Building a sustainable future for people and nature

BOHINJ
5. mednarodni festival alpskega cvetja
5th International Wild Flower Festival

GUIDEBOOK

www.bohinj.si/alpskocvetje
INTERNATIONAL WILD FLOWER FESTIVAL

Bohinj lies at the heart of the Julian Alps. The biggest attraction of this popular tourist destination is Lake Bohinj, surrounded by a chain of mountains. More than two thirds of Bohinj is inside the Triglav National Park. In Bohinj we are aware of the exceptional importance of protecting and conserving the environment. Proud of our natural and cultural heritage, we wish to develop a form of tourism that will be sustainable in orientation and at the same time economically effective.

Six years ago we decided to follow the suggestion of conservationist Ian Mitchell, who has been coming to Bohinj for many years, and organise an international wildflower festival, the main objectives of which are:

• promotion and recognition of the importance of the natural and cultural heritage of Bohinj and the wider area;
• presentation of the importance of correct management of the area according to the principles of sustainable development, manifested in the simultaneous protection of the rich biological diversity of the natural environment and an improvement of the cultural and economic situation of the population;
• a practical illustration of how ecotourism and alpine farming can be key elements of the long-term economic prospects of the area and at the same time a model of development opportunities for other mountain areas in Slovenia;
• development of out-of-season tourism.

The International Wildflower Festival consists of three main sections:

• Wild Flowers in the Art represents the cultural part of the festival: concerts, art and photography exhibitions, art workshops, reviving old customs (e.g. village singing).
• Flowers in Everyday Life (in the kitchen, handicrafts, etc.): presented in a work entitled Wild Flowers at Home.
• The technical part of the festival, entitled Wild Flowers in Science, includes a series of seminars and conferences on the theme of sustainable development.

Visitors can also take part in daily guided botanical tours, workshops, children’s activities, music events, and so on. More information in this booklet.

Come to the festival and keep blooming!

Organiser of the Bohinj International Wildflower Festival
Turizem Bohinj
Klemen Langus, Director

Bohinj, mountain flowers, Triglav National Park and the people in this area are inseparably connected. These ties are even more strengthened by the Wild Flower Festival. This year, Triglav National Park is even more actively participating at the Festival, which has been managed by Turizem Bohinj organisation since its beginnings. Our cooperation is even more important in the year of biodiversity and during Slovenia’s presidency of the Alpine Convention. Contents, relating to the protection of nature, sustainable development, and communication with the public present a special challenge for Turizem Bohinj and Triglav National Park. The success, achieved by the Festival, is the best promotion of the cooperation of local people and the national park. Activities and events that take place during the Festival present an exceptional opportunity for us to confirm the objectives and significance of biodiversity and protected areas as the instruments of nature protection and promoting sustainable development. Triglav National Park organisation aims to present the meaning of the Alpine Convention as an effective tool for ensuring the mentioned objectives.

Martin Šolar, MSc, Director of Triglav National Park
1. THE NORTH COAST OF BOHINJ LAKE

- Starting point: Parking place at St. John’s Church (Sv. Janez), Ribčev Laz
- Duration: 4 - 5 hrs
- Difficulty: Easy
- Equipment: Trekking shoes and clothes, rucksack, sun and tick protection, refreshing drink

The walk begins at St. John’s Church and continues left on the walking path along the lake and across the Fužinsko polje field, where we can find the Marguerite (Leucanthemum vulgare) and Field Scabious (Knautia arvensis). At the turn to Star Fužina village we continue along the lake coast, where we can enjoy the beautiful view of the southern part of the Julian Alps. We then pass the fish farm and walk under the Govic waterfall (which flows only at strong rainfalls). In the forest screes under the Pršivec mountain we can find Hop Hornbeam (Ostrya carpinifolia), Ash Tree (Fraxinus ornus), Twiggy Broom (Genista radiata), Sternberg’s Pink (Dianthus sternbergii) and Knapweed (Centaurea pannonica). We then continue over the dry corrugated meadows of Ukanc village, where Wild Orchids (Orchidaceae) grow. We visit the only swamp area along the lake, where the Savica river flows into the lake and where we can find Sedges (Carex), white Wood Rush (Luzule) and Star Thistle (Lunaria rediviva). The route leads us across the bridge over the Savica river towards the Zlatorog hotel, where we stop for a short rest. We then continue towards the Savica waterfall. Along the route we make a stop on the meadow, which is full of rare plants - some of them can be found only at this place, namely the Siberian Iris (Iris sibirica). After the view of the mighty Savica waterfall, we return to Zlatorog campsite and ride on the boat to Ribčev Laz village.

