



JULIAN ALPS TRAIL RUN **ADVENTURE**

**TRAIL RUNNING HOLIDAYS IN SLOVENIA
FOR ALL ADVENTURE LOVERS**

JULIJSKE ALPE
TRIGLAVSKI NARODNI PARK

KRANJSKA GORA

**I FEEL
SLOVENIA**

www.trailrun.si



Julian Alps and its surroundings offer everything that trail running stands for – mountain paths, where easy and runnable terrains intertwine and sometimes surprise you with more technical ones.

You'll be able to run next to the stunning emerald river Soča, see the stunning Bled, enjoy views of Slovenia's biggest mountain Triglav and of course the beautiful alpine surroundings of Kranjska Gora.

All of this is combined in the environment of Julian Alps, which in many areas are under protection of the Triglav National Park.

In this guide, you will find interesting trail running routes, scenic peaks and also some additional information, connected to the area and our event Julian Alps Trail Run by UTMB.

Have fun reading and even more fun exploring the trails!

DISCOVER THE BEAUTIFUL SIGHTS OF JULIAN ALPS

In case you haven't quite decided whether Julian Alps and its surroundings are the right trail running destination yet, then we'd like to show you some hidden gems nearby that are definitely worth a visit.

KRANJSKA GORA

Alpine touristic resort, mainly known for skiing in the winter, where you can also attend a FIS alpine skiing event and a ski flying event in Planica. In warmer months, Kranjska Gora is flooded with hikers, bikers and other outdoor

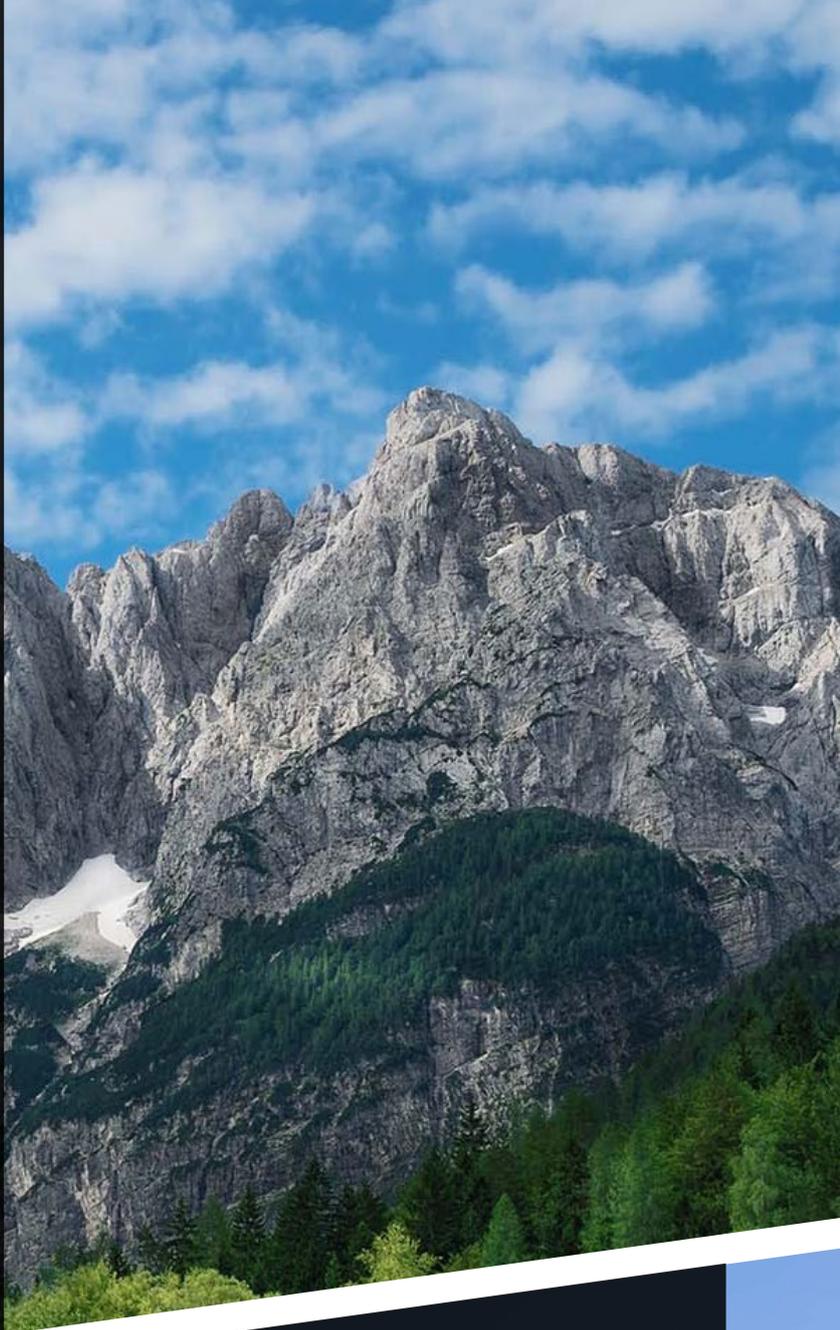
enthusiasts. Trail runners will be joining them for the last September weekend, because all Julian Alps Trail Run routes will have the finish line in Kranjska Gora.



