



PLANINSKA
ZVEZA
SLOVENIJE
ALPINE
ASSOCIATION
OF SLOVENIA

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FROM MARIBOR
TO THE ADRIATIC SEA

Slovenian Mountain Trail



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Slovenian Mountain Trail

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Checkpoints of the Slovenian Mountain Trail

WARNING

Even though one of the main goals of every mountaineering guidebook is to increase the safety of mountaineers, the author and publisher of this publication cannot assume any liability for eventual injuries or damage resulting from the use of this guidebook. Dangers and hazards are specified for each described tour, but please bear in mind that all the descriptions are subjective and conditions in the mountains can change within an hour. The user embarks on the tours described in this guidebook at their own risk.

Very difficult trails require the use of a via ferrata set. Please hire a guide if you lack the required experience.

Foreword

The Slovenian Mountain Trail is the most popular long-distance path in Slovenia and the oldest route of its kind in the world. After its introduction, several similar routes have been established all over Europe, which are now much more famous and popular. It all started in 1953 when the Alpine Association of Slovenia opened the “Slovenian Mountaineering Long-Distance Trail No. 1”, based on the idea of Ivan Šumljak from Maribor. In 1991, the trail was renamed to its current name: the Slovenian Mountain Trail. Quite a few guidebooks about it have been published, but none of them are structured the way this one is. Descriptions are divided into sections (stages) in a way that is new to Slovenian guidebooks. Mountaineers can follow one stage after another throughout the whole trail, or they can choose the stages they’d like to do and combine them however they see fit. The whole trail is divided into three parts (the same as the guidebook) and three different authors have covered each one of them.

The first part of the trail is described by Gorazd Gorišek, who will take you from Maribor across Pohorje, Uršlja gora, and most of the Kamnik-Savinja Alps. At Begunjščica, the trail enters the Karawanks range, signaling the start of the second part of the trilogy.

Mojca Stritar Kučuk will take you through the Julian Alps and onto some of Slovenia’s highest summits (Triglav, Razor, Prisojnik, and Jalovec). Next up are the Trenta Valley (Dolina Trente), Triglav Lakes Valley (Dolina Triglavskih jezer), Komna Plateau, and Krn, before crossing the Bohinj-Tolmin Ridge (Bohinjsko-Tolminski greben) and leaving the Julian Alps at Petrovo Brdo.

Andraž Poljanec was in charge of the third part, which will take you across Porezen and the hills of Idrijsko hribovje to the Karst plateaus of Trnovski gozd, Hrušica, and Nanos, all the way to the Adriatic Sea.

The authors have relied on all their knowledge and experience to make their descriptions as accurate as possible. All three of them are well-known writers with extensive mountaineering experiences. Despite visiting the mountains for as long as they can remember, they hiked (and climbed) the entire trail once again in order to provide de-

scriptions that are accurate and up to date. They encountered many changes, most notably the trail not ending in Ankaran anymore, but going all the way to Debeli rtič. The authors have noticed quite a few discrepancies when comparing the official lengths and altitude gains with their own recorded numbers, so the editor and the Alpine Association of Slovenia made sure to check all of the data once again. Our conclusions indicate that the trail is now a bit longer than it used to be. Please keep in mind that the provided numbers are the actual distances you will cover on the trails. Altitude gains/losses are approximate and slight variations can be expected.

The guidebook starts with a short introduction with general information about the trails, stages, starting points, equipment, safety, and a list of relevant maps. Next up are the descriptions of individual stages, which are provided in an extremely user-friendly manner. A short description of the stage serves as an introduction, followed by an elevation profile and a map, as well as information about the length of the route, altitudes, and estimated times. Nearby summits are also listed, along with points of interest and possible descents back down to the valley or the nearest settlement. Information about huts is also very useful, and QR codes are provided for easier navigation. There are also many beautiful, large photos dotted throughout the guidebook, which can provide additional motivation while planning your next adventure.

The Slovenian Mountain Trail Guidebook is an accurate and reliable source of information for anyone who’d like to learn all the ins and outs of this wonderful long-distance trail. There are many similar trails all over Europe and the whole world and we’re happy to see that they’re becoming increasingly popular, especially among young mountaineers. I’m sure that this guidebook will help attract more youth to the Slovenian Mountain Trail as well.

Lucky trails!

Jože Drab

Slovenian Mountain Trail

SLOVENIAN MOUNTAIN TRAIL: FACTS AND FIGURES

- The Slovenian Mountain Trail (SMT) is the oldest long-distance trail in Slovenia and the whole Europe. It opened in 1953 to honor the 60th anniversary of organized mountaineering in Slovenia.
- The driving force behind its establishment was Ivan Šumljak (1899–1984), a geography professor, chronicler, mountaineer, and trail marker from Maribor. While resting atop Črni vrh on Pohorje and gazing across a large part of Slovenian mountains, he had a brilliant idea: “Let’s connect all these places with a single marked trail spanning the entire country!”



Young ibex

- The trail runs from the northeast to the southwest of Slovenia and covers most of the country’s mountains – from Maribor to Debeli rtič at the Adriatic Sea.
- It’s marked with the Knafelc blaze (a white dot inside a red ring) accompanied by number 1.
- It has eighty checkpoints.
- It connects fifty-five mountain huts and one bivouac hut, at least thirty-five summits, five cities (Maribor, Slovenj Gradec, Tržič, Idrija, and Ankaran), five larger towns (Jezerско, Mojstrana, Col, Senožeče, Škofije), and numerous villages.
- It consists of forty-three stages divided into three sections: northern (Part I), central (Part II), and southern (Part III).
- The Slovenian Mountain Trail has no time limit and an average person would need about 252 hours (around 37 days) to do the whole trail in one go. The record set in 2015 stands at seven days, eight hours, and ten minutes.
- To this day, the whole trail has been finished by more than 10,000 people (about 100 to 200 each year).