Flowers along the route:
- Sternberg’s Pink (Dianthus sternbergii)
- Marguerite (Leucanthemum vulgare)
- Knapweed (Centaurea sp.)
- Lily of the Valley (Convallaria majalis)
- Primula (Primula elatior)
- Orchid (Orchidaceae)

2. HUNTING ROUTE - THE SAVICA WATERFALL

- Starting point: The parking place at St. John’s Church (Sv. Janez), Ribčev Laz
- Duration: 4 - 5 hrs
- Difficulty: Easy
- Equipment: Trekking shoes and clothes, rucksack, sun and tick protection, refreshing drink

The walk starts at St. John’s Church and continues pass the “Pod Skalco” event place, along the hunting route which runs above the main road, through the forests along the south side of the lake, towards the lower cable car station of Vogel ski centre. The route leads us through the beech forest with poor undergrowth. Here we can find the Three-leaved Windflower (Anemone trifolia), Christmas Rose (Helleborus niger), Liverleaf (Hepatica nobilis), Hacquetia (Hacquetia epipactis) and Lily of the Valley (Convallaria majalis). There are also many torrents here; the last one is especially interesting. Before we walk to the lower cable car station, we can find the Hairy Rhododendron (Rhododendron hirsutum) and Colt’s Foot (Homogyne discolor). We continue along the WWI military cemetery towards the Zlatorog Hotel, where we stop for a short refreshment. Then we continue towards the Savica waterfall. Along the route we make a stop on the meadow, which is full of rare plants - some of them can be found only at this place, namely the Siberian Iris (Iris sibirica). After the view of the mighty Savica waterfall, we return to Zlatorog campsite and ride on the boat to Ribčev Laz village.

Flowers along the route:
- Lily of the Valley (Convallaria majalis)
- Primula (Primula elatior)
- Orchid (Orchidaceae)
3. RUDNICA

- Starting point: Parking place in front of the J. Ažman culture centre, Bohinjska Bistrica
- Duration: 4 - 5 hrs
- Difficulty: Moderate
- Equipment: Trekking shoes and clothes, rucksack, sun and tick protection, refreshing drink

A mini bus takes us from the parking place to the bridge in Savica village, where our botanical route actually starts and continues over the meadows on the left shore of the Sava Bohinjka River towards Zakrševje Za Gradcem. We can admire the beautiful plants on the meadows along the Sava Bohinjka river: Ragged Robin (Silene flos-cuculi), which has small Pink Flowers, Field Scabious (Knautia arvensis), which has fork-like stalk and reminds us of rakes) and the indispensable Marguerite (Leucanthemum vulgare). There are also many herbs found among the beautiful flowers: Common Yarrow (Achillea millefolium) with White Flowers and Kidney Vetch (Anthyllis vulneraria). Soon we walk into a bright forest, which is mostly overgrown with Hazel (Corylus avellana), Field Maple (Acer campestre), Midland Hawthorn (Crataegus sp.), Leaf Beetle (Viburnum lantana), Hop Hornbeam (Ostrya carpinifolia) and Ash Tree (Fraxinus ornus). The rocky wall along the route is overgrown with Carniola Lily or Golden Apple (Lilium carniolicum), as well as Bloody Crane’s Bill (Geranium sanguineum). We come to a meadow, full of White Orchids (Orchidaceae), meadows that are located on higher grounds, are overgrown with Sweet William (Dianthus barbatus), which is a flower, typical for dry Alpine meadows. The route leads us through the beech forest, where we can notice many traces of mining. We continue through the ash and hop hornbeam forest. When we reach the panoramic point, we get a magnificent view of the lower Bohinj valley as well as the beautiful Bohinj Iris (Iris pallida subsp. cengialti), symbol of the festival.

