

What else the forest offers



Erasmus+

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FORESTS IN ŽIRI AND THE SURROUNDING AREA



Slika 2: Basin of Žiri surrounded by hills

Žiri is a town that lies in a basin at an altitude of 482 m. It is surrounded by almost 1000 m high hills, which are mainly covered with mixed forests. There are a lot of spruces, beech and oaks. A few years ago the freezing rain covered the trees and the



Slika 1: Consequences of freezing rain (damaged forest)

forests were very damaged. Later the trees were also attacked by the bark beetle. Nevertheless, the forests are now almost recovered. There is very little broken trees and overgrown. Forest owners mostly live on the surrounding farms.



Slika 4: Forest path

Inhabitants of Žiri are surrounded by forests so to speak they live with them. Due to the hilly terrain the forests are well intertwined with the paths that visitors often use as walking trails and owners for wood harvesting. We stroll a lot, enjoy the fresh air and collect forest fruits. We

can see a lot of animals: rabbits, foxes, deer, capercaillie, badgers, numerous bird species, such as owls, cuckoos..., and sometimes also some bear comes to visit. This rumors usually begin to circulate at the time when the blueberries are ripe.



Slika 3: The remains of bird's nest

The forests offer fresh air, wood for industry and fuel, forest fruits, enjoying the nature, and much more. In some areas they are quite watery. There are some river springs that flow into the Poljanska Sora (Žirovnica, Črna, Osojnica, Hobovščica, Račeva).



Slika 5: Stone table at Ravne

The Rupnik line (fort on the Goli vrh), the Trim track named LAZ, the lake of Smrečje are located in the forests of Žiri. There are also some natural attractions, such as Stone table at Ravne, Matjaževe kamre caves... A large part of the bicycle circle of Žiri crosses these forests. A few times a year, a creative hike through Zala is organized.

The fort on Goli vrh hill is one of the largest forts of Rupnik's line. It consists of two overground bunkers and one underground tunnel, which is located about 25 m below the surface. It was built before the second world war, as a defense against a possible Italian attack, but it never served its purpose. A permanent exhibition of things from the time of construction is now in it. Various events are held in the spacious halls, throughout the year. The most attractive is bowling with wooden bullets. (from brochure)



Slika 6: Entrance to the underground tunnel



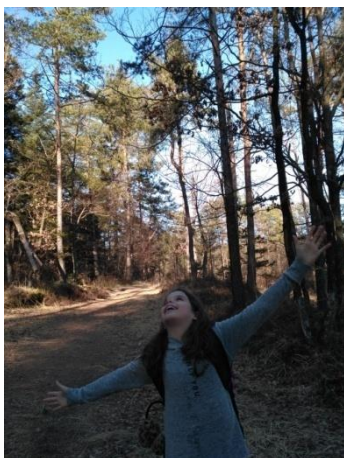
Slika 7: Training at Žiri trim track LAZ

Žiri trim track LAZ was set in 1976 by the teacher of sports, mister Janez Bizjak. The track was very well accepted and it became a popular hiking point for people in Žiri. Until now the track was renewed twice. For the first time in 1996 by students and



Slika 8: Training marks at trim track LAZ

secondly in 2016 on the wish of citizens. The total length of the track is 2.5 km, it has 20 different stations: 7 heating exercises, 12 exercises for muscle strengthening and at the end the exercises for stretching.



Slika 9: Enjoying in the nature

Humanity has lots of benefits from the forest so we all should take good care of it. Only so our descendants will be able to enjoy its beauty.

Mija Pirnat, 7.c

ERASMUS+

Around Žiri there are a lot of forests, where you can find many wide varieties of trails, with majestic views and fresh alpine air. While waking through the forest you'll notice many plants, see stream running across the forest path, but if you're lucky you might meet some kinds of wild animals that live in the local forests. The locals like to collect mushrooms, wild garlic, blueberries, wild strawberries, elderberries and many others. Žiri lies in the valley, surrounded by the forests on the hills and higher areas. The forest is mixed, principally beech and spruce. Much of the forest around our place was damaged by frost(in fact everything was in ice) in 2014. Žiri lies near the river Sora, by which there are many walking trails, bike trail on Ledinica and recreational grounds. There are tennis and volleyball courts, there are also children playgrounds. In summer, quite a few locals swim and jump in the river. In the near village Selo, people can do canoeing.