JULIAN ALPS AND TRIGLAV NATIONAL PARK

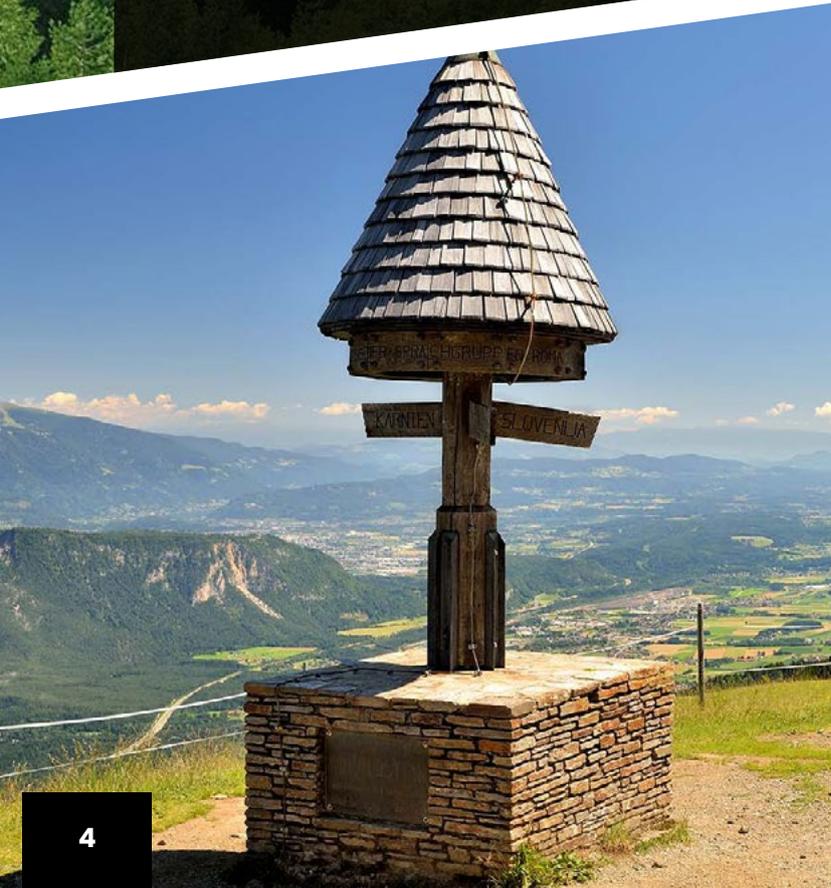
The Slovenian part of the Alps is right at the edge of this mountain range and due to that still quite unknown to many foreigners. The peaks stretch high into the sky, all the way up to 2864 meters, which is the height of Slovenia's highest mountain Triglav.

