

SOČA OUTDOOR FESTIVAL'S

Guide to the Soča Valley

Along the paths of natural wonders

1. Tolmin Gorge

The rivers Tolminka and Zadlaščica carved a magnificent natural landmark into the rock. Dante Alighieri himself is said to have been inspired by it to describe Hell in his poem Divine Comedy back in the 14th century. The circular route, which also leads past the entrance to Dante's Cave, takes an hour and a half. Not enough? Take the hike to the source of the Tolminka river (approx. 2h 30 min).

[See the location](#)



2. Kozjak Waterfall

Take a walk from Kobarid over the Napoleon Bridge to the waterfall, which falls 15 meters deep in a mysterious cave. Access is easy and suitable for children, you should only hold their hands for the last few meters over the wooden footbridge, which leads to the waterfall. [See the location](#)

3. Lemovje

Abandoned village on the grassy slopes of Bavški Grintavec is one of the places where you can get away from the tourist bustle. Don't even expect a hut, so keep snacks and water in your backpack. To get there it will be necessary to whistle uphill for 45 minutes from the village of Soča.

[See the location](#)



4. The Šunik water grove

Watch and marvel at what a small but stubborn stream can create! Pools and waterfalls are said to have a healing effect on the health of a hiker on this easy three-kilometer route. The water grove is most inviting in the spring when the snow is melting up in the mountains. The area is not suitable for bathing. [See the location](#)

5. Mountain Krn and Krn Lake

Do you have enough fitness for a full day hike? The mighty Krn (2,244m) offers exceptional views of the Soča Valley on the one hand and of the peaks of the Julian Alps, including our largest mountain – Triglav – on the other. The shortest, but also quite a steep path, is from the mountain Kuhinja (3h 15min one way); if you want to get to Lake Krn, you should choose the Lepena valley as a starting point (2h 20min in one direction). Overnight stays in the Gomišček shelter below the top of Krn or a hut by the lake will have to be booked in time during the high season. [See the location](#)



Learn about history

1. Tolmin Museum

The permanent exhibition 'The Soča region historical deposits' is divided into archaeological, historical-ethnological and art-historical parts, and for the youngest, there is a children's exhibition Stories from the Posočje. The museum, which dates to 1951, is located in the mighty Coronini mansion in the middle of Tolmin. [See more](#)

2. Kobarid Museum

Not only those who are interested in the First World War – EVERYONE should visit the museum about the 12th Battle of the Isonzo. For a better understanding of the front itself and its historical significance, we recommend that you order a guide escort. When you return to the air, you will only look at the mountains, the river and probably even the wonderful life with different, at first perhaps teary eyes. [See more](#)



3. Kolovrat, open-air museum

Kolovrat is both: the museum of the Isonzo Front and a beautiful hiking or biking spot. On a sunny day, Krn mountain will be watching you from the other side of the Soča Valley, and far to the south, the Adriatic Sea will be shining. Stroll through ditches and tunnels and enjoy a snack on the scenic grassy peak. The Path of Peace, a 230-kilometer-long themed trail from the Alps to the Adriatic, also leads past here. If you're tempted to walk all or part of it, browse thewalkofpeace.com.

Hot? 4 tips for refreshment.

1. Sotočje, the Soča and Tolminka confluence

The point where the Tolminka flows into the Soča River impresses with its fairytale scene and very special energy. No wonder many events take place here. If you have a SUP, you can descend towards Most na Soči, as the current due to the dam below starts to calm down in Sotočje. Is the beach full? Take a walk along the bank of one of the rivers, you will surely find your corner. [See the location](#)



2. Napoleon's bridge on the Nadiža

If the Soča river is too cold, drive to the village of Logje or Podbela and walk to the river Nadiža, which warms up to a pleasant 20°C in the summer. The stepped stone bridge, under which you can swim, was built around 1812, during the conquests of the French emperor. [See the location](#)

3. Confluence of Soča and Lepena

Near the confluence of the Soča and Lepena rivers, surrounded by forests and high mountains, there are several rocky and pebble corners to spend the hottest summer days. Attention: the temperature of the Soča does not exceed 10°C. But sitting on the stones, with your feet in the water, is a great refreshment too. There are two campsites in the immediate vicinity, [Camp Soča](#) and [Camp Klin](#). You should also see the nearby Great Soča Gorge.