SLOVENIAN MOUNTAIN TRAIL IN NUMBERS

- Length: **617.4 km**
- Elevation gain/loss: **37,300 m of elevation gain, 37,600 m of elevation loss**
- Number of stages: **43**
- Number of checkpoints: **80**
- Number of summits: **at least 35**
- Number of huts: **at least 55**
- Estimated time: **252 hours or 37 days**

STAGES

The Slovenian Mountain Trail is divided into forty-three stages, most of which start and end at mountain huts. All of the stages are whole-day outings, but you can easily combine some of the shorter stages into single day trips. Whenever the trail goes past mountain huts, you can shorten or lengthen the stages to better suit your fitness or the weather.

The SMT visits some towns, where you can buy extra food and drinks, take a rest for a day or two, or use public transport to get to your desired location.

All of the stages of the SMT are listed in the table below, along with the checkpoints, difficulty rating, and estimated times. Blue color indicates that a stage is easy, red means it's difficult, and black color is used to mark stages that are very difficult.

Day	Stage	Checkpoints	Difficulty rating and estimated time
Day 1	1. Eastern Pohorje	1. Spodnje Radvanje 2. Mariborska koča Mountain Hut 3. Ruška koča Mountain Hut	● 4.30–5 h
Day 2	2. Central Pohorje	4. Klopni vrh 5. Koča na Pesku Mountain Hut 6. Ribniška koča Mountain Hut	● 8.30–9 h
Day 3	3. Western Pohorje	7. Grmovškov dom Mountain Hut / Koča Planinc Mountain Hut 8. Koča pod Kremžarjevim vrhom Mountain Hut 9. Poštarski dom pod Plešivcem Mountain Hut	● 8–8.30 h
Day 4	4. Uršlja gora (Plešivec)	10. Dom na Uršlji gori Mountain Hut 11. Andrejev dom Mountain Hut 12. Dom na Smrekovcu Mountain Hut	● 7.30–8 h
Day 5	5. Smrekovec Massif	13. Koča na Travniku Mountain Hut 14. Koča na Loki Mountain Hut	● 5.30–6 h
	6. Raduha	15. Velika Raduha 16. Koča v Grohotu Mountain Hut	● 3–4 h
Day 6	7. Across River Savinja to Korošica	17. Kocbekov dom na Korošici Mountain Hut	● 7–8 h
Day 7	8. Ojstrica	18. Ojstrica 19. Kamniška koča na Kamniškem sedlu Mountain Hut	● 5.30–6 h
	9. Across Savinjsko sedlo	20. Frischaufov dom na Okrešlju Mountain Hut 21. Kranjska koča na Ledinah Mountain Hut	● 4–4.30 h
Day 8	10. Križ and Skuta	22. Koroška Rinka 23. Skuta 24. Cojzova koča Mountain Hut	● 8.30–9 h
Day 9	11. Grintovec and Jezerska Kočna	25. Grintovec 26. Jezerska Kočna 27. Česka koča Mountain Hut	● 6.30–9 h
Day 10	12. Through Jezersko to Kališče	28. Dom na Kališču Mountain Hut	● 6–6.30 h
Day 11	13. Storžič	29. Storžič 30. Dom pod Storžičem Mountain Hut 31. Koča na Kriški gori Mountain Hut	● 8 h

Day	Stage	Checkpoints	Difficulty rating and estimated time
Day 12	14. From Kriška gora to Dobrča	32. Koča na Dobrči Mountain Hut	● 5–5.30 h
Day 13	15. Begunjščica	33. Begunjščica 34. Roblekov dom Mountain Hut 35. Dom na Zelenici Mountain Hut	● 6.30–7 h
Day 14	16. Across Stol to Golica	36. Prešernova koča Mountain Hut	● 8–9 h
Day 15	17. From Golica to Mojstrana	37. Golica	● 5.30–6 h
Day 16	18. From Mojstrana to Vrata	38. Slovenian Alpine Museum 39. Aljažev dom Mountain Hut	● 3 h
Day 17	19. From Vrata to Kredarica beneath Triglav's summit	40. Staničev dom Mountain Hut 41. Triglavski dom Mountain Hut	● 6 h
Day 18	20. Triglav	Dom Planika Mountain Hut/ Koča na Doliču Mountain Hut 42. Triglav	● 4–5.30 h
Day 19	21. Across Bovški Gamsovec to Kriški podi	43. Pogačnikov dom Mountain Hut	● 6 h
Day 20	22. Razor and Prisojnik	44. Razor 45. Prisojnik 46. Poštarski dom Mountain Hut/ Tičarjev dom Mountain Hut/ Erjavčeva koča Mountain Hut	● 10.30–11 h
Day 21	23. Beneath the Mojstrovka peaks	47. Zavetišče pod Špičkom Mountain Hut	● 3.30–4 h
	24. Jalovec	48. Jalovec	● 4.30–5 h
Day 22	25. To the source of the Soča River	49. Koča pri izviru Soče Mountain Hut	● 3–3.30 h
	26. Along the Soča River	50. Kugy Monument 51. TNP Info Center in the village of Na Logu	● 2 h
Day 23	27. Through Zadnjica to Prehodavci	52. Zasavska koča Mountain Hut	● 4–4.30 h
Day 24	28. Triglav Lakes Valley	53. Koča pri Triglavskih jezerih Mountain Hut	● 2 h
	29. From Triglav Lakes to Komna	54. Dom na Komni Mountain Hut/ Koča pod Bogatinom Mountain Hut	● 2.30 h
Day 25	30. From Komna to Krn Lakes	55. Dom pri Krnskkih jezerih Mountain Hut	● 2.30 h
	31. Krn	56. Gomiščkovo zavetišče Mountain Hut	● 3 h
Day 26	32. From Krn to Planina Razor	57. Koča na planini Razor Mountain Hut	● 8 h
Day 27	33. Bohinj-Tolmin Ridge	58. Vogel 59. Rodica 60. Dom Zorka Jelinčiča Mountain Hut	● 8 h