Ana Govekar



ERAZMUS + I FEEL WOOD – FOR GOOD

Forests in Žiri offer different things. We can spend our free time with sports activities and recreation, hiking, walking, hunting, cycling and entertainment. Also we can pick mushrooms and forests fruits. Forest also offers natural attractions and wood, which can be used for heating, the production of diverse furniture.

The surrounding hills:

- Mrzli vrh - Koprivnik is a viewpoint on the northwest basin
- Vrsnik, Ledine, Breznica are point of interest on the west side in the direction of Idrija.
- Vrh svetih Treh kraljev is a wonderful viewpoint in Žiri and the Ljubljana Basin, Polhograjsko and Škofjeloško hills.
- Goli vrh in Javorč are the highest peaks of the long crest Žirovski vrh. In particular Javorč is the most visited tourist destination with a hunting lodge.
- Goropeke are extremely popular tourist destination of locals and tourists. they offer many opportunities for hiking. I should also mention that through the hills past Žirov runs the also called Loška transverzala.



View at the Žiri valley and surrounding forests

In Žiri is the most famous jogging trail Laz. The track is 2,5 kilometers long. It offers 20 stations, where we can warm up, train body condition and strengthen muscles. On the end the last station, is intended for stretching. More specifically, there are 7 warming up stations and 12 training exercises for body condition and muscle strengthening. The trail is intended for active leisure time.



Sketch Žiri jogging paths

Natural Heritage of the Forest:

Along the road from Žiri to Logatec lies Matjaž's Caves which is a natural curiosity (caves) and the most prominent archeological site. In the excavation they found the bones of cave bears, bison, wolves and deer. Locals used the cave primarily as a shelter for the fireplace and stone tools, which were used in the Stone Age. The finds are old around 50.000 years.



Matjaževe kamre (jama) - Matjaž's chambers (cave)

On this road there is also the way to the village Ravne. In the sinkhole in the middle of the forest, there is a mysterious stone table. Rocks from dolomite and dolomite limestone are stacked one on another in the form of tables, is width about 5 m, and high somewhere between 3 and 4 m.



stone table

Maršotna's cave is located in Ledinica under the church of St. Anne. In the cave is a tunnel that leads to the church of Sv. Ana. The tunnel and cave were at the time of Turkish attacks for the locals meant mainly as a shelter and safe hiding place.

Ivana Novak

ŽIRI

Žiri is a basin at the end of Poljanska valley at the junction of the three slovenian regions (Gorenjska, Notranjska and Primorska).

It is surrounded by many hills covered with trees. Žiri is a starting point of many trails, which are well marked with markings. On some tops of hills there are cottages where hikers can get food and drink.



marking



cottage on Mrzli vrh

In our forests the most common trees are beech and spruce. After a number of many interpretations our town is named Žiri because of beech's fetal-beechnuts. For Žiri and region, forest is very important, because a lot of people uses wood for heating. The most of crafts related to wood are joinery like Joinery-furniture Žakelj Silvo, Joinery Oblak Vladimir, Joinery Jereb and many others. The biggest factory related to wood is M SORA, which is producing wooden windows.



M SORA

Many rivers and streams runs through Žiri. The biggest and the most important is river Sora which flows into the river Sava. It is 43 km long and in it there live 5 fish species: chub, grayling, brook trout, rainbowfish and huchen. In river Sora the most common is rainbowfish. Sovra, Račeva, Rakulščica, Ledinščica, Osojnica, Jezerščica and Zabrežnik are different sizes streams.



river Sora



Fishing club Žiri

Society related to our rivers and streams is Fishing club Žiri which takes care of fish in our waters and they cultivate fish and sell them. It also participates every year's cleaning action which takes place in spring. Campaign is organized by the municipality Žiri and it is attended by many citizens. Pupils in our school from 1st to 6th class attended it too and in the morning they diligently collect waste in Žiri and its surrounding.

