



Aktivni dnevi v hotelu Špik

• KOLESARSTVO • POHODNIŠTVO • IZLETNIŠTVO

Veseli smo, da ste se odločili za aktivno preživljanje dni v Alpskem resortu Špik, Gozd Martuljek. Za raziskovanje bližnje okolice smo pripravili nekaj predlogov izletov, ki so le streljaj od našega hotela. Nanizani predlogi so pohodniško in kolesarsko naravnani in usmerjeni in odkrivanje bližnjih naravnih in kulturnih lepot Zgornjesavske doline. Želimo, da bi med idejami našli nekaj zase, tako da bo vaše bivanje še bolj prijetno in polno nepozabnih dogodivščin. Za dodatne informacije in pojasnila vam bo recepcijsko osebje z veseljem priskočilo na pomoč.

Špik hotel and outdoor activities

• CYCLING • HIKING • EXCURSIONS

We are very pleased you decided to spend your active quality time at the Alpine Resort Špik in Martuljek. We prepared a few ideas for you to explore the nearby surroundings. All excursions involve hiking and cycling and enable you to explore nearby natural and cultural landmarks of the Upper Sava Valley. We hope you will find them pleasant and that they will make your stay an unforgettable one! If you have any questions, please contact our reception staff. They will be happy to help with advice and suggestions.



ŠPIK

ALPINE RESORT

Gozd Martuljek, Slovenija

hit universe of fun

KOLESARSKI IZLETI / CYCLING TOURS

1 Jezero Jasna – Kranjska Gora / Jasna Lake – Kranjska Gora

Pred začetkom prvih zavojev ceste na gorski prelaz Vršič se ustavite na kratkem oddihu pri jezeru Jasna. Sestavlja ga dvoje med seboj povezanih umetnih jezer na sotočju potokov Velike in Male Pišnice. Kopalce in ostale obiskovalce pri jezeru pričakujejo pomoli in šest metrov visoka razgledna ploščad. V jezeru se lahko v poletnih mesecih ohladite ali posladkate z osvežilno pijačo, sladico ali sladoledom ter uživate v razgledu na čudovite Julijske Alpe. Okoli jezera Jasna so urejene sprehajalne poti.

- Pot: Od hotela po kolesarski poti proti Kranjski Gori – Vršič
- Ob poti priporočamo obisk: Kranjske Gore, Liznjekove domačije, letnega sankališča
- Glavna zanimivost: NARAVNE LEPOTE
- Oddaljenost od hotela: 7 km
- Težavnostna stopnja: 1 (primerna za družine in občasne rekreativce)

Before the first road bends to Vršič, stop for a short break at the Jasna Lake. It consists of two interconnected artificial lakes at the confluence of the Velika Pišnica and Mala Pišnica streams. It offers bathing piers for bathers and a 6m sightseeing platform for visitors. Enjoy a pleasant refreshment in the water or simply admire the wonderful Julian Alps with a cool drink, dessert or ice cream in your hand. The area around the lake offers nice trail for relaxing walks.

- Directions:* Take the cycling route from the hotel towards Kranjska Gora – Vršič.
- Recommendation:* visit Kranjska Gora, Liznjek Homestead, summer toboggan
- Main attraction:* NATURAL SIGHTS
- Distance from the hotel:* 7 km
- Level of difficulty:* 1 (suitable for families and beginners)

2 Naravni rezervat Zelenci - Rateče / Zelenci Natural Reserve - Rateče

Zelenci so talni izvir Save Dolinke, kraj, kjer voda privre na dan iz do dveh metrov globokega jezera zelene barve. Zaradi te izrazito zelene barve je izvir tudi dobil svoje ime. Posebno zanimivi so Vodni tokovi v jezerskem dnu. Porozna jezerska kreda, ki je na dnu, neprestano prepušča talno vodo v obliki »vulkančkov«, kar je edinstven primer v Sloveniji. Jezerska voda ima stalno temperaturo okrog 5-6 °C.

- Pot: Od hotela po kolesarski poti proti Kranjski Gori – Podkoren – Rateče
- Ob poti priporočamo obisk: vasi Podkoren in Rateče; Nordijski center Planica
- Glavna zanimivost: NARAVNE LEPOTE
- Oddaljenost od hotela: 12 km
- Težavnostna stopnja: 1 (primerna za družine in občasne rekreativne športnike)

 Zelenci are ground springs of Sava Dolinka River where the water emerges from about 2 metres deep and is of spectacular green colour. Hence the name: in Slovenian language, zelen means green. A special feature are the water streams at the bottom of the lake. Because of the porous lake chalk at the bottom, the soil water constantly emerges in the form of little »volcanos« – a unique phenomenon in Slovenia. The water in the lake has a constant temperature of 5 to 6 °C.

