

TASTE SLOVENIA
HERE, I TRULY KNOW
WHAT I AM EATING.

THE BEST THAT NATURE HAS TO OFFER
 Slovenia, European Region of Gastronomy 2021, will surprise you with its sustainable approaches in cuisine. Chefs swear by using fresh ingredients and they know their journey from the field to the plate. They include special distinctive elements into their creations, such as the salt made in the traditional salt pans, honey gathered by indigenous bees, pumpkin seed and olive oil, and wine, which has been enjoyed here since the antiquity.

DISCOVER EXCELLENCE
 The Slovenia Restaurant Awards offer a selection of the top 100 gastronomic points by Slovenian regions. Gault & Millau, one of the three most influential international gastronomic guides, reviewed 130 restaurants, 50 popular gatherings, 50 world-class wine cellars, and 15 microbreweries in Slovenia. Find the very best ones!



Ana Ros, the best female chef in the world in 2017 according to the World's 50 Best Restaurants Academy

LOCALLY DISTINCTIVE DISHES
 Among no fewer than 401 distinctive Slovenian dishes and drinks, the following are the most well-known: Kranjska klobasa (Carniolan sausage), a Slovenian product with protected geographical indication, which has been popular since 1896; it goes well with **sour cabbage** and **sour turnip**. Potica, a symbol of Slovenian cuisine, which tastes like one of its more than 100 fillings! Diverse flavours of sweet and savoury fillings are also typical for special dumplings called štrudliji.

Prelumska gibanica (Prelumje layer cake), a cake from Pannonian Slovenia, which is also known for the **ceremonial plated bread** called 'bosman', is a protected sweet holiday dessert with layers of apple, škuta curd cheese, walnut, and poppy seed filling.

Piran branzino (sea bass), world-class farmed fish, **calamari** – filled or roasted squid, and **'kapavci' or 'pedofci'** (Mediterranean mussel) prepared in local ways make up the tastes of Mediterranean Slovenia.



Delicious traditional dishes

WINE-GROWING REGIONS OF SLOVENIA
 If you visit the wine-growing Primorska region, you must taste Teran, in Posavje taste Cvetoč, and in Podravje taste white wine varieties, such as the Rhein Riesling and Traminer (Traminer). In addition to the 52 generally known vine varieties that grow in Slovenia, make sure to also explore indigenous varieties and unique wines. You can learn about the special local wines on wine roads, at 'tamnice' – temporary wine bars, and in age-old cellars with guided tastings and experiences.



SLOVENIA WELL-BEING
HERE, I FIND
MY WELL-BEING.

WORLD-CLASS NATURAL HEALTH RESORTS
 Fifteen health and wellness centres invite you to enjoy Slovenia's thermal and mineral water with clinically proven effectiveness and other natural therapeutic elements (the climate, brine, peat, peloids, aerosols, etc.). Staying in spas will be enriched by experiences in modern pools, saunas, and massages, world-class medical therapies, prevention wellness programmes, and beauty treatments.



Apitherapy in the land of beekeeping

APITHERAPY IN THE LAND OF BEEKEEPING
 In Slovenia, which encouraged the declaration of World Bee Day, beekeepers don't only make honey and honey products, but also offer original apitherapy experiences. Relax in apiaries by resting in api-chambers, breathe the air from bee dwellings while lying next to hives, as this will have a beneficial effect on your respiratory system, and enjoy a honey massage. Find hosts who is ranted with three, two, or one bee.



Relaxation in an apiary

SLOVENIA CULTURE
HERE, I DISCOVER
FIVE-STAR CULTURE.

WHERE NATURE INSPIRES CULTURE
 The natural diversity of Slovenia is inseparably connected with the cultural wealth of its different regions. Learn about the Slovenian language with its dual grammatical form and its more than 30 dialects! Visit ethnographic and other events in the countryside and festivals, museums, and galleries in towns and cities. Visit more than 150 castles and manors, and get a sense of the life in historical towns and Plešnik's Ljubljana.

UNESCO HERITAGE WITH GLOBAL SIGNIFICANCE
 - UNESCO List of World Cultural and Natural Heritage: Skocjan Caves - Primeval Beech Forests - the Krško primary forest and the Snežnik Zdravice reserve - Heritage of Mercury - Idrija - Prehistrorč Pile Dwellings – the Ljubljana Marshes.