Day	Stage	Checkpoints	Difficulty rating and estimated time
Day 28	From Črna prst to Petrovo Brdo		● 3.30 h
Day 29	35. From Petrovo Brdo to Porezen	61. Porezen	● 2.15 h
Day 30	36. From Porezen to Ermanovec	62. Franja Partisan Hospital 63. Planinska koča na Ermanovcu Mountain Hut	● 6.30 h
Day 31	37. Through Idrija to Hleviška planina	64. Bevkov vrh 65. Mrzli Vrh – Sivka 66. Koča na Hleviški planini Mountain Hut	● 10 h
Day 32	38. Across Trnovski gozd	67. Mali Golak 68. Koča Antona Bavčerja na Čavnu Mountain Hut	● 9 h
Day 33	39. From Čaven to Javornik	69. Sinji vrh 70. Pirnatova koča na Javorniku Mountain Hut	● 9.30 h
Day 34	40. From Javornik to Nanos	71. Furlanovo zavetišče pri Abramcu Mountain Hut 72. Vojkova koča na Nanosu	● 6.30 h
Day 35	41. From Nanos to Škocjan Caves	73. Vremščica 74. Škocjan Caves	● 9 h
Day 36	42. From Škocjan Caves to Slavnik	75. Artviže 76. Tumova koča na Slavniku Mountain Hut	● 6.30 h
Day 37	43. From Slavnik to Debeli rtič	77. Socerb 78. Tinjan 79. Ankaran 80. Debeli rtič	● 9 h

STARTING POINT

The starting point for the first part of the SMT is in Maribor (Spodnje Radvanje, to be more specific), where the street of Pot na Okope branches off from the Streliška cesta. The start is marked by a table in four languages attached to a utility pole. Next to it, there's a box with a sign-in book and a stamp, plus a signpost inviting you to visit Pohorje.

You can reach Maribor either by train or by bus. The main bus station where all the city buses depart is right next to the railway station. To get to the starting point, take bus number 2 (Kardeljeva – Borštnikova bus stop, 100 meters from the starting point), bus number 6 (Radvanjska – Borštnikova bus stop, 600 meters from the starting point), or bus num-

ber 21 (Ljubljanska 140 bus stop, 600 meters from the starting point). There are no parking spaces at the starting point.

Train times:

<https://www.slo-zeleznice.si/en/>

Bus times:

www.marprom.si/vozni-redi/ (Slovenian language only)

END

The SMT ends on a cliff above the sea and the last stamp is located at the reception of Hotel Arija (RKS Debeli rtič Youth and Health Resort). Public transport is available (Debeli rtič–Ankaran–Koper) and there's a train station in Koper (info: Koper Bus Station, telephone: +386 5 662 51 05).

Train and bus times:

<https://www.cipra.org/sl/cipra/slovenija/aktivnosti-v-teku/vozni-redi-v-alpah/vozni-redi-v-alpah-2019>

TRAILS AND SAFETY

The Slovenian Mountain Trail is marked with the Knafelc blaze (a white dot inside a red ring) accompanied by number one (1). There are countless red signposts indicating the objectives (huts, summits) and estimated times at the various starting points and junctions, and some of them also provide information about the current altitude, the alpine club managing the trail, and the difficulty rating of the trail.

The trails managed by the Alpine Association of Slovenia are rated by difficulty as easy, difficult, and very difficult. Signposts include symbols indicating the difficulty rating: a triangle indicates that a trail is difficult, an exclamation mark inside a triangle indicates that a trail is very difficult, while easy trails have no special designation.

Up in the high alpine, there are also many trail markers painted on rocks. Although the trails are regularly maintained, certain parts might be damaged or perhaps even impassable.

Please consult the following website to get up-to-date information about potential problems or closures:
www.stanje-poti.pzs.si/ (Slovenian language only)

The initial stages of the SMT consist of easy trails, while countless steep and exposed sections in the high alpine



Knafelc blaze with number 1

of the Kamnik-Savinja Alps, Julian Alps, and (partly) Karawanks are equipped with steel cables and iron pegs. In order to safely enjoy these trails, you should have adequate experience, have a good head, and know how to use a via ferrata kit. A helmet is mandatory. The last part of the SMT is again on easier trails that will take you across Karst landscape and to Debeli rtič.

In case of an accident, make sure that both you and the victim are safe from any additional hazards (falling rocks, avalanches, cold) before calling 112 to notify the mountain rescue service (GRS – Gorska reševalna služba in Slovenian, you will need phone reception). If there's no cell service you'll need to get a note about the accident to the nearest mountain hut, farm, or police station down in the valley, where the mountain rescue service will be notified about the event.