Žiri is such a beautiful town and I'm so happy that I live here.

Lena Bogataj

I will tell you something about Žiri

Žiri is a small town with approximate 5000 residents. It is situated in the end of the Poljanska dolina valley.

Three regions meet here in Žiri: Gorenjska, Notranjska and Primorska. There are two rivers flowing through Žiri: river Sora and river Račeva, which meet in the centre of Žiri and then Sora flows towards Škofja Loka. Žiri



basin lies at an altitude of a 480m. It is surrounded by these hills: Mrzli vrh, Javorč, Goropeke, Zabrežnik and Žirk.

Žirk is known for a dragon Lintvern which is supposed to live in the hill. There are a lot of myths and legends in municipality of Žiri, for example Mršotna cave, Smrečje lake,... On the path to Javorč we can find Trim steza which was



renovated in 2016 by Žiri students. Trim steza is made for recreation for people of all ages. It is 2.5 km long and it has 22 stations. On the path to Javorč we can also see remains of bunkers from World War II. These bunkers were all part of

Rupnik line. From the top of Javorč we can see Julian Alps and our biggest mountain Triglav. After finished trail we can order a drink in hunters cabin on top of Javorč.

On the other side of Žiri lies the highest hill in Žiri municipality Mrzli vrh which is 978m high. In the old part of Žiri on path to Breznica we can see water reservoir. The border called Rapalska meja from World War I. crossed Breznica

and Mrzli vrh and it separated Slovenia and Italy. There are still some boundary markers left. In the old part of Žiri where lies library which used to be a school. Place around library is called Tabor because there was anti-turkish camp. On footpath along the river Sora we can go to small village named Ledinica. We can see Saint Ann church there and below church there is Maršotna cave. The path through Ledinica leads to Mrzli vrh and to cabin. There is also private ski slope in Ledinica. There is also cycling tour around Žiri which goes across all Žiri hills and it is 54km long.



The biggest historical attraction are Matjaževe kamre where archeologist found skeleton of cave bear and signs of people from Stone age. It was recently discovered that there used to be port in Jarčja dolina near Žiri because they found big column for

tying boats to pier.

There are also a few sport facilities in Žiri. We can play tennis and volleyball in Pr'Kamšk and in Pristan. We can swim in a cold river Sora in Pristan and Postotnk. Of course we can't forget about nordic centre in Račeva, where skijumpers from all Slovenia come to compete. During the winter there is also track for cross-contry skiing next to ski jumps.

Picture 1 – View to Žiri basin.

Picture 2 – Bunker on Rupnik's line from World War II.

Picture 3 – Confluence of river Sora and river Račeva.

Picture 4 – St. Anne church at Ledinica.

Picture 5 – Matjaževe kamre

Bine Rakušček, 7. B

NATURAL BEAUTIES OF MY HOMETOWN

Oh, we are there in Žiri at home,
in the gorgeous valley at the end of the world.
We are hidden among the hills...

The Žiri basin lies in the middle of the hills in the upper part of the Poljanska Sora valley. This is right on the juncture of three Slovene regions: Gorenjska, Primorska and Notranjska. Žiri lies in altitude of 487 metres, it has approximately 4980 inhabitants and 18 settlements belong to the municipality.

Wreath of hills is enclosing the basin. On east the ridge of Žirovski Vrh, on south The Goropeke hill, on west the highest 978 metres tall Mrzli Vrh. Two valleys converge in the Žiri basin, from south Sovrina and Račeva from southeast. The hill of Žirk is over Tabor, the oldest part of Žiri. According to the legend, a malicious dragon Lintvern lives in Žirk.

The oldest evidence of life in Žiri hides just a few kilometres of Sora upwards. In direction towards Logatec are in the rocks above the river, called Matjaževe kamre.

The hills that enclose Žiri basin offer in all seasons a lot of possibilities for trekking. Hiking paths lead down towards marked Slovene and Škofja Loka mountain path. Diverse terrain, vast forests, blooming meadows, beautiful view and fresh air are tempting enough by itself. Tidy paths are appropriate for all age groups and they offer longer circular hikes or shorter walks. Žiri cycling circle is set up down the macadam forest paths that are enclosing Žiri basin. The length of the entire circle is 54 km. It is appropriate for mountain bikes.