- Representative List of the Intangible Cultural Heritage of Humanity: Škofja Loka Passion Play - Škofja Loka - Kurenti dance-to-door rounds - Ptuj - Bobbin lacemaking in Slovenia - The art of dry stone walling, knowledge and techniques – the Karst and Slovenian Istria.

- UNESCO Global Geoparks: Idrija Geopark - Karavanke Geopark.

- UNESCO Biosphere Reserves: Julian Alps - The Karst - Kozjansko and Obsočje - The River Mura.



Kurenti, Ptuj

HONOURABLE MASTERPIECES
 Slovenia is the land of some of the oldest special features in the world!
 - The **oldest flute**. The more than 60 thousand-year-old Neanderthal flute found in Slovenia can be seen at the National Museum in Ljubljana.
 - The **oldest wheel with an axle**. The 5200-year-old wooden wheel with an axle, which was found in the pile dwellings of the Ljubljana Marshes, can be seen at the City Museum of Ljubljana, while the pile dwelling culture can be explored in Vinška.

- The **oldest grapevine**. This grapevine, which has been entered into the Guinness Book of Records, is almost five centuries old, and still yields wine, grows in the centre of Maribor, Slovenia's second largest city.



The oldest grapevine in the world, Maribor



SLOVENIA OUTDOOR
HERE, I CAN BE ACTIVE
EVERY DAY OF THE YEAR!

EARTH, CHALLENGING – FROM THE HIGHEST PEAKS TO THE DEPTHS OF SLOVENIA
 Thousands of trails for all kinds of hikers and cyclists take you through the diverse landscapes of Slovenia. In winter, mountain centres are exciting destinations for lovers of skiing and other winter sports. The distinctive character of each region surprises the visitors to 16 golf courses, and more than 13 thousand karst caves await speleologists from all over the world.



Rafting, Soča river

PASSION, FROM BEGINNERS' TO TOP-CLASS EXCITEMENT!
 Slovenia's advantage is that, with all activities, you can count on a selection of various levels of difficulty from the easiest to the most challenging. At venues of world-class competitions and races, everyone can get a taste of the authentic fan atmosphere!

- 36 Olympic Medals prove that sport is in the Slovenians' blood. According to the number of medals per capita, Slovenia is at the very top globally!
- More than 10,000 km of marked hiking trails invite you to meet other hikers! In Slovenia, everyone greets each other on mountain trails. Just say: "Dobro dan!"
- 178 mountain cabins offer hospitality by providing accommodation and typical cuisine on the tops of tall mountains and in the panoramic mountain pastures of the highlands.
- The largest zipline park in Europe and other opportunities for unusual experiences show you that Slovenia is an exciting centre for adrenaline-fueled air and water sports.
- Cycling in all seasons can be enjoyed in Slovenia due to its diversity in terms of geography and climate.
- 10 major mountain sports and recreation centres offer active experiences and a whole range of sports in winter and summer.
- Be in touch with nature by staying in specialised hiking and cycling accommodation, camp sites, boutique glamping accommodation, and tourist farms.

WATER, ACTION-PACKED – FROM RIVERS AND LAKES TO THE WARM SEA

White Waters invite you to canoe rafting, canyoning, hydrospeeding, and to enjoy other adrenaline-fueled experiences. The sea, rivers, and lakes have well-maintained swimming areas. Your encounters with water are different, depending on whether you are stand-up paddleboarding, enjoying a boat ride, scuba diving, sailing, kiteboarding, surfing, or enjoying fishing or fly fishing.

AIR, FROM VIEWING WITH A TWIST TO ADRENALINE

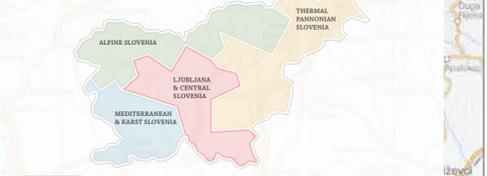
Experience tall tree canopies, rock faces, and the special features of adventure parks. Visit the steepest zipline in the world and all different kinds of ziplines. Panoramic launch sites await paragliders, and lovers of aviation can get excited about panoramic flights and parachuting.