Triglav National Park is the only national park in Slovenia, located only a few steps outside Kranjska Gora. It's named after our tallest mountain Triglav, which you can find right in the heart of the park. The park is a protected area, meant to conserve and protect animal and botanical species. That's the reason why we'll only be running on paths, located at the park's border.



AT THE BORDER OF THREE COUNTRIES – SLOVENIA, AUSTRIA AND ITALY

You can find Tromeja only a pinch away from Kranjska Gora – the peak, where Slovenia, Austria and Italy intertwine with a triple border. We probably don't have to additionally emphasise this makes the location even more attractive, since it's so easily accessed by foreign runners.



ZELENCI

The source of river Sava Dolinka is well known due to its green colour. This very picturesque gem is within a walking distance from Kranjska Gora, as it will only take you 30 minutes to get there.



LAKE JASNA

This gem is only 15 minutes away from Kranjska Gora – lake Jasna, where clear water paints a beautiful picture of nearby mountains in its reflection and makes it a truly amazing attraction.

Those a bit braver and in need of a refreshment, can finish the outdoor swimming season right there in this stunning lake.



LAKE BLEED AND LAKE BOHINJ

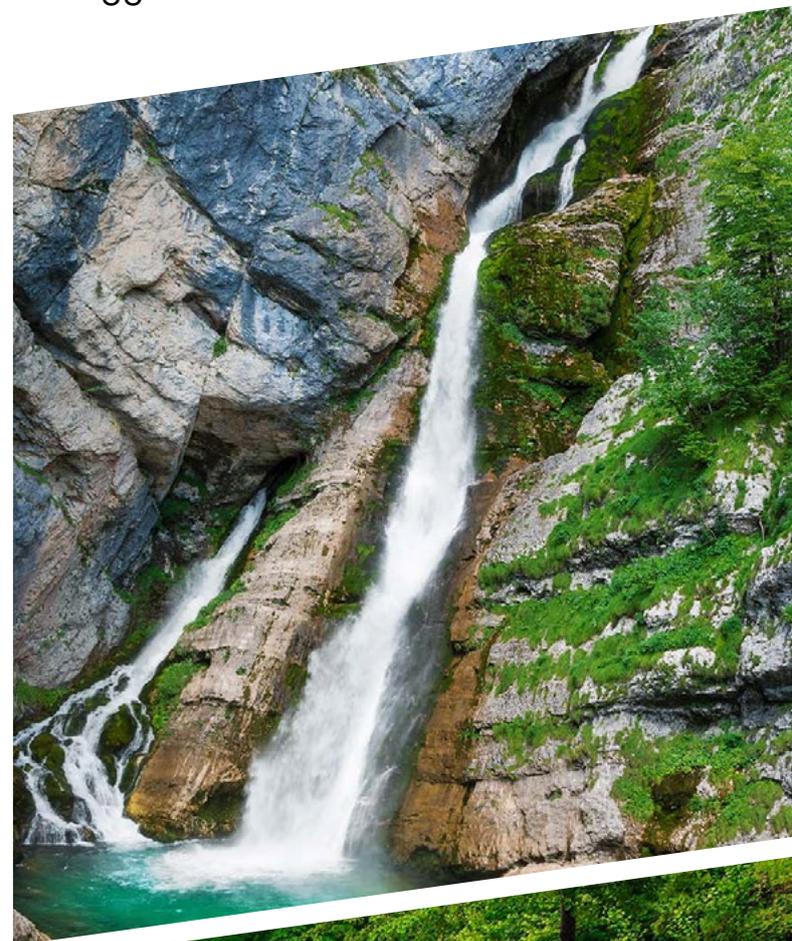
Who hasn't seen the pictures of Lake Bled with its magnificent island in the middle? This alpine lake has become a true Slovenian symbol in the past few years. We promise you won't forget the views of our little island and its church, the castle on the hill and peaks around the lake for quite some time.