4. KOBLA

- Starting point: Parking place in front of the J. Ažman culture centre, Bohinjska Bistrica
- Duration: 5 hrs
- Difficulty: Moderate
- Equipment: Trekking shoes and clothes, rucksack, sun and tick protection, refreshing drink

The mini bus takes us from Bohinjska Bistrica village to Ravne village, where we start our walk under the ski slopes. We walk along the meadows and make several stops in order to admire the plants and flowers on the forest’s borders. Willow Leaved Gentian (Gentiana asclepiadea) marvels in its blue colour, Woodland Oxeyes (Buphthalmum salicifolium) grow over the meadow fields. After an hour we reach the first hill top, where we can enjoy the view of the Triglav mountain range. Several meadow plants grow on this part of the area, namely Knapweed (Centaurea pannonica) and Fritschs Knapweed (Centaurea scabiosa subsp. fritschii). There are many Globe Flowers (Trollius europaeus) growing on the meadow’s margins. We make a stop for lunch on a beautiful part of the meadow. Then we continue our walk back on the other side of the meadow and see other interesting plants. We walk through a forest in order to see the undergrowth, mighty pine trees and fir trees.
We take the cable car and ride on the Vogel mountain. Our route starts at Ski Hotel and continues towards the Žagarjev graben, where we enter the Lopata forest. The forest is predominantly overgrown with beech and does not abound in flora, since there are not many plants growing in the forest’s undergrowth, which is also not very rich in plant life. We can notice the Three-leaved Windflower (Anemone trifolia), Cyclame (Cyclamen purpurascens), Drooping Bittercress (Dentaria enneaphyllos), Wall Lettuce (Mycelis muralis), Yellow Archangel (Galeobdolon flavidum), Dog’s Mercury (Mercurialis perennis), Jupiter’s Distaff (Salvia glutinosa) and many other. The basins are predominantly overgrown with Alpine pine forest, where we can find several herbs: Alpine Leaf Beetle (Adenostyles glabra), Nettle-leaved Speedwell (Veronica urticifolia), Three-leaved Valerian (Valeriana tripteris), Coltsfoot (Homonye sylvestris), Green Spleenwort (Asplenium viride), Stiff Clubmoss (Lycopodium annotium), Alpine Coltsfoot (Homogyne alpina), Bilberry (Vaccinium myrtillus), Cranberry (Vaccinium vitis-idaea) and Wintergreen (Pyrolaceae). On higher and more extreme habitat, the forest is becoming overgrown with dwarf pines. These includes also the Juniper (Juniperus sibirica), Balkan Willow (Salix appendiculata), Alpine Willow (Salix glabra), Mountain Ash (Sorbus aucuparia), Medlar (Sorbus chamaemespilus), Black Honeysuckle (Lonicera nigra), Alpine Currant (Ribes alpinum), Drooping rose (Rosa pendulina). The most typical low-grow shrub is the Hairy Rhododendron (Rhododendron hirsutum), and Ground Cistus (Rhodotamnus chamaeactistus), an Evergreen Shrub, Bilberry (Vaccinium myrtillus), Cranberry (Vaccinium vitis-idaea) and Mountain Crowberry (Empetrum hermaphroditum). We finish our walk with the ride to the valley by cable car.

5. VOGEL

- Starting point: The lower Vogel cable car station
- Duration: 5 hrs
- Difficulty: Moderate
- Equipment: Trekking shoes and clothes, rucksack, sun protection, refreshing drink

There is an old barrel-organ on display in Mihovc Restaurant and after the welcome drink we start our route and walk pass the Zois Mansion and reach the Devil’s Bridge, which crosses over the 20 m deep gorge. We turn right towards the Mostnica gorge, where we can enjoy the magnificent sights. Along the route we can see the Alpine Butterwort (Pinguicula alpina) and Dwarf Masterwort (Astrantia carnioicola) and during the early springtime it is also possible to see the Spring Heath (Erica carnea). When we exit the forest, we can enjoy the beautiful view of the Voje pasture and surrounding mountains. We continue over the meadows that abound in beautiful flora - White Orchids (Orchidaceae sp.), Lousewort (Pedicularis sp.), Globe Flower (Trollius europaeus), Gentian (Gentiana verna Gentiana clusii), Carniolan Lily (Lilium carniciolum), Turk’s Cap Lily (Lilium martagon), Sternberg’s Pink (Dianthus sternbergii), Sweet William (Dianthus barbatus) - we pass the hayracks and come to the Mostnica waterfall, where we make a rest. Then we continue back to the valley on the other side of the Mostnica gorge.