After a hard – working day or on a free Sunday, the Žiri people like to rest ourselves to go for a walk or run in nature. Walks next to the Sora, to Ledinica and the church of St. Ana, through Tabor on Breznica and from Žiri through the forest on the Goropeke hill, from where spreads out the view on Žiri basin, are the most popular. Interesting is Žirk, the hill over Tabor.

In Žiri is not present nothing of a sort, that tourist otherwise like the most: there are neither forests nor large underground caves, neither lakes with an isle and the church on it, no warm springs or casino, or Shrove carnival... Here are still a lot of opportunities that a person can encounter, to connect himself with a healthy physical environment.

Jon Velkavrh

HILL ŽIRK

People in Žiri are very active in their free time. We like hiking and cycling.

Žiri is located in the valley and surrounded by hills: Mrzli vrh, Breznica, Žirovski vrh, Javorč, Žirk, Goropeke

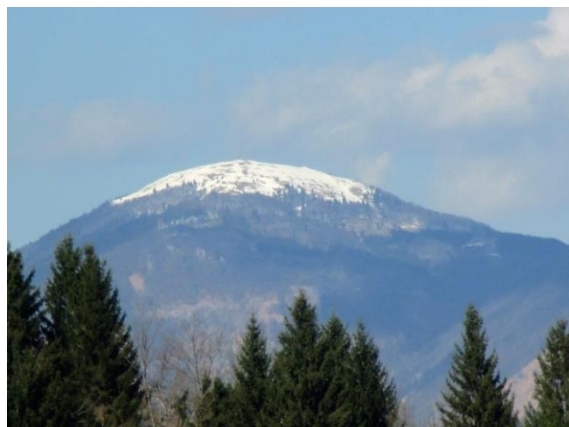
All these hills are a great destination for hiking. At the top of Javorča, Goropek and Breznice is a notebook where you can record your visits.

My favorite destination is around hill named Žirk. It's not the highest hill, but I always have fun.

Starting point is at the local library.



At half of way to top of the hill, there is bench and from that bench you can see all parts of the town. If you take a good look you can see Blegoš - it's known because of its white top (white cap).

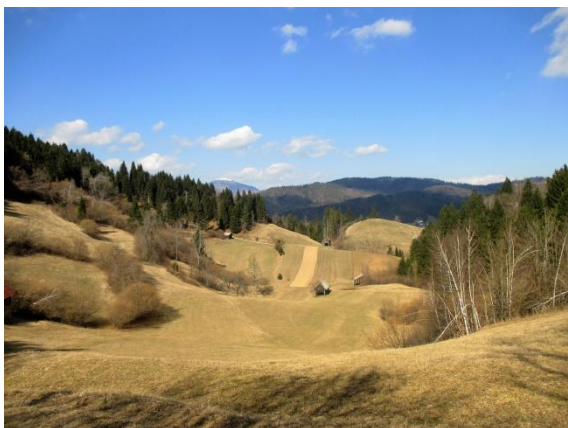


In spring time and in summer time route is beautiful, because of flowers. Early in the morning you can also see the forest animals.



The top of Žirk isn't a typical top because it has a valley with sinkholes. I usually make a circle around sinkholes. Sometimes I go on to Breznica.

For the route around Žirka I need around 1 h of walk.



Luka Gantar, 7. c (school year 2016/17)

ŠRC Pustotnik



Multi-purpose playground made out of sand.

SRC Pustotnik is sport recreative center that lies on the edge of town Žiri. The place itself has been long abandoned, the ground has been swampy and the inhabitants of Žiri disposed of building material there. After some time Žiri equestrian club and Moto club Žiri took advantage of this beautiful place near the river Sora. Members of Žiri equestrian club built a log cabin as a meeting place and next to it they made a place for horse riding with a grandstand for watching competitions. What is more, every year Moto club organizes there a big, well known event called »Sairach meeting«. People from all over Europe and Slovenia come there and meet other motorbike lovers.