Lake Bohinj awaits only a few kilometres away, which is a true paradise for water sports lovers. There are many activities to enjoy in warmer months, such as swimming, kayaking and even fishing.



WATERFALLS

Yes, you can find attractions like that located very close to Kranjska Gora. Martuljek waterfalls are right in the heart of the city, under the magnificent mountain Špik.



VINTGAR GORGE

A 1600 m long gorge, carved by Radovna River, is located approximately 4 kilometres from Bled. You breath will be taken away by many pools, rapids and other nature wonders.



SOČA VALLEY

Remote, stunning and unforgettable valley and the home of Slovenia's most magnificent river Soča. A true paradise for all nature, adrenaline, hiking and trail running lovers. But not only that – there is something for history lovers as well, as some shocking 1st world war heritage can also be found there.

VIDEO PRESENTATIONS OF DESTINATIONS OF JATRAIL



Julian Alps



Soča Valley



Kranjska Gora



Žirovnica



Radovljica

Click on the photo to follow the link and watch the video.

A photograph of three hikers ascending a mountain trail. The hiker in the foreground is wearing a teal shirt and shorts, using trekking poles. The middle hiker is wearing a light green shirt and blue shorts, also using poles. The hiker in the background is wearing a dark shirt and shorts, using poles. They are on a dirt path with tall grass. In the background, there are large, rugged mountains with some snow on the peaks under a clear blue sky.

JAT ADVENTURES

[#JATRAIL](#) [#TEK](#) [#TRAIL](#)

DAILY ADVENTURES ON JULIAN ALPS TRAIL RUN ROUTES

Julian Alps Trail Run destinations offer numerous adventures that are easily accessible all-year long. That's why we put together a few single-day trip ideas, which represent a perfect chance

to explore Slovenia – from easy family hikes to tougher trail runs. All trips are equipped with GPX files, to make sure you don't lose your way.

Legend:



Distance. How many kilometres you have to tackle.



Elevation. Total elevation gain on the whole route.



Difficulty. This category focuses especially on distance, whereas special terrain features are elaborated in text.

HERE YOU CAN DOWNLOAD
GPX FILES
OF ALL TRIPS





26,5 km 1195 v.m. ZAHTEVNO

Kobarid – Drežnica – planina Kuhinja – Kobarid

Your adventure begins in Kobarid, which is also the starting city of our longest, 170 km route, which circles the whole Julian Alps. You start with an easy ascent, right along the Italian ossuary, which serves as a monument to fallen soldiers during the first world war. Then you descend towards Soča River and cross it, so you can begin your main ascent – along Drežnica, which offers stunning views of Mount Krn, and towards Kuhinja Plateau, which is the highest point of your trip. The route is fairly easy the whole time, with some steeper parts. Kuhinja Plateau offers the perfect chance to rehydrate and take a minute to enjoy the view. Then you can start making your way back to the starting point – right along villages Krn, Vrsno, Smast and Landra.



23,6 km 1292 v.m. ZAHTEVNO

Tolmin – planina Razor – Tolmin

You start your adventure in Tolmin, go along village Žabče and then right into a steep uphill. You'll go through the most of your uphill in the first five kilometres, so make sure you start slow. After that the terrain is a bit easier and you follow an easy ascent towards Razor Plateau, where you can grab a bite and rehydrate. Don't forget to take a moment and enjoy stunning mountain views. You'll descend along a different route, towards Tolminske Ravne. If you have enough energy left at the end of the trip, we suggest taking the time to walk through the stunning Tolmin Gorge.



6,8 km 373 v.m. LAHKO

Kročna po Soriški planini

Soriška planina is the perfect location for a family trip. It offers everything that high mountain ranges have – views, stunning routes and peaks, all while still being easily accessible either from Bohinjska Bistrica or Selška Valley. Even the youngest and most inexperienced hikers can tackle this trip and enjoy the stunning views it offers. You'll be able to enjoy military forts along the way and you can even tackle hikes to Možic or Lajnar.