6. VOJE

- Starting point: Mihovc Restaurant, Stara Fužina
- Duration: 4 hrs
- Difficulty: Easy
- Equipment: Trekking shoes and clothes, rucksack, sun and tick protection, refreshing drink

Flowers along the route:
- Drooping Rose (Rosa pendulina)
- Hairy Rhododendron (Rhododendron)
- Triglav Gentian (Gentiana terglavensis)
- Globe Flower (Trollius europaeus)
- Alpine Butterwort (Pinguicula alpina)
- Arnica (Arnica montana)
Swamps ("barje") on the Pokljuka plateau lie on the most southern side in entire Europe, and they are still preserved and included in the Natura 2000 system. Triglav National Park guide takes us to Goreljek swamp. The forests mostly include pine tree, there are also various kinds of herbs, which are typical of pine forests: One-flowered Wintergreen (Moneses uniflora), Heart-leaved Twayblade (Listera cordata), Greater Wood Rush (Luzula sylvatica), Alpine Coltsfoot (Homogyne alpina), Bilberry (Vaccinium myrtillus), Cranberry (Vaccinium vitis-idaea), May Lily (Maianthemum bifolium), Com- mon Wood Sorrel (Oxalis acetosella) and various types of moos. Various kinds of mushrooms also grow in the shadow side of undergrowth. The continuing line of forests is sometimes broken off by swamp surfaces. Due to different ecological factors, the swamps provide the environment for a special kind of plants – these are different kinds of moos and we can also notice the Round Leaf Sundew (Drosera rotundifolia), Bog-Rosemary (Andromeda polifolia), sheated Cotton Grass (Eriophorum vaginatum), Cranberry (Oxycoccus palustris), Bog Blueberry (Vaccinium uliginosum) and many more. Organised transfer on request.

7. POKLJUKA Mrzli studenec - barje Goreljek

• Starting point: Mrzli studenec, Pokljuka
• Duration: 4 - 5 hrs
• Difficulty: Easy
• Equipment: Trekking shoes and clothes, rucksack, sun protection, refreshing drink

On the north side of the Bohinj lake there is a steep ridge and every visitor that comes to Bohinj, can notice Vogar mountain very quickly, since it lies on the most eastern side of the ridge. Vogar is very popular due to its alpine hut and beautiful view, it is also a great starting point for the paragliders who start their flights towards the meadows along the lake.

A well marked steep path leads to Vogar from Stara Fužina village, however, we will rather walk along a narrow unmarked path over the Planica meadows. Here we can find Auricula (Primula auricula), Sternberg’s Pink (Dianthus sternbergii). Hop Hornbeam forest grows right next to the monument that is located on the belvedere, and we can also find Serviceberry (Amelanchier ovalis), Whitebeam (Sorbus aria), Twiggy Broom (Genista radiata) and Carniolan Lily (Lilium carniolicum).

On the top of Vogar pasture the land is more plateau-like with typical humpy meadows that emerged due to glaciers and karst factors. The plants are typical for dry alpine meadows: during the spring the flowers are Spring Gentian (Gentiana verna), Clusius’ Gentian (Gentiana clusii), Globe Flower (Trollius europaeus), Oxlip (Primula elatior), later during the season, we can find the Carniolan Lily (Lilium carniolicum), Turk’s Cap Lily (Lilium martagon), Pink (Dianthus sp.), Rose-Pink Hogweed (Heracleum austriacum), White Orchid (Orchidaceae sp.), Kidney Vetch (Anthyllis vulneraria) and Arnica (Arnica montana). We return to the valley along the marked path.

8. VOGAR

• Starting point: Parking place in front of the J. Ažman culture centre, Boh. Bistrica
• Duration: 4 - 5 hrs
• Difficulty: Moderate
• Equipment: Trekking shoes and clothes, rucksack, sun and tick protection, refreshing drink

Flowers along the route:
- Round Leaf Sundew (Drosera rotundifolia)
- Cotton Grass (Eriophorum vaginatum)
- Peat Moos (Sphagnum sp)
- Whitebeam (Sorbus aria)
- Sternberg’s Pink (Dianthus sternbergii)
- Turk’s Cap Lily (Lilium martagon)
The mini bus takes us to Nemški Rovt village, pass the Bitenjska planina pasture, Ribčeva planina pasture and stops at the parking place under the Pečana pasture.