A couple of recommendations for a safer outing:

- Visit the mountains only if you are healthy and fit.
- Plan your outings carefully and pay attention to the weather forecast and current conditions.
- Use appropriate equipment and make sure that your backpack isn't too heavy.
- If you get lost, return to the nearest blazes or call moun-

tain rescue before getting yourself into more trouble.

- Walk at a steady pace and be careful not to fall or slip.

CHECKPOINTS

Each stage has at least one checkpoint where you can put a stamp into your Journal of the Slovenian Mountain Trail. Some stamps are kept at huts, while others are on the summits – either in boxes or fixed to a rock. Mountain huts have a special (oval) SMT stamp, which should be accompanied by the hut manager's signature in your journal. The stamps at the summits are the usual (triangular) shape and you should always add the current date to your journal entry. If a stamp is missing at any of the summits, ask at the nearest mountain hut (it will probably be there), or provide a photo from the top or a statement from your guide or another witness as evidence. In the descriptions, checkpoints are marked with the STAMP symbol.

After doing the whole SMT, send your journal with stamps and other evidence to the Alpine Association of Slovenia and you'll receive your well-deserved award: the honorary badge of the SMT.



BEST SEASON AND WEATHER

The easier stages of the SMT can be done throughout the year, except in the depth of winter when there's a lot of snow, while the high-alpine stages should be done in summer or autumn. In the early summer (June, July), the shady parts of trails are often covered with steep and dangerous snowfields which require the use of an ice axe and crampons in

order to be navigated safely. Ask the hut managers about the conditions on your planned trail.

Some parts of the Slovenian mountains can become quite crowded during peak season (August), but the best months to visit the high alpine are September and October, provided there's no significant early snowfall.

Average annual precipitation data shows that the first stages of the SMT are the driest part of the whole trail. The weather fronts usually come from the southwest and it's not uncommon to see the Julian Alps covered in clouds, while the sun is still shining on Pohorje and in the Kamnik-Savinja Alps. The final part of the SMT also enjoys nicer weather than the highest Slovenian peaks, although it often gets very windy.

Whichever stage you're embarking on, make sure to check the current weather forecast at the following websites: www.vreme.si, www.arso.gov.si/ (Slovenian language), and meteo.arso.gov.si/met/en/ (English language).

EQUIPMENT

- hiking boots with grippy soles
- warm clothes (including a cap, scarf, gloves, etc.)
- waterproof jacket
- sun protection (sunglasses, sunscreen, hat)
- helmet (for some stages)
- headlamp
- water bottle
- snacks
- first aid kit
- cell phone and charger
- ID and membership card of your alpine association
- maps and other navigation tools

ADDITIONAL EQUIPMENT

- Journal of the Slovenian Mountain Trail
- collapsible trekking poles
- via ferrata kit (for some stages)
- ice axe and crampons (from winter to early summer)
- emergency foil blanket
- matches or lighter
- pocket knife
- spare underwear
- personal hygiene kit
- camera
- toilet paper

- travel sleeping sheet
- earplugs
- stamp pad

MOUNTAIN HUTS

Some of the mountain huts along the SMT are open throughout the year, while most of the high-alpine huts are open from June to the end of September. Some huts are also open outside these months, but only during weekends and holidays.

Wild camping is prohibited in the Triglav National Park (stages 18 to 34); stay at mountain huts or designated camping sites.

Members of the Alpine Association of Slovenia and other alpine associations that have a reciprocal rights agreement with the Alpine Association of Slovenia receive a discount on overnight stays in mountain huts. To get the discount, you'll need a valid membership card of your alpine association. You won't need a sleeping bag, but bring a travel sleeping sheet to avoid paying a couple of extra Euros. You're not allowed to wear boots in the rooms and nearly all the huts have slippers that you can borrow. It's a good idea to book your overnight stay, especially during summer. Make sure to cancel your booking if you can't make it to the hut for whatever reason.

Most of the high-alpine huts have very little water and all guests are asked to use it sparingly. Warm water for showers (if available) usually costs a couple of extra Euros.

Some huts have winter rooms that can be used free of charge when the huts are closed. Please pay attention to all the rules and clean up before you leave.

The descriptions of stages in this guidebook include the contact info of all the huts along the way.

You can find more info about the huts at the following website: <https://en.pzs.si/koce.php>

FOOD AND DRINKS

Mountain huts serve various dishes. You can always count on a stew of some kind, a couple of different soups, and some deserts (apple strudel, for instance). The variety of the menu depends on the hut's location, accessibility, and equipment. People usually eat breakfast and dinner at the huts and rely on their own snacks during the day.

AVERAGE PRICES AT THE HUTS (2018)

- Overnight stay (dorm): **21/10.5* EUR**
- Overnight stay (room): **27/19* EUR**
- Half-board (dorm): **29/23* EUR**
- Half-board (room): **37/30* EUR**
- Stew: **6.5 EUR**
- Tea: **2 EUR**
- Water (1.5l): **4.5 EUR**

* Discounts are provided for members of the Alpine Association of Slovenia and other alpine associations that have a reciprocal rights agreement with the Alpine Association of Slovenia.