15,3 km 462 v.m. SREDNJE

Radovljica – Talež

You start your adventure in Radovljica, which is also the starting point of our 100 km race. You begin by descending to the stunning Fuks footbridge, through which you cross Sava River and begin your ascent towards Talež. The ascent is short and fairly easy and it offers a great reward at the top – breath-taking views towards Bled Lake, Karawanks and the incredible mount Stol. You'll descend towards Ribno and after that, all you must do is follow Sava River, which will guide you right back to where you started in Radovljica.



20,7 km 1654 v.m. ZAHTEVNO

Završnica – Stol

Mount Stol (2236 m) is the king of Karawanks ridge and the highest peak of the ridge. Runners on our longest three races will climb it during the race and our 60 km race starts right below this stunning mountain – in Žirovnica. Your circular route starts in Završnica, right by the lake, and you climb towards a mountain hut. That's where you turn left and follow the blazes towards Stol. You can make the most out of Prešeren mountain hut right below the top, where you can grab a bite and rehydrate for your descent. You'll descend towards Žirovniška plateau and back to the lake. This is a difficult trail, suitable for experienced runners and hikers.



17,0 km 520 v.m. SREDNJE

Kranjska Gora – Srednji Vrh (Speed Trail)

Kranjska Gora is the main destination of our trail running event, hosting starts of our three races and all six finishes. You'll do the most of your 17 km on our Speed Trail (15 km) route. You begin at Vitranc sports hall and continue towards Pišnica river and pass the running Jasna Lake, where you'll be able to take in some of the most running views of Slovenian Alps. Then you'll pass a village and make your way towards Tofov graben (which is a bit more technical, but still safe and secure) and then Gozd Martuljek. Next you simply follow the signs for Srednji Vrh village – where you'll be able to enjoy an iconic view of mount Špik (2472 m) and its surrounding peaks. Then you're in for an exciting downhill on Alpe Adria Trail back towards Kranjska Gora.

A person is seen from behind, hiking on a rocky mountain trail. They are wearing a dark shirt, shorts, and a backpack. The background features a vast, rugged mountain range under a clear sky. The text is overlaid on the upper part of the image.

WHAT CAN YOU EXPECT FROM JULIAN ALPS TRAIL RUN BY UTMB ROUTES?

Slovenia, a small green country, distinguished by numerous natural gems. In the southwestern part it has access to the Adriatic Sea, in the south you can find mysterious forests with remnants of primeval forests, and in the northern and northwestern parts it is covered by the Alps, which rise up to almost 3000 m. And it is in this natural gem, which is also protected by the Triglav National Park, that you will circle through the magnificent routes of Julian Alps Trail Run by UTMB.

Julian Alps and the Triglav National Park are also a refuge for many wild animals. Among the most iconic is certainly the ibex, which, as a symbol of this region, you can also find in our logo.

They enchant us again and again. Don't believe it? Come and see for yourself, but for an introduction, just keep reading.

AROUND JULIAN ALPS AND AROUND SLOVENIA'S HIGHEST MOUNTAIN – TRIGLAV...

Our longest route, which is also the supporting route of the event's story, circles Julian Alps and the highest Slovenian mountain, Triglav (2864 m). In 170 km, it takes you from the iconic Soča Valley through the scenic peaks above Lake Bohinj all the way to Lake Bled. In the meantime, Triglav will accompany through the ridge sections – you'll be able to admire it on your left side.

In the second part, you will first have to climb to the mountain hut on Stol (2174 m) and then run along the beautiful ridge of Karawanks, which is considered to be one of the most stunning trail running sections in Slovenia. It is a more than 20 km long ridge area that offers incredible views of Austria and the highest peaks of Julian Alps and the Triglav National Park.



WHAT CAN I EXPECT ON MY RUN AT JULIAN ALPS TRAIL RUN BY UTMB?