Mangart, Julian Alps



Mountain hiking, Kravice



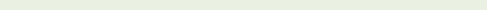
- LEGEND**
- National border
 - National border on sea
 - International border crossing
 - Local road
 - Main road
 - Motorway
 - Scenic railway, vintage train
 - International airport
 - Sports aerodrome
 - Cable car
 - Port, marina
 - Tourist information
 - Winter sports resort
 - Spa
 - Casino
 - Golf course
 - Tourist cave
 - Wine-growing region
 - EDEN
 - Triply National Park
 - Regional Park
 - Other protected nature area
 - UNESCO Biosphere Reserve
 - UNESCO Global Geopark
 - Church
 - Monastery, convent
 - Palace, castle
 - Museum, art gallery
 - Natural heritage site
 - Site of archaeological importance
 - Technical monument, mine
 - Cultural heritage monuments recommended for visitors
 - Site of architectural importance
 - UNESCO site of World Cultural and Natural Heritage or Intangible Cultural Heritage of Humanity
 - The geometric centre of Slovenia
 - ZOO
 - Hop-growing region
 - Canoeing, rafting

Slovenia, tourist map, 1:450,000 - 2019, 1st edition • Published by: Slovenian Tourist Board • Concept and editing by: Primož Koroš, Prof. Branko Rož, PhD • Cartographic processing, mapping and page layout: Geodetic Institute of Slovenia, Janina 2, Ljubljana, Slovenia • Source: Tourism in Slovenia, 1:250,000, 2018, data from the Geodetic Institute of Slovenia and data from the Slovenian Tourist Board • All rights reserved. Copying, duplicating or remaking the map in part or in whole is prohibited without approval of the Geodetic Institute of Slovenia.

EXPLORE SLOVENIA TRAVEL GUIDES
 Find inspiration for your trips by using the free application Explore Slovenia Travel Guides. Pick a themed digital publication and explore in your own way!



CHOOSE YOUR OWN WAY
 Slovenia is full of experiences for people with all kinds of wishes and interests. Nature and outdoor activities, wellness, culture and cuisine, and unique opportunities make it possible for every day to be different. Put together a custom-made route for yourself.



Relaxation in a spa

DISTANCES TO LJUBLJANA FROM SLOVENIAN AND EUROPEAN CITIES AND TOWNS

Bled	55 km	Lipica	86 km	Budapest	462 km
Bohinj	82 km	Maribor	130 km	Venice	249 km
Bovec	131 km	Murška Sobotna	179 km	Beograd	539 km
Celje	79 km	Nova Gorica	107 km	Dahrovnik	640 km
Črnomelj	93 km	Novo mesto	72 km	Viena	375 km
Idrija	60 km	Portorož	121 km	Milan	495 km
Kobarid	118 km	Postojna	55 km	Munich	408 km
Koper	107 km	Ptuj	132 km	Prague	649 km
Kranj	30 km	Škofja Loka	30 km	Zagreb	134 km

ACCESS
 You can come to Slovenia from anywhere in Europe. Personal or public means of transport can be used to travel between places in Slovenia. Please find more information on the routes at www.info.slovenia.info/gettingaround.

TRAVEL TIPS
 In order to drive on motorways and expressways, you must use a toll sticker on your vehicle, which can be purchased at petrol stations and many other points of sale. Information regarding toll payment for vehicles with maximum permissible weight of more than 3.5 tonnes can be found at www.dars.si.

The use of dipped headlights is mandatory in Slovenia even while driving during the day, and the driver and the passenger must be secured with a seatbelt. The mandatory equipment in the vehicle includes a warning triangle, a spare bulb kit, a first-aid kit, and a reflective high-visibility vest. The use of winter equipment is mandatory from 15 November to 15 March, or in winter conditions.

Drive safely! Don't drink and drive!

The following speed limits apply on Slovenian roads:

- 50 residential area
- 90 regional roads
- 110 express roads
- 130 motorways



IMPORTANT PHONE NUMBERS

- Police: 113
- Emergency call centre: 112
- Fire-fighters: 112
- Traffic information: 2477
- AMZS – roadside assistance and towing: 1970 or +386 1 5188 518
- Share your favourite moments on social media with #ifeelsLOVENIA: 1987 or +386 1 5305 353

CLIMATE AND TEMPERATURE

Mediterranean in the coastal region Portorož • 2 m	JUL 23,8°C / 73,4 F	JAN 4,6°C / 39,2 F
Continental in Central Slovenia Novo mesto • 220 m	21,6°C / 69,8 F	0,4°C / 32 F
Alpine in the mountains Kredarica • 2514 m	7,4°C / 44,6 F	-7,7°C / 19,4 F
Alpine in the valleys Ratoče • 946 m	17,7°C / 62,6 F	-3,7°C / 26,6 F

SHARE YOUR LOVE FOR SLOVENIA
 Share your favourite moments on social media with #ifeelsLOVENIA.