Extra food and snacks can be bought in the following places:

- Maribor (before stage 1)
- Slovenj Gradec (during stage 3)
- Solčava and Luče (during stage 7), three (or six) kilometers from Rogovilc (bus, hitchhiking)
- Zgornje Jezersko (during stage 11)
- Tržič (during stage 13)
- Mojstrana (after stage 17)
- Vršič (after stage 22, stands with souvenirs and snacks)
- Kranjska Gora (after stage 22), 12 km from Vršič (bus, hitchhike)
- Na Logu in the Trenta Valley (Dolina Trente) (after stage 26)
- Podbrdo (after stage 34)
- Idrija (stage 37)
- Col (stage 39)
- Senožeče (stage 41)
- Spodnje Škofije (stage 43)
- Ankarán (stage 43)

The lower elevation stages shouldn't pose any problems regarding drinking water, except perhaps near the coast. In the high alpine of the Kamnik-Savinja Alps, Karawanks, and Julian Alps, as well as close to the coast, however, you should make sure that you have enough to drink. There are some water sources along the way, but they're often dry in the heat of the summer. Water is supplied to most alpine

mountain huts with helicopters, which results in high prices. Tap water is usually not drinkable (rainwater).

TRIGLAV NATIONAL PARK

The central part of the SMT (stages 18 to 34) runs through Slovenia's only national park, the Triglav National Park (TNP).

The park has certain rules:

- Respect the locals and their habits.
- Keep your noise down and don't harass wildlife.
- Make sure to leave no trace (take out your trash), take nothing but pictures and memories.
- Keep the dogs on a leash.
- Stay on designated trails.
- Wild camping, sleeping in cars, or bivouacking outside designated areas is not allowed.

Triglav National Park: www.tnp.si/en/

MAPS

Basic maps with different scales are provided in the guidebook for each individual stage, but we recommend that you buy special hiking maps which will make navigation much easier (the SMT is marked on the hiking maps with number 1). Maps at a scale of 1:50,000 cover a wider area, while the 1:25,000 maps are twice as detailed.

The SMT is included in the following maps of the Alpine Association of Slovenia:

- Pohorje, 1:50,000
- Šaleška dolina (Šalek Valley), 1:50,000
- Kamniško-Savinjske Alpe (Kamnik-Savinja Alps), 1:50,000
- Karavanke – osrednji del (Karawanks – central part), 1:50,000
- Grintovci (Kamnik-Savinja Alps – central part), 1:25,000
- Storžič in Košuta (Storžič and Košuta), 1:25,000
- Stol, 1:25,000
- Triglavski narodni park (Triglav National Park), 1:50,000
- Bohinj, 1:25,000
- Jalovec in Mangart (Jalovec and Mangart), 1:25,000
- Krnsko pogorje (Krn and surrounding area), 1:25,000
- Triglav, 1:25,000

- Triglavski narodni park (Triglav National Park), 1:50,000. Ljubljana, Slovenia, Alpine Association of Slovenia.
- Škofjeloško in Cerkljansko hribovje (Hills around Škofja Loka and Cerkno), 1:50,000. Ljubljana, Slovenia, Geodetski zavod Slovenije.
- Nanos, Trnovski gozd, Idrijsko in Cerkljansko (Nanos, Trnovski gozd, hills around Idrija and Cerkno), 1:50,000. Ljubljana, Slovenia, Alpine Association of Slovenia.
- Slovenska Istra, Čičarija, Brkini in Kras (Slovene Istria, Čičarija, Brkini, and Karst), 1:50,000. Ljubljana, Slovenia, Alpine Association of Slovenia.
- Škofjeloško, Idrijsko in Cerkljansko hribovje (Hills around Škofja Loka, Idrija, and Cerkno), 1:40,000. Ljubljana, Slovenia. Kartografija.

DIFFICULTY RATING LEGEND

- Easy trail
- — Difficult trail
- Very difficult trail
- + + + + + Via ferrata

A NOTE TO MOUNTAIN TRAIL USERS

We recommend that you check the condition of your chosen trail at the <http://stanje-poti.pzs.si/> website (only in Slovenian language), at the nearest mountain hut, or at the local alpine club. If you notice that a trail is damaged or in poor condition (damaged steel cables or pegs, rockslides, hard-to-see blazes, overgrown trails, etc.), please notify us at the following address: Planinska zveza Slovenije, Ob železnici 30a, 1000 Ljubljana, Slovenia, or send an e-mail to poskodbe.poti@pzs.si. Make sure to include the following information: which trail is damaged, description of the damage, photo (if possible).

WARNING

All users must assume full responsibility for their own actions and personal safety while using the trails. You should act in a responsible and safe manner, making sure not to cause injury or harm to yourself or others. You must use the trails in a way that doesn't cause any harm to the trail and the land it is on, as well as to other immovable property, plants, and animals in the vicinity of the trail. It is forbidden to restrict access to hiking trails or damage, remove, and destroy blazes, signposts, sign-in books, steel cables, and pegs. It is forbidden to use shortcuts that aren't marked.

Don't walk on unmarked terrain and in snowy conditions, unless you know the terrain extremely well and have plenty of experience in winter mountaineering.

ADDITIONAL LITERATURE

- Journal of the Slovenian Mountain Trail. Ljubljana, Slovenia, Alpine Association of Slovenia, 2018.