THE EMERALD RIVER SOČA

The start of the longest route is in a beautiful alpine valley – the Soča Valley, which is known mainly for the emerald Soča River. With its magical colour, this is considered one of the most beautiful European rivers. Shortly after the start in

Kobarid, the trail will take you right under the peaks of Julian Alps. To the area where the legendary mystical creature Goldhorn guards his treasure. Maybe you'll get lucky and will even get to catch a glimpse of it during the race.

TRIGLAV NATIONAL PARK – THE WILD TOLMIN GORGE

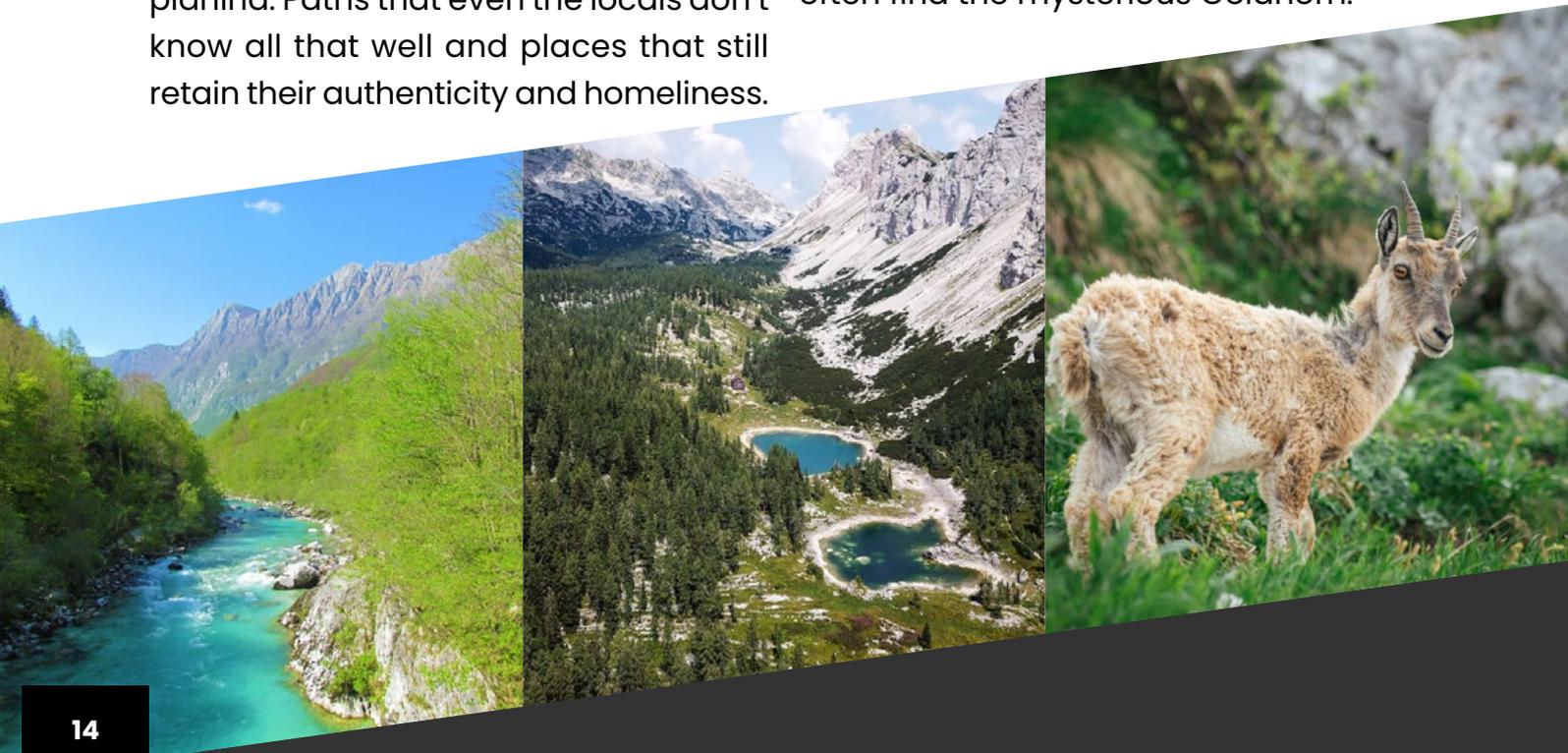
The routes will offer you beautiful views of the Julian Alps and the heart of the Triglav National Park. You'll also get to discover parts of the park during the race itself – this way you will be able to experience the beautiful Tolmin Gorge,