We walk through pine forest for about half an hour. On the path we can admire the Nettle-leaved Bellflower (Campanula trachelium), Cow Wheat (Melampyrum pratense), Black Rock (Potentilla erecta) and Fringed Pink (Dianthus hyssopifolius). We stop at the shepherd’s hut on the pasture and have a drink. We continue towards the top and admire the features of high-mountain karst. We come to a sinkhole that is about 100 m deep, where the people used to mine iron ore. We find out more about iron era in this area. Soon we see the ratitovec ridge. The ratitovec mountain is included in the Julian Alps range, however, it is not as high as most of the mountains in this range. Ratitovec mountain is composed of the Dachstein limestone which is also the constituent part of the Bohinj mountains. The range is also characterised by the larch forests. The view from the ratitovec is one of the most beautiful views in Slovenian mountains. The Julian Alps are seen as jagged mountain range, the Karavanke are seen as a long wall that is connected to the Grintavci range.

Črna Prst has always been a popular and well visited peak, due to its beautiful view of the foothills of the Julian Alps, the Bohinj Mountains and the Triglav Mountain in the background. However, the Črna Prst Mountain is popular not only for its sights but also the floral richness that is found on the way. On the list of exceptional natural heritage of Slovenia the Črna Prst Mountain is defined as the only botanical reserve in the Julian Alps. On the naturally preserved grassland some rare species grow: Alpine Sea Holly Alpine Sea Holly (Eryngium alpinum), Hawksbeard (Crepis bocconi), violet (Viola pyrenaica) and endemic plant species: Monkshood (Aconitum angustifolium) and Moehringia villosa. Among the specialties we can also mention the Silver-leaved Crane’s-bill (Geranium argenteum), Clover (Trifolium noricum) and the endemic Short-haired Sandwort (Moehringia villosa).

We take a van back to the starting point above the village of Ravne and continue from there towards the Za Liscem high Pasture. On our way we observe flowers and take photos of them. In the Orožnova Hut we have supper and our experienced guide presents the art of photography through a nice evening’s chat. In the morning we have a breakfast and then climb the Črna Prst Mountain, where we can already use our new knowledge of photography.
11. LIPANCA - MREŽCE

The mini bus takes us through the picturesque villages of the upper Bohinj valley. We start to ascent the Lipanca in the vicinity of the Javornik pasture. The path leads us through the pine forest. At first the ascent is easy, however, it becomes steep, but not very demanding. We take a rest on the pasture at Blejska koča alpine hut. Then we continue our ascent to the ridge, called Mrežce.

The best time to make this trip is early summer, when we can find many different flowers on the mountain meadows. Here we can find Trumpet Gentian (Gentiana clusii), Alpine Ground Cistus (Rhodothamnus chamaecistus) and Hairy Rhododendron (Rhododendron hirsutum).

12. BOHINJ PASTURES Blato - Laz - Krstenica

The mini bus takes us to Blato pasture, where we start our ascent to Laz pasture. At first we walk through the forest and pass picturesque rocky cliffs, where we can see the Auricula (Primula auricula), Bellflowers (Campanula sp.) and Saxifrages (Saxifraga sp.).

Just under the Laz pasture we can see Larches (Larix decidua), Dwarf Pines (Pinus mugo) and Alpine Ground Cistus (Rhodothamnus chamaecistus), Hairy Rhododendron (Rhododendron hirsutum) and Mountains Avens (Dryas octopetala). During the spring, the pasture is overgrown with Gentians (Gentiana verna), Clusius’ Gentians (Gentiana clusii), Alpine Anemones (Pulsatilla alpina), Alpine Solldanellas (Soldanella alpina) can be found in basins, where snow stays longer. Laz pasture also offers us architecture that is typical of high pastures in Bohinj. We make a break for lunch, and then we continue from Laz pasture towards the Krstenica pasture. The path leads us through larch forest over alpine meadows, where the plants are similar to those on the Laz pasture. During the spring, the pasture is full of Gentians (Gentiana sp.), Mountains Avens (Dryas octopetala), Alpine Ground Cistus (Rhodothamnus chamaecistus), and later during the season, we can also find Alpine Vanilla Orchid - Red (Nigritella rubra) and Edelweiss (Leontopodium alpinum).

We can enjoy a wonderful view of Triglav mountain and the lower Bohinj mountains. We return towards the Blato pasture, where the mini bus awaits us and takes us back to the valley.
By bike our way takes us towards the village of Stara Fužina. Before the village we go over the bridge over the Mostnica stream. We cycle along the Sava River under the Rudnica Hill. On our way we meet plants that like marshy, wet soil, plants that squeeze underneath the branches of hazel trees, as well as blooming meadow plants, which is found on our way over the wide field of Brod. The streams that we cross are home to water or wet-loving plants. When the field is behind us, we only have a few minutes to the end of our trip, which is at the bridge over the Sava river between the villages of Bitnje and Bohinjska Bistrica. A van will wait for us there for the return. The great adventure will be over when the botanical guide explains all the secrets of the flora of this part of Bohinj.