- Directions:* Take the cycling route from the hotel towards Kranjska Gora – Podkoren – Rateče.
- Recommendation:* visit the villages of Podkoren and Rateče, the Planica Nordic Center
- Main attraction:* NATURAL SIGHTS
- Distance from the hotel:* 12 km
- Level of difficulty:* 1 (suitable for families and beginners)

3 Slap Peričnik – Mojstrana / Peričnik Waterfall – Mojstrana

Peričnik sodi med najbolj znane slapove v Sloveniji. Govorimo lahko o dveh slapovih: 16 m visokem zgornjem Peričniku in 52 m visokem spodnjem Peričniku, ki se nahajata na vhodu v alpsko dolino Vrat, kraj, od koder lahko občudujemo severno steno Triglava (2.864 m). V določnem oziru je tudi svetovna znamenitost posebne vrste; le pod malokaterim slapom se lahko tudi sprehodimo, tako da gremo za slap.

- Pot: Od hotela po kolesarski poti proti Mojstrani – dolina Vrat
- Ob poti priporočamo obisk: Slovenskega planinskega muzeja v Mojstrani
- Glavna zanimivost: NARAVNE LEPOTE
- Oddaljenost od hotela: 15 km
- Težavnostna stopnja: 2 (primerna za rekreativne športnike)

Peričnik Waterfall is one the most renowned in Slovenia. There are actually two waterfalls: the 16m upper Peričnik and the 52m lower Peričnik. They are both located at the entrance to the Vrata Valley, a place from where visitors can admire the north face of Triglav (2.864 m). It also boasts a very special, unique feature: not many waterfalls enable you to see them from the other side: you can actually walk under the waterfall.

- Directions:* Take the cycling route from the hotel towards Mojstrana – Vrata Valley
- We recommend you visit:* Slovenian Alpine Museum in Mojstrana
- Main attraction:* NATURAL SIGHTS
- Distance from the hotel:* 15 km
- Level of difficulty:* 2 (suitable for recreational athletes)

4 Gorski prelaz Vršič in Ajdovska deklica Vršič Mountain Pass and Heathen Maiden

Vršič je 1611 metrov visok preval, ki je naravna ločnica med dolinama Save in Soče. Ta preval je najvišji in poleg Predela edini gorski cestni prelaz v Vzhodnih Julijskih Alpah. Na Vršiču se je možno okrepčati in odpočiti v več planinskih kočah, kot so Tičarjev dom, Poštarska koča, Erjavčeva kočā in Koča na Gozdu. Ob cesti na Vršič se na višini okoli 1.200 metrov nahaja tudi Ruska kapelica, ki je bila postavljena v spomin na smrt in trpljenje več sto ruskih ujetnikov, ki so prelaz gradili. Za fenomen narave pa poskrbi »Ajdovska deklica« v severni steni Prisaneka. Kamenno podobo deklice najlepše vidimo z razglednega grička pri Poštarski koči na Vršiču; vidna je tudi iz Erjavčeve kočē.

- Pot: Od hotela po kolesarski poti proti Kranjski Gori – gorski prelaz Vršič
- Ob poti priporočamo obisk: Kranjske Gore, jezera Jasna, Liznjekovea domačije
- Glavna zanimivost: NARAVNE LEPOTE
- Oddaljenost od hotela: 16 km
- Težavnostna stopnja: 4 (primerna za kondicijsko pripravljene športnike)

Vršič is a 1.611m pass, a natural boundary between the Sava and Soča valleys. It is the highest pass and only one of two mountain road passes in the Eastern Julian Alps (the other one is Predel). Vršič offers several mountain huts that offer refreshments and accommodations: Tičarjev dom hut, Poštarska kočā hut, Erjavčeva kočā hut and Koča na Gozdu hut. Just off the main road winding up to Vršič, at an altitude of around 1.200 metres, you will find the Russian Chapel. It was built to honour several hundred Russian prisoners of war that suffered and died while building the Vršič road pass. If you wish to see a very special natural wonder, head to the north face of Prisanek. There you will see the face of a girl – the Heathen Maiden. It is a rock formation best visible from the sightseeing platform at the Poštarska kočā hut on top of Vršič and also from the Erjavčeva kočā hut.