*Čez morje gora,
mimo čudes,
v senci dreves
do širjave morjã;
naj dan za dnem bo vtisov poln
in varno pluje naj planinski čoln.*

Andraž Poljanec

Ponds near a cheese farm on Vremščica



1

Eastern Pohorje

LENGTH

13.3 km

ALTITUDE GAIN/LOSS

1070 m
of altitude gain,
100 m
of altitude loss

STARTING POINT

Maribor (278 m)

END

Ruška koča
Mountain Hut
(1250 m)

HIGHEST ELEVATION

Ruška koča
Mountain Hut
(1250 m)

ESTIMATED TIMES

- Spodnje Radvanje–Mariborska koča Mountain Hut 3 h
- Mariborska koča Mountain Hut–Ruška koča Mountain Hut 1.30 h

Total: 4.30-5 h

DIFFICULTY RATING

Easy trail



The first stage of the Slovenian Mountain Trail will take you from Slovenia's second largest city to the dense forests of Pohorje, where you'll stay until the end of the third stage. The start is quite steep, but

the terrain soon becomes much mellow. There are no significant climbs or descents, so it'll be a perfect warm-up before you embark on the more difficult stages that still await you.

Maribor as seen from Pohorje

NEARBY SUMMITS

- Cigelnica (lookout tower), 1147 m (15 min, easy trail)

POINTS OF INTEREST

- Poštela (543 m), remains of a settlement from the 8th century BC
- Church of St. Bolfenk (cerkev sv. Bolfenka)
- top station of the Pohorska vzpenjača Cable Car
- lookout tower at Cigelnica (1147 m)
- memorial plaque commemorating the father of the SMT, Ivan Šumljak, at the Mariborska koča Mountain Hut
- Church of St. Areha (cerkev sv. Areha) at the Ruška koča Mountain Hut

POSSIBLE DESCENTS TO THE VALLEY

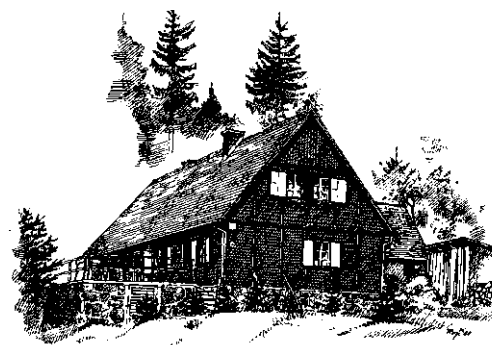
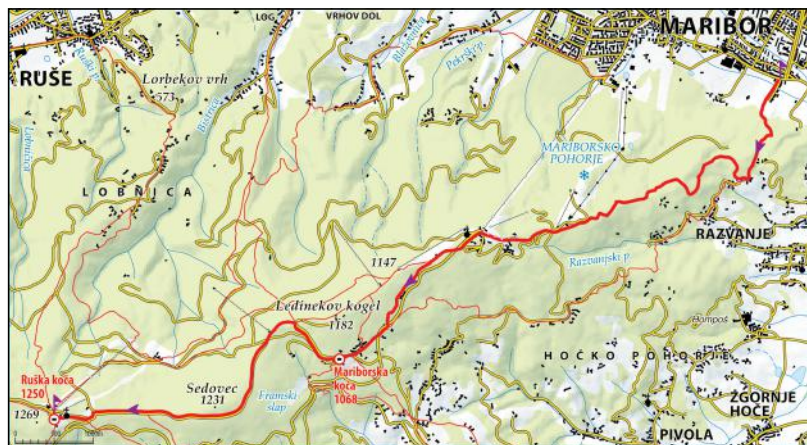
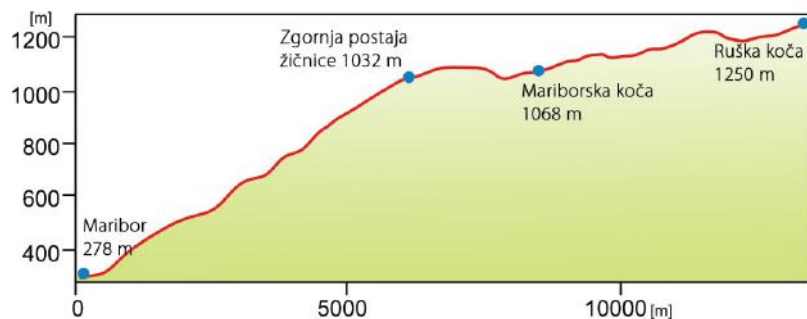
- from Mariborska koča Mountain Hut to Bistrica ob Dravi or to Fram (2 h, easy trail)
- from Ruška koča Mountain Hut to Ruše (2 h, easy trail)
- from Ruška koča Mountain Hut to Zgornja Polskava (3 h, easy trail)

DESCRIPTION: Start at the intersection of the streets of Streliška cesta and Pot na Okope. **ZIG** Follow the latter until its end, where you enter the forest underneath a transmission tower. Walk up through the forest until you reach the small village of Habakuk. Just above it, you'll see the remains of an ancient fort called Poštela with an information board and stone blocks providing some info about the old stronghold. Continue along a cart track until you reach the ski slopes; follow the unpaved road and meadows until you get to the top station of the Pohorska vzpenjača Cable Car (restaurants, Church of St. Bolfenk /cerkev sv. Areha).

