

THE WHITE PEAKS AWAIT US!

When it comes to sports, Slovenians are a unique phenomenon. We are honest and loyal fans of our top athletes. Both behind the screen as well as at live events. Professional sports connect us and help us “escape” far away from this crazy world. The same applies to recreational activities.



We are all very active in sports halls, fitness centres, stadiums and outdoors. In spring, in summer, in autumn and in winter. An increasing number of people is aware of the significance of recreational activities and a healthy lifestyle. It is a fact that healthy sporting habits form a solid foundation for professional sports.

However, what is so typical for Slovenians in the context of recreational activities? Competition, especially in high-endurance disciplines. Participation in grassroots events further confirms this thesis. The same applies to fell-walking that, during the period marked by the pandemic, captivated a large part of active Slovenian population. Hikers do not compete in the classic sense, compared to bicycle riders or runners, but they set different challenges for themselves.

WE ALSO HAVE A CHALLENGE FOR YOU...

It was prepared in cooperation with the Slovenian Alpine Association (PZS), Triglav National Park (TNP) and the Slovenian Tourist Organisation (STO). By following the recommendations below, you will not only benefit yourself, but you will also benefit everyone else. The individuals, the society, and the nature that surrounds us. This is a long journey and a responsible investment. Every step matters. Together we can!

1. SELECT THE MOUNTAIN DESTINATIONS WHICH ARE CLOSE OR CLOSER TO YOUR HOME. THINK THINGS OVER!

Would you like to embark on a sustainable trip to the mountain? Travel to your preferred white peak from point A (your home) to point B (your mountain destination) on foot or reach the starting point of your journey by public transport. Be sure to plan things well and prepare yourself properly. Never forget the fact that every year the Slovenian Mountain Rescue Service carries out over 500 interventions. Helicopters above the white peaks are no longer a rare sight, mainly due to the human imprudence. Also think of all the scared indigenous animals and all the invisible emissions in the fresh air that we all love!



2. WALK ONLY ON THE MARKED MOUNTAIN TRAILS.

By using the marked mountain trails, you demonstrate your respect. Respect to animals and plants, as well as respect to the property of farmers that cohabit with nature in the mountain environment. Another useful tip: make use of the free application of the Slovenian Alpine Association – maPZS.



3. USE HIGH QUALITY EQUIPMENT.

Hiking equipment is not a fashion accessory, but a trusted partner on all your trips. By selecting high-quality equipment, you get yourself a long-term trustworthy partner. Established providers with warranties help extend the life cycle of products, which are – as a rule – made from raw materials supplied by environmentally-efficient production. Become a part of the sustainable supply chain! This will help you demonstrate your responsibility. Your responsibility to self, the nature and everyone else, who will take care of you on the mountain trails, when needed.



4. MAY ONLY WONDERFUL MEMORIES REMAIN.

Once again, respect the nature! A trash bag should always be your constant companion when conquering white peaks. Forget about plastics. Forever! Water belongs into a high-quality water bottle or a drink bag inside a backpack. Take the (my, your and our) trash back down to the valley. Complete your journey without leaving any visible traces in nature. Keep only a lovely, priceless memory. In your mind and in your digital archives ...



5. SELECT SUSTAINABLE ACCOMMODATION

Your sleep and/or accommodation, where you take a rest while conquering white peaks, can also be green. The Slovenian Tourist Organisation (STO) has set very high sustainability standards. Choose green! You can select from over 90 accommodations that swear by their sustainable green strategy and have been awarded the Slovenia Green certificate. Slovenia was one of the first countries globally to receive the prestigious Safe Travels stamp, awarded by the World Travel and Tourism Council. Tourist service providers that meet the responsible green & safe travel standards respect the guests and the environment. Let's show our respect and responsibility by choosing them.



6. GREEN OVER THE ENTIRE SLOVENIA

Not only sleeping on the peaks and the valleys below, but also trails, hikes and new memories that emerge can be sustainable. Upgrade your exploration of the green Slovenia in restaurants, inns, wineries, or farm stays, where you will be spoilt with dishes from local ingredients, mostly coming straight from the home garden. The Slovenia Green certificate has been awarded to 35 hospitality service providers, including 59 destinations, 4 parks, 8 tourist agencies, 6 attractions and 1 beach. The pristine green experience awaits. Are you ready?



LET YOUR STEP BECOME A PART OF THE RELAY RACE! PASS THE MESSAGE!



The report of the International Panel for Climate Change (IPCC August, 2021) clearly states that climate warming is the result of human activity. Don't turn a blind eye. This is my, your, our problem. Take action! Accept the challenge! Inspire your friend, neighbour, mother, acquaintance and trigger the wave of change. Together we can move mountains!

You can find more content on Facebook and Instagram under the #belivrhovi and #misijaledenik tags.



Sustainable steps were created in cooperation with:



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