- Directions:* Take the cycling route from the hotel towards Kranjska Gora – Vršič Mountain Pass
- We recommend you visit:* Kranjska Gora, Jasna Lake, Liznjek Homestead
- Main attraction:* NATURAL SIGHTS
- Distance from the hotel:* 16 km
- Level of difficulty:* 4 (suitable for well-prepared athletes)

POHODNIŠTVO / HIKING

5 Martuljški slapovi / Martuljek Waterfalls

Martuljški slapovi se nahajajo v osrčju Martuljške skupine nad dolino Gozda Martuljka in sestojijo iz dveh slapov. Zaradi edinstvenosti so to območje skupaj s potokom Martuljek že leta 1949 razglasili za krajinski park, od leta 1981 pa je del Triglavskega narodnega parka. Spodnji Martuljkov slap je manjši od obeh slapov, vendar skupaj s sotesko tvori slikovito podobo. Visok je 29 m in se nadaljuje še 25 m v več skočnikih. Zgornji slap je mogočnejši, saj je v vseh štirih stopnjah visok cca 100 m. Pot do njega je v glavnem gozdna, je pa od brunarice v Jasenjah dobrih 250 m višinske razlike.

- Pot: Od hotela preko brvi do kolesarske steze v smeri Špikove skupine
- Ob poti priporočamo obisk: Koče Pri Ingotu za planinske kulinarične specialitete
- Glavna zanimivost: NARAVNE LEPOTE
- Oddaljenost od hotela: 3,5 km
- Težavnostna stopnja: 2-3 (primerna za rekreativne športnike)

Martuljek waterfalls are located at the heart of Martuljek mountain chain, above the Gozd Martuljek valley, and consist of two waterfalls. Because it is so unique, this area, together with Martuljek stream, was pronounced a landscape park in 1949, and since 1981 it is part of Triglav National Park. The lower Martuljek waterfall is the smaller one, but together with the gorge it offers a stunning view. It is 29 metres high and continues down further 25 metres in several Beli potok waterfalls (called Skočniki). The upper waterfall is mightier, together reaching 100 metres. The trail leading to it winds through a forest, elevating 250 metres from the Brunarice pri Ingotu cabin on the Jasenje plain.

- Directions:* Take the wooden bridge leading to the cycling route towards the Martuljek (or Špik) mountain chain
- We recommend you visit:* Brunarica pri Ingotu cabin that offers local culinary specialities
- Main attraction:* NATURAL SIGHTS
- Distance from the hotel:* 3,5 km
- Level of difficulty:* 2 – 3 (suitable for recreational athletes)

6 Tromeja / Three Borders

Peč (Tromeja) je 1508 m visok vrh, ki se nahaja na tromeji med Slovenijo, Italijo, Avstrijo. Z vrha se vam ponuja veličasten razgled na Julijske Alpe, Ziljske Alpe, Krške Alpe, Visoke in Nizke Ture ter del zahodnih Karavank. Opazili boste, da so spominska obeležja na vrhu napisana v vseh treh jezikih. Vsako leto se tu na družabni prireditvi srečajo predstavniki vseh treh narodov.

- Pot: Z avtomobilom proti vasi Rateče, parkiranje možno v vasi Rateče pri avtobusni postaji ali na urejenih parkiriščih ob poti na vrh / 10 min vožnje
- Ob poti priporočamo obisk: Cerkev sv. Tomaža
- Glavna zanimivost: NARAVNE LEPOTE
- Oddaljenost od hotela: 8 km z avtom, potem 2,5 ure peš
- Težavnostna stopnja: 3 (primerna za kondicijsko pripravljene športnike)

Peč (Three Borders) is a 1.508 m peak located at the tri-border area between Slovenia, Italy and Austria. From the top a magnificent view of the Julian Alps, Gailtal Alps, Gurktal Alps, the Lower Tauern and the High Tauern and a part of the western Karawanks opens. You will notice that the memorials at the top are written in all three languages. Every year a social event brings together representatives of all three nations.

- Directions:* By car to Rateče where you can park at the bus stop or on dedicated parking lots located at the road to the top /10-min drive
- We recommend you visit:* Church of St Thomas
- Main attraction:* NATURAL SIGHTS
- Distance from the hotel:* 8 km by car, then by foot 2,5 hours
- Level of difficulty:* 3 (suitable for well-prepared athletes)

7 IZLETNIŠTVO / EXCURSIONS

Nordijski center Planica / Planica Nordic Centre

Nordijski center Planica je moderen skalalno-tekaški center v dolini pod Poncami, ki leži približno 2 km zahodno od vasi Rateče. Otvoritveno tekmo so priredili 4. februarja 1934 na Bloudkovi velikanki. Planica velja za zibelko poletov, saj je Avstrijec Sepp Bradl 15. marca 1936 kot prvi človek v zgodovini preletel sto metrov, ko je pristal pri 101,5 metra. V Planici je človek prvič v zgodovini poletel preko 100 in 200 metrov. Skupaj pa je bilo v tej dolini na dveh skalalnicah doseženih skupno kar 41 svetovnih rekordov, največ od vseh krajev po svetu.

- Pot: Od hotela proti meji z Italijo / vasi Kranjska Gora – Rateče
- Oddaljenost od hotela: 13 km
- Časovni okvir: poldnevni izlet
- Primerno za vse obiskovalce/dostopnost z avtomobilom.