Swimming area.

But the other part of SRC Pustotnik is visited by Žiri's youth. During hot summer days they can come there and cool down in pretty cold river Sora. Also, the place has been recently transformed into a swimming area. Since 2015 there has been multi-purpose playground made out of the sand where mostly young people play volleyball but even other sports. The purpose of municipality of Žiri is to make this place for recreation and one more thing that tourists can visit.

Maks Trček

THE ŽIRI'S LANDSCAPE

We have a very nice wooded surroundings. The greater part of the forest consists of beech trees, spruce, fir and chestnut. In addition to these here grow larch, pine and birch. The fruit of the beech is called ŽIR. According to it, the place was named - ŽIRI. Because of the frost and the insects, a large part of the forest in the last two years had to be harvested. Forest in the Žiri's surroundings covers 1,865 hectares of land and offers natural raw material for many companies and a place to perform and enjoy many sports. Along the hills and mountains many beautiful forest trails can be found. Such as for example jogging paths on Ledinca, Mrzli vrh, Goropeke and Javorč. One of the jogging track has just been renovated. On this track they put sports equipment for lifting weights, climbing ropes, etc. Every year we have a cycling event called Žirovski cycling circuit, which runs along three routes. From the least to the most demanding. It connects all the hills around Žiri. We also have Žirovski trekking. In doing so, you are very active, you are in a beautiful environment and looking for landmarks. In Žiri we also have some recreational groups and facilities. Such are for example the Nordic center, stadium, Pr' Konjar ... and the groups as Trim, SportKa. In the surrounding area of Žiri we have mountains, hills and plains. You can choose many recreational paths. Mountains are not too steep for children.

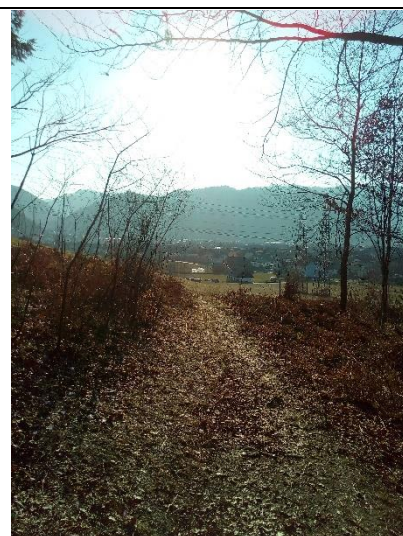
In summer, we can also cool down in the river Sora. Such swimming areas are for example in Selo (Pr' Boban), Pr' Konjar and also outside Žirov in Kopačnica and in Hotavlje where natural hot spring was found. In Žiri we have a lot of companies that are engaged in manufacturing wooden products. For example, wooden windows, doors, cabinets, picture frames...

Through Žiri runs many streams that flow into the river Sora. So you can go to Ledinica and you can admire nature, river routes ... Some are also engaged in fishing. In our rivers a lot of trouts can be found.

Žiri is surrounded by beautiful nature and it is nice to live in Žiri.



Map of Trim trail



View from Trim trail

ERASMUS+

Žiri's forest offer a lot of recreation activites. Nearly all forests have a trim runway. Trim runways are for recreation. We know, in the past there were more forests becouse people could live of that. That means the forest offer more amenitles. Very famous there in that zone was wather becouse it wasn't just for drinking but for machines too. Water in this zone is very clean becouse we havent got a lot of pollutonts.



On this picture we see a piece of Žiri, whitch is of all ways full of forest.



In this picture is the Žiri forest



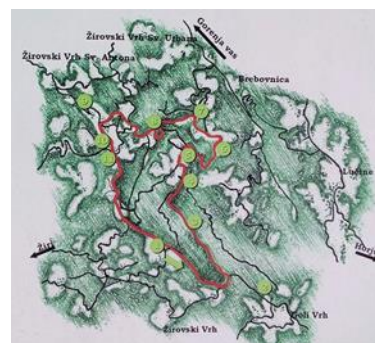
In this picture is river Sora

Matej Burnik

ŽIROVSKI VRH – Route through Zala, Žirovski cycling circuit, Rupnik line

Žirovski vrh is located in the municipality of Žiri. The surface of Žirovski vrh is 10,98 km². The average altitude is 714,1m. The highest hill is Goli top 962m. On Žirovski vrh dominates the forest. Past there runs the famous Rupnik line, Žirovski cycling circuit and Route through Zala.