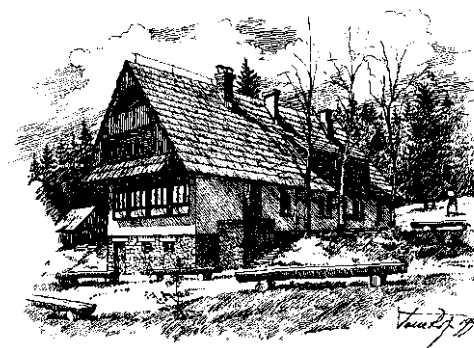
Follow the wide path going southwest next to a wide paved road. The path soon leaves the road and

forks in two directions beneath a lookout tower. The SMT bears left, leading you through a forest and past some houses to a road. Turn left and follow the road to the Mariborska koča Mountain Hut. **ZIG**

Above the hut, a path goes uphill until you reach an unpaved road; follow it in a westerly direction until you reach a cart track, which gently rises beneath the hill of Sedovec (1231 m), bringing you to the Ruška koča Mountain Hut. When the trail levels off and eventually starts descending slightly, you'll get to an artificial lake; cross the paved road (there's a nice spring nearby) and follow the trail through the forest to get to a meadow with the Church of St. Areh and the Ruška koča Mountain Hut. **ZIG**



Mariborska koča Mountain Hut



Ruška koča Mountain Hut

HUTS

- Mariborska koča Mountain Hut (1068 m)
43 beds
+386 2 60 32 731,
+386 41 760 471
<https://en.pzs.si/koce.php?pid=112>



- Ruška koča Mountain Hut (1250 m)
79 beds
+386 2 603 50 46,
+386 41 666 552
<https://en.pzs.si/koce.php?pid=113>



28

Triglav Lakes Valley

LENGTH
5.4 km

ALTITUDE GAIN/LOSS
30 m
of altitude gain,
420 m
of altitude loss

STARTING POINT
**Zasavska koča
na Prehodavcih
Mountain Hut
(2071 m)**

END
**Koča pri Tri-
glavskih jezerih
Mountain Hut
(1685 m)**

HIGHEST ELEVATION
**Zasavska koča
na Prehodavcih
Mountain Hut
(2071 m)**

ESTIMATED TIME
Total: 2 h

DIFFICULTY RATING
Easy trail



Velika Tičarica above Triglav Lakes Valley

The most famous of all Slovenian high-alpine valleys boasts many lakes – there are supposed to be seven, but the number varies depending on the conditions. The first (but not the highest) is the Jezero pod Vršacem (Lake under Vršac, 1993 m), which is fifteen minutes from the SMT, and most

of the rest are along the way. During the pleasant stroll down the valley, you'll encounter substantial crowds, marmots, and a Karst desert-like landscape (albeit with quite a few flowers) that was created by Zlatorog, the mythical chamois, as legend has it. If you prefer more expansive views (but

NEARBY SUMMITS

- Veliko Špičje, 2398 m (2.30 h, very difficult trail)
- Mala Zelnarica, 2310 m (1.30 h, difficult trail)
- Mala Tičarica, 2071 m (3 h, difficult trail)

POINTS OF INTEREST

- Seven Triglav Lakes (no swimming)
- lush vegetation

POSSIBLE DESCENTS TO THE VALLEY

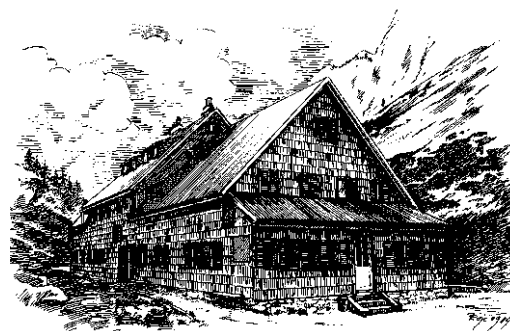
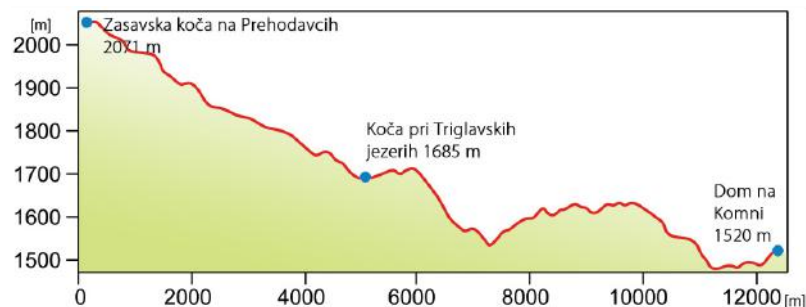
- via Štapce to Planina Blato (2.30 h, difficult trail) or to Stara Fužina in Bohinj (3.30 h, easy trail)
- via Komarča to Savica Falls in Bohinj (2.30 h, difficult trail)

NOTE

- Make sure to book your stay at the mountain hut.

TRIGLAV LAKES

1. Jezero pod Vrščem, Lake under Vrščac (1993 m)
2. Rjavo jezero, Brown Lake (2009 m)
3. Zeleno jezero, Green Lake (1988 m)
4. Veliko jezero, Big Lake or Jezero v Ledvicah (Ledvička), Kidney Lake (1830 m)
5. and 6. Dvojno jezero, Double Lake (1685 m)
7. Črno jezero, Black Lake (1319 m)



Koča pri Triglavskih jezerih Mountain Hut

HUT

- Koča pri Triglavskih jezerih Mountain Hut (1685 m)
- 218 beds
- +386 40 620 783
- <https://en.pzs.si/koce.php?pid=35>



at the cost of experiencing less of the valley itself), we recommend going over Veliko Špičje to the west or traversing the ridge of the peaks of Zelnarica and Tičarica to the east of the valley.

DESCRIPTION: From Prehodavci, head down the marked trail (the path on the left goes to Triglav and the right one goes to Veliko Špičje) above Rjavo jezero (Brown Lake, 2009 m) to Zeleno jezero (Green Lake, 2009 m). Continue almost horizontally along the left side of the valley past the first trees at the shore of Veliko jezero (Big Lake), which is also called Ledvička (Kidney Lake, 1830 m). Descend gradually down the middle of the valley to the artificial lake of Močivec and continue over a dam and a small footbridge to get to the Koča pri Triglavskih jezerih Mountain Hut next to the Dvojno jezero (Double Lake, 1685 m).