which is considered one of the most stunning gems in Triglav National Park. It also represents the lowest point of the park. This is definitely an area, where we recommend slowing down a bit and taking it all in.

BAŠKA GRAPA – BELOW THE GOLDHORN'S KINGDOM

The most mysterious part of the route awaits you between Tolmin and Soriška planina. Paths that even the locals don't know all that well and places that still retain their authenticity and homeliness.

Beautiful views and routes that we searched for with the help of locals, who surely know these trails best. This is the area that under the mountains between Tolmin and Bohinj, where you can also often find the mysterious Goldhorn.





FROM SORIŠKA PLANINA TO RATITOVEC – MT. TRIGLAV AND AN INCREDIBLE JULIAN ALPS VIEWPOINT

After you leave Baška Grapa and climb towards Soriška Planina, you will be greeted by an extraordinary view of our highest mountain – Triglav, 2864 m. In the next 10 km, you will spend quite a bit of time on the scenic ridge all the way to Ratitovec. Triglav and other peaks of

the Julian Alps will accompany you all the time on your left. But if you look a little further into the valley, you will also notice Lake Bohinj down below, which is considered a real natural gem of the Julian Alps.

INTO THE WILD OF MYSTERIOUS FORESTS AT JELOVICA

The mysterious and wild forests of Jelovica will accompany you for more than 10 km. The mighty Jelovica plateau is certainly considered one of the less

explored areas in Slovenia. Tall trees and pure wilderness. With a bit of luck, you might even meet a deer, a hind or a lynx, which have recently been resettled here.

WORLD-FAMOUS LAKE BLEĐ

If you had to choose the most iconic and tourist-known spot in Slovenia, then it would definitely be Lake Bled. The fairytale location with an island in the middle of the lake, on which you can

also find a church, is certainly the most photographed spot in Slovenia. And the best part? It is located in the Julian Alps, so of course we simply couldn't leave it out of our routes.

CLIMBING MT. STOL – “THE WALL”

The most striking part of the route, which you will certainly not forget – a 1,600 m long ascent to the highest point of the route – to Mount Stol or more accurately to the Prešeren hut right below the peak

ON THE RIDGE

If you had to choose the most beautiful part of the route, then it would definitely be this section. A good 20 km of pure pleasure. Karawanks ridge is probably the most beautiful trail running area in Slovenia. Stunning and incredible runnable trails, accompanied by breath-