Route through Zala is circular and is 11km long. You walk for about 3 – 4 hours. The highest point of Zala is 899m. Special feature of Zala are substantial water levels.



Red line is Route through Zala

Route starts at the farm Pr'Bukovc on 850m of altitude. Through it runs the Rupnik line. Past the farm leads Žirovski cycling circuit. Route is is



Board for Route through Zala and Teddy bear's path

marked with yellow and green markings. There is also shorter route. It is good for children and it is marked with yellow bears claws. Along the way there are also six animation boards, informing us about the route. There is a lot of anthills and some of them are very big. Also interesting is a bear Štefka. She is 3,5m high. By her is her cub. For children there are playgrounds on the way.

Route through Zala is hilly, forested landscape with walleys, planes and brooks.

Every year there are organized hikes on Route through Zala. Hike lasts longer, because along the way you have a look at all famous sights in Zala. In the case

of an organized hike animation points run on routes about Ivan Tavčar in Zala.



Bear Štefka and her cub



Anthill

Over Žirovski vrh takes place the Žirovski cycling circuit. It is 53km long, you can finish it in about 5 hours. The highest points of Žirovski cycling circuit are Mrzli top 987m, Lovska cottage on Javorč 900m and Top Three Holy Kings 884m. The largest part of the route is asphalt 37 km, then macadam 12,5 km and the least is cart track. Žirovski cycling circuit runs along the plains and hills. Once a year there is also organized cycling on the Žirovski cycling circuit.

Rupnik line is a tourist attraction. When there is an organized tour on Rupnik line you can walk through all the passages and tunnels underground built by the Yugoslav army.



Brook

Žirovski vrh is suitable for everyone who likes sports.

ERASMUS+ I FEEL WOOD-FOR GOOD

Žiri is the largest and most important town in the Poljanska valley and Rovte hill. It has a lot of wood surface that is used for many intentions. Renewed are trim path of Laze. We can go through Zala on a march or on the summit of Vrh Svetih Treh Kraljev. Water levels are larger somewhere, as elsewhere.



At a march through
Zala encounter
Štefka.



View on a part of Žiri, from the
hill on a beginning trim path.



Scouts put natural
fitness on ways for
us through trim.

Summit Epiphany.
We see Triglav
and Julian Alps
from summit on
North, on South
notranjska hills
and Snežnik, on
East Ljubljana
marsh, on West
Žiri basin and
idrijska hills.



Cold Summit; part of a
settlement is Žiri, part in a
municipality Idrija. Italian –
Yugoslav state border was
during the 1st and 2nd
World War near.

FOREST IN ŽIRI

Žiri is located in the Žiri basin and is surrounded by mixed forest.

On the north-east Žiri is surrounded by hillside Žirovski vrh, on the east by Goropeke's hill that ends with Sv. Trije Kralji peak and in the west it extends Mrzli vrh with Koprivnik. There are many popular hiking trails that lead to each hill, which tend to take place in the forest.