13. BOTANICAL CYCLING TOUR (Klodič’s cycling path)
• Starting point: parking place at St. John’s Church (Sv. Janez), Ribčev Laz
• Duration: 3 - 4 hrs • Difficulty: Easy
• Equipment: Bicycle, trekking shoes and clothes Bike rentals: Alpinsport agency in Ribčev Laz, Hostel Pod Voglom in Ribčev Laz, all hotels and some boarding houses

At the Ranch Mrcina we first get acquainted with different horse breeds - we can ride Icelandic horses and Lipizzaner. For warm-up we first ride in paddock where the instructors explain some basic features of horseback riding. After half an hour we make our way to the nature accompanied by an experienced guide. The path guides us through fields and further to meadows on the Senožeta Hill. From the horseback we already admire the diverse flora. On Senožeta a botanical guide meets us and while our horses rest a little we discover the wide variety of meadow flowers. After this we get back on the horses and head towards the village of Studor. The trip is also suitable for inexperienced riders and children - for them we can provide saddles with handles.

14. BOTANICAL TOUR ON HORSEBACK
• Starting point: Mrcina Ranch Studor
• Duration: 3 hrs
• Difficulty: Easy
• Equipment: Trekking shoes and clothes

A botanical guide takes us towards Stara Fužina where we cross the bridge over the Mostnica Stream and continue along the streams Mostnica and Ribnica over the blooming fields. On our way we can admire meadow flowers, marshy plants by the streams and the flowers on the forest edge. Across the field of Srednja Vas under the Senožeta Hill we reach the village of Bohinjska Češnjica, where a beekeeper is waiting for us by the beautiful beehive. The beekeeper presents the art of beekeeping - one of the oldest and most traditional activities in the countryside. We discover the beehive from inside - the beekeeper made especially for us a “visitor’s beehive”. We can try the bees’ products from honey, propolis, pollen to mead and honey liqueur. Through an intensifying glass we watch bees (worker bee, queen bee, drone), pollen and the parasite - Varoa, and discover a lot of other interesting facts. Richer for new knowledge and experience we return to the starting point with organised transfer.

15. IN THE KINGDOM OF BEES
• Starting point: parking place at St. John’s Church, Ribčev Laz
• Duration: 3 hrs
• Difficulty: Easy
• Equipment: Trekking shoes and clothes

Name “Goričca” is a diminutive of noun “gora”, a mountain. In truth, from botanical point of view, this hillock is a diminished mountain. Sunny side slopes are rich with flowers from great mountain slopes: groups of mixed deciduous trees are similar to mixed forests. Even plant species common on cold places can be found in shady north along the river Sava.

Different plant species can be observed almost all th year round: Christmas Rose (Helleborus niger) in the winter. Liverleaf (Hepatica nobilis), Prime rose (Primula vulgaris) and violets early in the spring...

Can you imagine that more than 200 different plant species live on this hillock? You are standing 2000 steps and 200 curious sights away from this experience. Every step is on your way of respect.

16. BOTANIC GARDEN GORIČICA HILLOCK BY BOH. BISTRICA
• Starting point: parking place at St. John’s Church, Ribčev Laz
• Duration: 3 hrs
• Difficulty: Easy
• Equipment: Trekking shoes and clothes

Name “Goričca” is a diminutive of noun “gora”, a mountain. In truth, from botanical point of view, this hillock is a diminished mountain. Sunny side slopes are rich with flowers from great mountain slopes: groups of mixed deciduous trees are similar to mixed forests. Even plant species common on cold places can be found in shady north along the river Sava.

Different plant species can be observed almost all th year round: Christmas Rose (Helleborus niger) in the winter. Liverleaf (Hepatica nobilis), Prime rose (Primula vulgaris) and violets early in the spring...