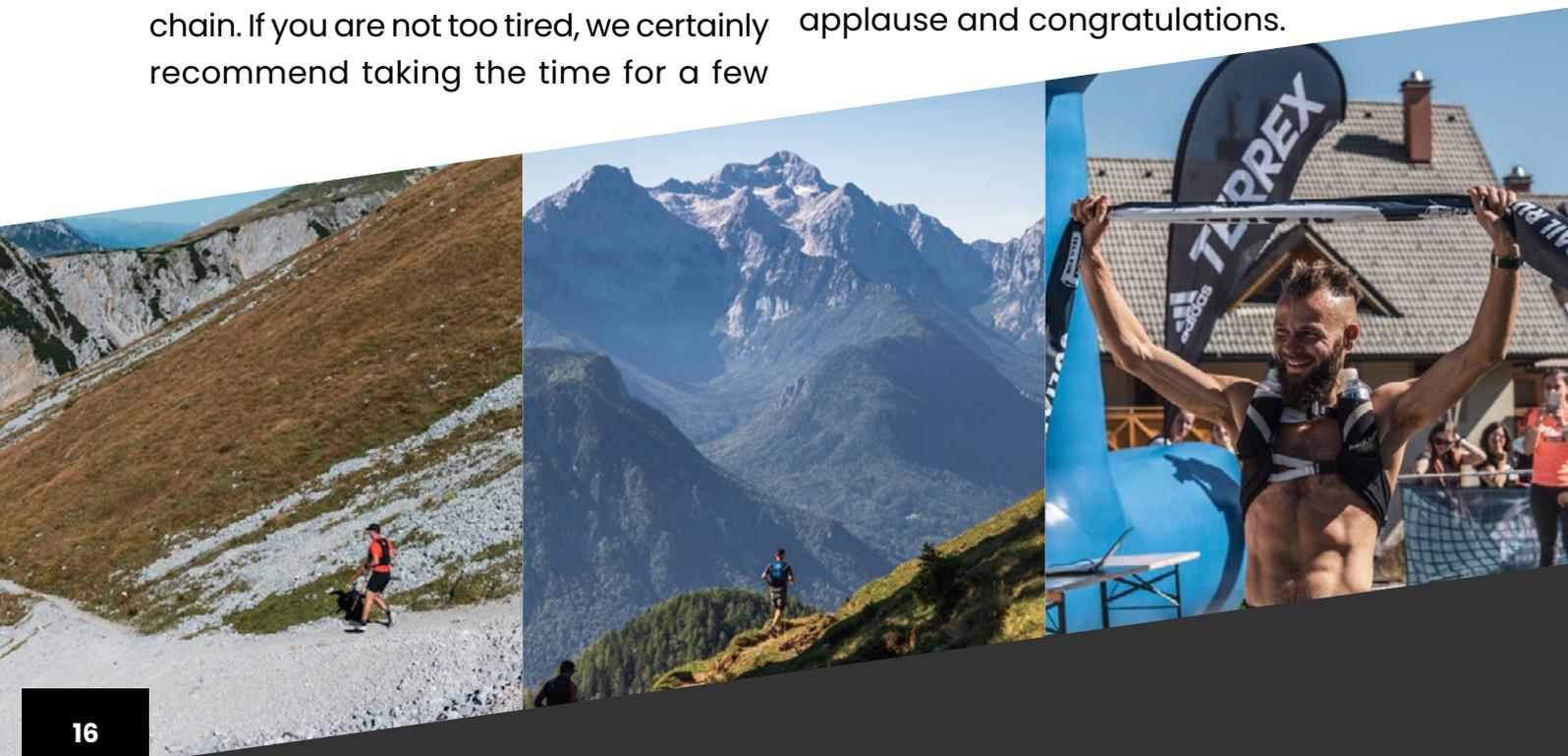
FINALLY REACHING THE THRONE – KRAJNSKA GORA

Before arriving in the idyllic alpine Kranjska Gora, you have to run a few kilometres through the valleys. Then, just before the finish line, a short climb to Srednji vrh, which offers a beautiful view of Špik and the entire Martuljek mountain chain. If you are not too tired, we certainly recommend taking the time for a few

of mountain Stol (2,174 m). Many of you will get to admire the sunrise during the ascent, and the scenery with of Julian Alps lit up by the morning sun will be one of the most memorable parts of the race. The climb is not easy, but the beautiful views make it all worth it.

taking views that will be etched in your memory forever. On the left, the beautiful peaks of Julian Alps with Triglav at the front, and on the right, Austria with its over 3000 m high mountains in the distance. In this area, you are constantly running along the national border between Slovenia and Austria, so just one step to the right and you are already in Austria .

photos here. After the descent, you will soon be greeted by the much-awaited throne – Kranjska Gora. This is where your dreams will come true. You can expect all kinds of emotions as you're finally coming home and crossing the finish line. All you have to do is to simply enjoy these moments, and we will make sure that we welcome you with a thunderous applause and congratulations.





**MORE INFORMATION ABOUT
JULIAN ALPS TRAIL RUN
BY UTMB**