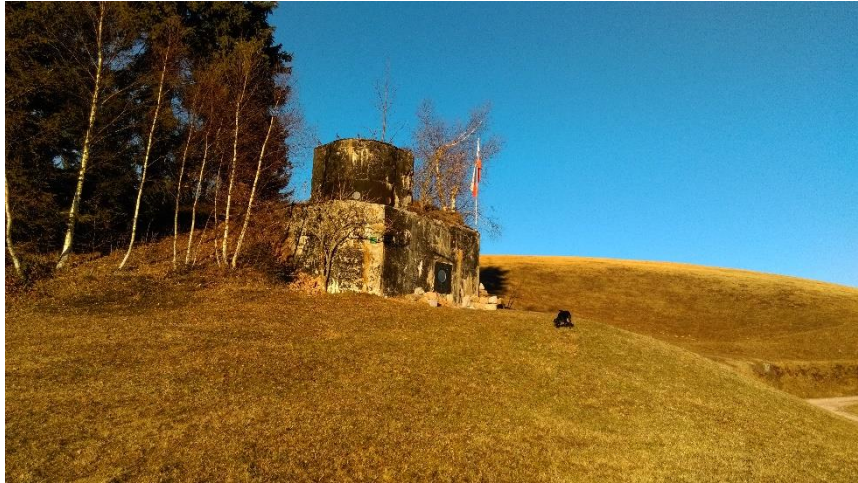


Mountain hut PD Žiri / The trail is marked with
at Mrzl'k blazes

All slopes are overgrown with trees. In the lower parts there are mostly mixed forests and in the higher coniferous forests. The most common deciduous are beech, oak, birch, maple, linden, chestnut. The most common of coniferous trees is spruce. We can find also pine and fir.

According to the ridges of said peaks the cycling route called Žiri circle. Circle offers many views of the surrounding mountains and forests.

During the World War I. and World War II. at Žirovski vrh there was Rapalska border between the former Kraljevina Jugoslavija and Italy. On our side they built Rupnik line where you can still find buildings of that time.



Fort on Žirovski vrh

A few years ago, there was a natural disaster in the forest. We had freezing rain which caused the ice on the trees. We had sleet several days and leaving serious consequences on trees and woods. A lot of trees fell down and farmers were not able to clear all of the forests. Because of this horrible disaster bark beetle came which is still destroying the forest today.



We can still see the consequences of a sleet in these days

I live outside of Žiri between Goropeke and Žirovski vrh. When I explored the woods for Erasmus+ project I realized that in Goropeke it grows mostly coniferous forests and on Žirovski vrh there are more pine forests. The difference is also the colour of the ground. In Goropeke the stones are white and the soil is black and in Žirovski vrh the stones and soil are both red. These also grows a variety of plants. On the red soil we find a lot of blueberries and on black soil we find raspberries and blackberries in summer.

Through the valley it flows the river Račeva, which is a natural boundary between the black and red soil. Račeva river is fed by numerous mountain streams, which not so long time ago were also a source of drinking water for the locals.



Žirovski vrh hillside



A view towards Goropeke

For Žiri, the forest is very important because it brings us a lot of goods. In Žiri we also have an industry and a lot of small companies which work with wood.

Zoja Jereb, 7. c



Trimm trail



Žiri basin



extensive clearings



Cottage
on Mrzlk



Forrest way

I FEEL WOOD-FOR GOOD, Activities for ERASMUS+

My name is Nina. I come from Žiri and I live two km away in a small village Ledinica. Žiri is a basin. Ledinica ends Žiri basin on the west side. There are the following hills rising out of Žiri basin: Žirovski vrh(E), Zabrežnik (N), Koprivnik (NW), Mrzli vrh (W), Žirk, Vrsnik (S) and Goropeke (SE). Everywhere I look out of my house, I can see forest. So we can say, that Žiri basin is surrounded by hills, covered with forests.

For ERASMUS+ project, I went with my father into the forest last week. I have been there already hundreds of times, but this time with another reason. With purpose to explore the forest.

At first sight it seemed, that the hills are rising evenly out of the small basin. But my first conclusion was, that the terrain is very steep, full of valleys and ravines, which are somewhere difficult to cross. In the periods of massive rainfalls, streams turn into threatening torrents. The water from the hills pours into the two rivers that flow down the basin – Račeva and Sora.

On the west, south and north side the soil – clay is mainly brown, but on the east side, the soil is red. Of the soil composition depends which tree species prevails. Everywhere we can find spruce, but there are many beeches, oaks, ashes, maples, pines, chestnuts and other shrubs too.

There were places, where we saw extensive clearings as result of attack on spruces and pines by bark beetles. It mainly attacks damaged trees. When it has favorable conditions, it over reproduces and starts to attack healthy trees too.