Can you imagine that more than 200 different plant species live on this hillock? You are standing 2000 steps and 200 curious sights away from this experience. Every step is on your way of respect.
17. KOMNA - ČRNO JEZERO (Ornithological excursion)

The trail sets out from the Dom Savica lodge and leads first through a magnificent forest reserve, where you will encounter nesting birds of the beech forests. The most prominent of these is undoubtedly the red-breasted flycatcher (*Ficedula parva*), which is only known to inhabit a few locations in Slovenia. You will also get to visit a cliff colony of house martins, where with a little luck you might also observe crag martins (*Hirundo rupestris*) and wallcreepers (*Tichodroma muraria*). At higher elevations the trail leads primarily through spruce forests, and of the more remarkable species you may hope to observe the black woodpecker (*Dryocopus martius*), three-toed woodpecker (*Picoides tridactylus*) and spotted nutcracker (*Nucifraga caryocatactes*). Frequent nesting birds in the forests between Komna and Črno Jezero (Black Lake) also include the hazel grouse (*Bonasa bonasia*) and pygmy owl (*Glaucidium passerinum*). From Črno jezero the trail takes you through Komarča and back to the Savica.

18. AROUND STARA FUŽINA FOR BIRD WATCHERS

The circular route will familiarise you with the surroundings of Lake Bohinj and Stara Fužina, where you can observe a large variety of fascinating bird species in this cultural landscape. Of the more interesting species, in this area there are numerous red-backed shrikes (*Lanius collurio*), and you may also be able to observe the redstart (*Phoenicurus phoenicurus*) and grey wagtail (*Motacilla cinerea*). On the scree slopes above the village you might encounter Bonelli’s warbler (*Phylloscopus bonelli*) and the rock bunting (*Emberiza cia*).
**WORKSHOPS:**

**Conditions:** You can sign up for workshops until 12 am one day before the workshop. Just fill the form on festival web-page [www.bohinj.si/alpskocvetje](http://www.bohinj.si/alpskocvetje) or call us on: +386 (0)4 57 47 590.

**EXTRA DISCOUNTS:**
- **CHILDREN** up to 12 years receive 20% discount
- **FAMILIES:** with application of a family of four one child up to 12 years receives workshop free of charge

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**Embroideries with flower motives**
- **Place:** Gostilna Mihovc in Stara Fužina
- **Duration:** 2 hours

Would you like to learn the basics of embroidery - the needlework that nowadays only few housewives from Bohinj can do. Homemade embroideries on linen used to decorate almost every home, but only few still preserve this beautiful work of diligent rural women. In the restaurant Mihovc you can see the exhibition of the work and the women will gladly show you the basics of this art. Try it yourself!

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**Traditional hay cutting on the Vogar mountain pasture**
- **Meeting point:** parking place by the Church of St John the Baptist in Ribčev Laz
- **Duration:** 3 hours
- **Minimum number of participants:** 6 persons

Let’s bring back the memories of old days, when scythes cut into the dewy grass in the early morning and grass was falling under the skilled hands of the mowers. The meadows were covered with freshly mowed grass, waiting for the first sunshine, and in the meantime the mowers already made their breakfast, brought to them from the valley by the housewives. The scent of mown grass spread all over the slopes, and the grass had to be turned around with rakes to dry completely. It was women’s job. When the hay was dry, the women raked it together, so the men could bring it in hay sheets to the barn. The hay is gathered in. Mowers, maids, workers, farmers sat at the table and everyone got a glass of schnapps... The farmer cut for each a piece of bread and the housewife put a large bowl of soured milk and another of buckwheat porridge in the middle of the table. Would you like to experience these old days yourself? Would you like to try to do this work and sit at the table at the end of the day with the farmer? Now you have the chance that the scythe works in your hands too.

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**Which flowers grow there?**

Educational and creative workshop for children and adults
- **Meeting point:** parking place by the Church of St John the Baptist in Ribčev Laz
- **Duration:** 3 hours
- **Equipment:** light trekking shoes

A colourful flower blossom gives many an inspiration to create. Why such diversity, which colours prevail and which plant they belong to are the questions that we will answer together with the children. On a short walk we will discover the world of flowers and in the end depict the most beautiful one.

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**Bouquet making**
- **Place:** Apartments Rabič in Stara Fužina
- **Duration:** 3 hours

When the meadows are rich in the variety of flowers, we can arrange beautiful bouquets to make our homes more colourful. Under a hayrack at the Apartments Rabič in Stara Fužina we will be creative, we will learn new things and exchange ideas for a unique flower arrangement.
Every last Friday during the summer, the Triglav National Park organises Friday Afternoons in the Park, which are primarily intended for families and their exploration of nature. Workshops combine fun and new experiences, families are able to spend some quality time in nature. The main emphasis is put on exploring and admiring natural wonders, strengthening the relationship with nature, creative work, socialising and communication. Everyone can participate at these workshops, since they are adapted to all ages. Guides take the participants to the forests, on meadows and hills, to the lake or brooks, and try to present and demonstrate the environment in an interesting way. Children like to explore, and together with their parents, they learn and share new experiences. The care for the nature and how to behave in nature are the core guidelines of the workshops. Every year, we try to explore different places; workshops are upgraded in accordance with visitors’ wishes.