****Izlet lahko kombinirate s pohodom skozi dolino Tamar.****

Planica Nordic Centre is a modern ski jumping and cross-country skiing center in the valley under the Ponce Mountains, approx. 2 km west of Rateče. The first ski jumping competition was held on 4 February 1934 on the Bloudek giant. Planica is considered the cradle of ski flying: on 15 March 1936, Austrian Sepp Bradl landed at 101.5 metres and was the first human being in history to fly over the 100m mark. Planica holds two amazing records: it witnessed two human beings flying first over 100 metres and then over 200 metres. Together, Planica saw 41 world records, the most among all ski jumping and ski flying venues in the world.

- Directions:* From the hotel towards the Italian border / Kranjska Gora and Rateče villages
- Distance from the hotel:* 13 km
- Timeframe:* half-day trip
- Suitable for all visitors / accessible by car*

**** You can combine your trip with a hike through the Tamar valley.****

8 Ruska kapelica - Vršič / Russian Chapel - Vršič

Ruska kapelica je postavljena v spomin ruskim vojakom, ki jih je zasul snežni plaz med gradnjo ceste čez gorski prelaz Vršič. Kapelica je urejena v pravoslavnem slogu, ki izraža vero vojakov, ki so na tem mestu preminuli. Zgradili so jo leta 1916. Poleg nje pa je tudi grob teh vojakov. Spomenik na grobu je v obliki piramide z napisom v ruščini: »Sinovom Rusije«. Natančno število umrlih vojakov ni znano, domneva pa se, da je med gradnjo ceste umrl od 170 do 300 ruskih in od 10 do 80 avstrijskih vojakov.

- Pot: Od hotela proti Kranjski Gori – gorski prelaz Vršič
- Oddaljenost od hotela: 16 km
- Časovni okvir: poldnevni izlet
- Primerno za vse obiskovalce / dostopnost z avtomobilom.

****Izlet lahko spremenite v celodnevnega z obiskom doline Soče.****

Russian chapel was erected in memory of the Russian soldiers who died under a snow avalanche during the construction of the road through the Vršič mountain pass. It is a Russian Orthodox chapel built to honour the religion of the deceased soldiers. It was built in 1916 and is surrounded by prisoners' graves. A pyramid-shaped memorial marker to the immediate right of the chapel has a Cyrillic inscription reading "To the sons of Russia". The exact number of casualties was never determined; it is said that between 170 and 300 Russian soldiers and between 10 and 80 Austrian soldiers died during construction.

- Directions:* Head towards Kranjska Gora – Vršič mountain pass
- Distance from the hotel:* 16 km
- Timeframe:* half-day trip
- Suitable for all visitors / accessible by car*

**** You can combine your trip with a visit to the Soča valley.****

V času bivanja v hotelu Špik predlagamo izlete tudi do:

- Bovca** (50 km od hotela) – centra adrenalinskih športov Slovenije in doline Soče;
- Radovljice** (37 km od hotela) – starega srednjeveškega mesta;
- Italije / Tarvisio** (27 km od hotela) s postankom pri Fužinskih jezerih in pa vožnjo z gondolo na Višarje;
- Soteske Vintgar** (26 km od hotela) – 2 km dolge soteske z mostovi in galerijami;
- Blejskega jezera** z otokom in srednjeveškim gradom (35 km od hotela);
- Ljubljane & Postojne** (129 km od hotela) – glavnega mesta Slovenije v kombinaciji s Postojnsko jamo in Predjamskim gradom ter
- Celovca** (70 km od hotela) – koroške deželne prestolnice ob Vrbskem jezeru.

V primeru dodatnih vprašanj pri načrtovanju aktivnih dni v Alpskem resortu Špik vam bomo z veseljem priskočili na pomoč.

While staying at Špik hotel, we recommend the following destinations:

- Bovec** (50 km from the hotel) – a center of adrenaline sports in Slovenia.*
- Radovljica** (37 km from the hotel); an old town dating back to the Middle Ages.*
- Italy / Tarvisio** (27 km from the hotel) with a stop at the Laghi di Fusine and an ascent to Višarje by cable car.*
- Vintgar Gorge** (26 km from the hotel) – a 2 km long gorge with bridges and galleries*
- Bled Lake** with its island and a medieval castle (35 km from the hotel)*
- Ljubljana & Postojna** (129 km from the hotel) – a trip to the capital of Slovenia, combined with a visit to Postojna Cave and Predjama Castle.*
- Celovec** (Ger: Klagenfurt am Wörthersee) (70 km from the hotel)– capital of the federal state of Carinthia in Austria.*

If you have any questions regarding outdoor activities, we will be happy to help and advise.

Špik, Alpine Resort

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