My father showed me the water spring for water supply of Ledinica village. It is hidden in the middle of the forest and it is hard to find, if you don't know where it is. It provides fresh drinking water throughout the year. It has never ran out, even in the driest periods. There are many of these kind of water supplies in surroundings of Žiri.

When we continued the way, we saw the feeding station. It reminded me, that there are also big animals living in the forest, beside small birds, which sang all the time.

Then we returned to the way for Mrzli vrh. We meet some hikers. They were coming back from the mountain cottage on Mrzlk. There is also another cottage on Javorč, where man can find refreshment. The local residents have custom, that they, in their free time, go in the forest. They can find peace, relaxation and clean air there. For those who need more, the trimm trail was bilt 40 years ago. Today it is renovated and well maintained. It has 20 stations where you can work out.

In the forest we also found different types of marking sings – for hiking trails, biking trails and other. We finished our exploration at our house, which is on one side surrounded by forrest. At that time, I realized how lucky I am, that I have forrest nearby, with all of its beauties.

I can conclude, that the forest is a wonderful system, that gives people things, that we think are self-evident. We get wood and other forest products from the forest, it provides us with pure air, drinking water, the possibility for recreation and relaxation. To many animals it is home and shelter.

We are lucky, that in Slovenia we can move freely in the forest. We have to respect the rules. We musn't destroy forrest vegetation, we can pick up forest's fruits in allowed quantities, we mustn't scream and shout. There are many animals in the forest, that we can't see, but hidden as they are, they can quietly watch us.

Nina Artač, 7. A
Primary school Žiri

ŽIRI AND REGION

1.TRIM TRACK: I'll tell you something about the forest jogging path. As I wrote in the last sentence this is circular jogging forest trail path. Trim track has a length of approximately 2500 m. Along the way there are also a variety of exercises, most of these exercises are for strength (eg. Raising the hull and shelter, pushing the weights over your head ...). There are 20 exercises all together. The trim trail path are visiting citizens of all ages from Žiri. Those who go to JAVORČ often also sit down to drink tea in the cottage. Those who want to walk more than 2500 m, they can extend the path and go to JAVORČ. Trim track is there for about 40 years. In those years it was renovated only twice. First a trim trail was conducted in 1976, planned by the former physical education teacher at an elementary school in Žiri Mr. Janez Bizjak. Restored was in the spring of 2016. Tri

2.LEDINICA:

Ledinica is the village, which is located on the west side of Žiri. In this village its a starting point for Mrzli Vrh. This area is a place where people live, work, walk and run. Many people are relaxing on the afternoon on Ledinica. On Ledinica we also have "Mayor corner" where people usually walk, run and walk with dogs. From Ledinica you can also come to the village Selo, first you have to get to Ledinica, then go along the cycling path to the macadam road uphill, past the houses and you are at Selo. On Ledinica most people are running. On Ledinica is a church that is called the Church of Saint Ana.

Mia Gantar

Hiking trail Laz Žiri

Žiri hiking trail Laz, has been renovated twice, since it was built in 1940. A teacher for physical education Janez Bizjak arranged the first installation in 1976. This sports and recreational trail was well accepted and became a popular spot for Žiri sportsmen and hikers. Over time, gymnastic tools (wooden with metal parts) and props became obsolete, worn out and destroyed, therefore the whole path had been renovated and restored by Žiri studens in 1996.

Ten years later the equipment and signs on the path became worn out again. On the initiative of citizens hiking trail Laz was restored again. Some companies in Žiri contributed some new gymnastic tools, others were repaired. New signs were made. Sports teacher Janja Grošelj advised at updating of exercises, which contributed to more effective training. Andrej Bogataj advised on the installation and on layout of new exercises. A trail is 2.5 kilometer long. There are 20 different stations: 7 exercises for warming up, 12 exercises for fitness training and muscle strenghtening and at the end the exercises for stretching. The trail is suitable for all ages, for the youngest to the elderly people.

The trail begins on the eastern part of the Žiri Basin, on the Žigon hill and reaches it highest point on the 16th station on the way to Javorč peak and mountain lodge.



Ana Eržen