Painting workshop for children

- Place: Craft market in front of Mercator Centre in Bohinjska Bistrica
- Duration: 2 hours

For children of all ages! We will be creative using different materials.

Edible wild flowers - collecting and preparing

- Place: Ranch Mrcina, Studor
- Duration: 4 hours
- Workshop leader: Dario Cortese
- Minimum number of participants: 8 persons

Let’s discover edible plants in this area. Together we will make our way into nature, collect meadow flowers and other edible plants. In the nice atmosphere of Ranch Mrcina we will prepare delicious dishes and drinks with traditional dairy products whey and cottage cheese.

FESTIVAL PACKAGES

During the Wildflower Festival our guests can choose from several special festival packages, which include accommodation, guided botanical excursions and workshops.

Package discounts:
- up to 20% discount for accommodation
- 10% discount on guided botanical excursions and workshops
- souvenir present

Additional discount for all 7-day packages - one guided botanical excursion in the time of your stay free of charge!

We would like to invite you to the

Hotel Jezero****
Ribcev Laz 51
4265 Bohinjsko jezero
Tel.: +386 (0)4 5729 100
Fax: +386 (0)4 5729 039
hotel.jezero@cc-line.si
www.bohinj.si/alpinum/jezero

Hotel Tripic***
Family run hotel Tripic
Triglavska cesta 13
4264 Bohinjska Bistrica
Tel./Fax: ++386 (0)4 5721 282
info@hotel-tripic.si
www.hotel-bohinj.si
Pension Resje***
Nemški Rovt 21 a,
4264 Bohinjska Bistrica
Tel.: +386 (0)4 5721 079
Fax: +386 (0)4 5747 840
penzion.resje@siol.net

Hotel/Pension STARE
Ukanc 128, 4265 Bohinjsko jezero
Tel.: +386 (0)4 5746 400
Fax: +386 (0)4 5746 401
info@impel-bohinj.si
www.national-park-hotel.com

Ski Centre Vogel
Ukanc 6, 4265 Bohinjsko Jezero
Tel.: +386 (0)4 5729 712,
+386 (0)4 5729 721
Fax: +386 (0)4 5723 780
marketing.vogel@siol.net,
www.vogel.si

TOURIST INFORMATION CENTRE
- accommodation in apartments, rooms and holiday houses
- information about Bohinj and the surrounding area
- open every day of the year
- WiFi internet

SHOP
- souvenirs
- newspapers
- magazines
- maps
- postcards
- gifts

EVENTS
www.bohinj-info.com

SAVICA WATERFALL
www.bohinj-info.com
BOTANICAL GUIDED TOURS

1. THE NORTH COAST OF BOHINJ LAKE
2. HUNTING ROUTE - THE SAVICA WATERFALL
3. RUDNICA
4. KOBLA
5. VOGEL
6. VOJE
7. POKLJUKA
8. VOGAR
9. THE ČRNA PRST MOUNTAIN - photo-excursion
10. RATITOVEC
11. LIPANCA
12. BOHINJ PASTURES
13. BOTANICAL CYCLING TOUR (Klovič's cycling path)
14. BOTANICAL TOUR ON HORSEBACK IN THE KINGDOM OF BEES
15. THE ČRNA PRST MOUNTAIN - photo-excursion
16. BOTANIC GARDEN GORIČICA HILLOCK BY BOHINJSKA BISTRICA

BIRD WATCHING TOURS:

17. KOMNA - BLACK LAKE
18. AROUND STARA FUŽINA
INFO TIC BOHINJ

- **Turizem Bohinj**, Triglavska cesta 30, 4264 Boh. Bistrica, info@bohinj.si, www.bohinj.si, +386 (0)4 574 75 90, fax: +386 (0)4 574 75 91

- **Tourist Association Bohinj**, Ribčev Laz 48, 4265 Boh. jezero, www.bohinj.si, info@bohinj-info.com, +386 (0)4 574 60 10, fax: +386 (0)4 572 33 30

www.bohinj.si