Slovenia

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



Among the many cultural features of the Heart of Slovenia, which you can see at events, museums, or when visiting sights, be sure to pay a special attention to the traditions preserved by the Network of Craftsmen of the Heart of Slovenia. You will have a different kind of cultural experience when meeting master craftsmen!

6-HOUR PROGRAMME

Getting to know the golden age of straw hat making in the Heart of Slovenia

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 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 lect – 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

5-HOUR PROGRAMME

Meeting potter Tatjana Hlačer in the Heart of Slovenia

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



5-HOUR PROGRAMME

Meeting herbalist Sabina Grošelj in the Heart of Slovenia

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



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

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)



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

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.



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.

4-HOUR PROGRAMME

Adventures in the Charcoal Land

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 an 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)



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

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)



MAKE A RESERVATION FOR A PROGRAMME OF YOUR CHOICE!

AUTHORISED PROVIDERS OF PROGRAMMES IN THE HEART OF SLOVENIA:

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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.



Ordered by: Kamnik Tourism and Sports Agency

Published by: Development Centre of the Heart of Slovenia

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Photos by: Matej Povše, Gregor Vovk, Klemen Brumec, Miha Zabret, archives of municipalities and providers

Published within the framework of the project Promotion of the Tourist Area of The Heart of Slovenia, which is partly financed by the European Union – the European Regional Development Fund. Partners in the project are municipalities Dol pri Ljubljani, Domžale, Kamnik, Litija, Lukovica, Mengeš and Trzin.