Checkpoints of the Slovenian Mountain Trail

1. Spodnje Radvanje, 279 m
2. Mariborska koča Mountain Hut, 1068 m
3. Ruška koča Mountain Hut, 1250 m
4. Klopni vrh, 1340 m
5. Koča na Pesku Mountain Hut, 1386 m
6. Ribniška koča Mountain Hut, 1507 m
7. Grmovškov dom pod Veliko Kopo Mountain Hut, 1377 m
Koča Planinc Mountain Hut, 1010 m
8. Koča pod Kremžarjevim vrhom Mountain Hut, 1102 m
9. Poštarski dom pod Plešivcem Mountain Hut, 805 m
10. Dom na Uršlji gori Mountain Hut, 1680 m
11. Andrejev dom na Slemenu Mountain Hut, 1096 m
12. Dom na Smrekovcu Mountain Hut, 1377 m
13. Koča na Travniku Mountain Hut, 1548 m
14. Koča na Loki pod Raduho Mountain Hut, 1534 m
15. Velika Raduha, 2062 m
16. Koča v Grohotu pod Raduho Mountain Hut, 1460 m
17. Kocbekov dom na Korošici Mountain Hut, 1808 m
18. Ojstrica, 2350 m
19. Kamniška koča na Kamniškem sedlu Mountain Hut, 1864 m
20. Frischaufov dom na Okrešlju Mountain Hut, 1396 m
21. Kranjska koča na Ledinah Mountain Hut, 1700 m
22. Križ (Koroška Rinka), 2433 m
23. Skuta, 2532 m
24. Cojzova koča na Kokrskem sedlu Mountain Hut, 1793 m
25. Grintovec, 2558 m
26. Jezerska Kočna, 2540 m
27. Češka koča na Spodnjih Ravneh Mountain Hut, 1542 m
28. Planinski dom na Kališču Mountain Hut, 1534 m
29. Storžič, 2132 m
30. Dom pod Storžičem Mountain Hut, 1123 m
31. Koča na Kriški gori Mountain Hut, 1471 m
32. Koča na Dobrči Mountain Hut, 1478 m
33. Begunjščica – Veliki vrh, 2060 m
34. Roblekov dom na Begunjščici Mountain Hut, 1657 m
35. Planinski dom na Zelenici Mountain Hut, 1536 m
36. Prešernova koča na Stolu Mountain Hut, 2174 m
37. Golica, 1835 m
38. Mojstrana – Slovenian Alpine Museum, 641 m
39. Aljažev dom v Vratih Mountain Hut, 1015 m
40. Dom Valentina Staniča pod Triglavom Mountain Hut, 2332 m

41. Triglavski dom na Kredarici Mountain Hut, 2515 m
Dom Planika pod Triglavom Mountain Hut, 2401 m
Koča na Doliču Mountain Hut, 2151 m
42. Triglav, 2864 m
43. Pogačnikov dom na Kriških podih Mountain Hut, 2050 m
44. Razor, 2601 m
45. Prisojnik (Prisank), 2547 m
46. Poštarski dom na Vršiču Mountain Hut, 1688 m
Tičarjev dom na Vršiču Mountain Hut, 1620 m
Erjavčeva koča Mountain Hut, 1525 m
47. Zavetišče pod Špičkom Mountain Hut, 2064 m
48. Jalovec, 2645 m
49. Koča pri izviru Soče Mountain Hut, 886 m
50. Kugy Monument, 823 m
51. Na Logu – Dom Trenta, TNP Info Center, 626 m
52. Zasavska koča na Prehodavcih Mountain Hut, 2071 m
53. Koča pri Triglavskih jezerih Mountain Hut, 1685 m
54. Dom na Komni Mountain Hut, 1520 m
Koča pod Bogatinom Mountain Hut, 1513 m
55. Planinski dom pri Krnskih jezerih Mountain Hut, 1385 m
56. Gomiščkovo zavetišče na Krnu Mountain Hut, 2182 m
57. Koča na planini Razor Mountain Hut, 1315 m
58. Vogel, 1922 m
59. Rodica, 1966 m
60. Dom Zorka Jelinčiča na Črni prsti Mountain Hut, 1835 m
61. Koča na Poreznu Mountain Hut, 1585 m
62. Franja Partisan Hospital, 600 m
63. Planinska koča na Ermanovcu Mountain Hut, 968 m
64. Bevkov vrh, 1051 m
65. Mrzli Vrh – Sivka, 1008 m
66. Koča na Hleviški planini Mountain Hut, 818 m
67. Mali Golak, 1495 m
68. Koča Antona Bavčerja na Čavnu Mountain Hut, 1242 m
69. Sinji vrh, 1002 m
70. Pirnatova koča na Javorniku Mountain Hut, 1156 m
71. Furlanovo zavetišče pri Abramcu Mountain Hut, 900 m
72. Vojkova koča na Nanosu Mountain Hut, 1240 m
73. Vremščica, 1027 m
74. Škocjan Caves, 395 m
75. Artviže, 817 m
76. Tumova koča na Slavniku Mountain Hut, 1018 m
77. Socerb, 437 m
78. Tinjan, 374 m
79. Ankarana, 18 m
80. Debeli rtič, 14 m