4. Magnetic rock

You can walk to the beautiful point where the emerald Soča is crossed by a steel footbridge from the village of Kal-Koritnica or the area of camps (Toni, Liza, Vodenca, Kovač) east of Bovec. Don't expect an Olympic-sized swimming pool, just artificially polished rocks – and just enough water under them for a refreshing jump. [See the location](#)



5. Confluence of Idrijca and Bača

The lesser-known and populated natural pebble beach is located just a stone's throw away from Most na Soči – in the immediate vicinity of the railway.

[See the location](#)

Hungry? 5 local things to lick your fingers

1. Frika

The basic ingredients of this simple but energy-rich dish are eggs, potatoes, and cheese, you can also add bacon, onions, salami or, for a touch of the Mediterranean, a rich pinch of fresh spices from the garden.

2. Cheese

Yes – just cheese! Well, with a piece of bread, the snack will be more wholesome, but both Tolminski and Bovški are great just like that, cut with a knife in a robust piece somewhere along the way.

3. Krafi

When made as it should be – stuffed with dried 'tepka' (a local variety of pear) and sprinkled with breadcrumbs, briefly fried in homemade butter, it is (at least to the author of this brochure) one of the most delicious dishes in the world.

4. 'Čompe' with cottage cheese

A dish that kept shepherds, foresters, and farmers on their feet all over the valley. So, it wouldn't work for the hiker? Ah, come on, come on. You're asking what 'čompe' is? Boiled potatoes!

5. Žganci

To a spoiled foreign eater, dried porridge, which is – to put it simply, a slightly differently prepared polenta – may seem unattractive at first glance, but... Captivated with cracklings, in the company of white coffee, sour milk or stew, served in a shepherd's hut – hey, how is it delicious!



In the valley, you can also find more complex dishes for both vegetarians and omnivores – ask for home-made lamb, venison, and fresh trout. The world-famous chef and recipient of two Michelin stars, Ana Roš, will satisfy the hungry of top-quality cuisine at the Franko House in the village of Staro Selo near Kobarid. She is guided by the philosophy of 'zero kilometers' in creating magic plates.

5 green rules

We all want green to stay green. Thanks for understanding.



Respect the wilderness – walk and cycle along existing trails and leave no traces of papers and empty bottles. Oh, really... Water in Slovenia is drinkable. **Don't buy plastic bottles!** Fill a water bottle in the hotel, camp or, just ask politely, at a local's house – we have enough of it. Which doesn't mean you can afford long hot showers. You are not alone – not in a hotel, not in a valley, yet alone in this world.

Follow the example of our ancestors – **be frugal**, refuse unnecessary cleaning of the room and change of towels. Turn off the air conditioning and lights when you don't need them. And when YOU run out of power, buy a piece of home-made cheese from a local. **Eat local food!** Believe us: there is nothing better (there, at that moment). Not just nature – **respect the locals**, especially the farmers to whom their land means – and gives – everything in the world.

Local grocery stores

- Mlekarna Planika, Kobarid: dairy products. www.mlekarna-planika.si
- Organic farm Cuder, Bovec: sheep and goat cheese, meat.
www.facebook.com/EKOkmetijaCUDER/
- Pehtra, Zatoľmin: homemade teas, herbs. <https://www.instagram.com/pehtra.si/>
- Tolmin Agricultural store (various domestic products) - www.kz-tolmin.si
- Pri Lovrču, Čadrg (organic cheese, cottage cheese) - www.pri Lovrcu.si
- Gugala Farm, Zatoľmin (cheese) - www.gugala.si
- Kramar Cheese Factory, Zatoľmin (cheese, cottage cheese, yogurt, whey) - www.sirarstvo-kramar.si

For additional information, contact the TIC centers in Tolmin, Kobarid and Bovec. They will be happy to help you.