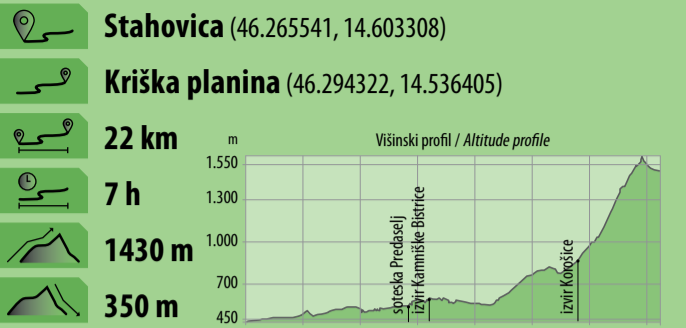


ETAPA / STAGE 1

Stahovica—Kamniška Bistrica—Kriška planina pod Krvavcem



Koželjeva pot vabi nas korak že v **Stahovici**, a raje sledimo cesti, da že ob **Konjskem potoku** (ob strelišču) in **pri koritu** ob cesti v okusu **izvirske vode** začutimo svežino gora. Slikoviti **Koželjevi poti** pa se pridružimo pred žičnico za Veliko planino.

S priokusom divjine in zelene globine reke navdušuje **soteska Predaselj**. Globok vdih in krepljen požirek si privoščimo ob **Malem izvirku**, kjer skrivnostni izvirski polžki pričajo o dolgotrajni kakovosti vode. **Izviri Kamniške Bistrice** in **Kraljevi izviri** nas nagradijo s kraljevskimi občutji. Med hojo proti **Kriški planini** najdemo osvežitve kar ob treh **izvirih: nad Gradiščem, Korošica in Za vrati**.



Soteska Predaselj / Predaselj gorge

Jezerce ob izviri Kamniške Bistrice / The lake at the spring of Kamniška Bistrica

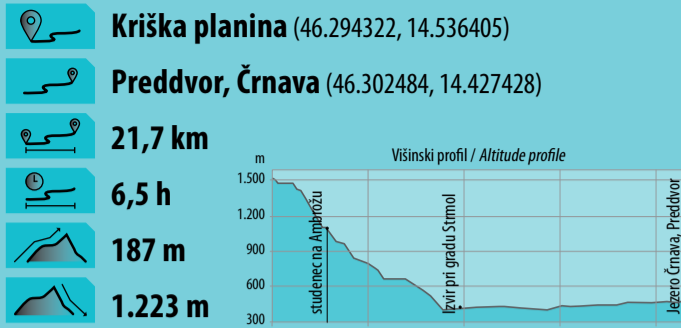
*The **Koželj trail** invites you over to **Stahovica**, but follow the road to taste the spring water and feel the freshness of the mountains by the **Konjski potok stream** (by the shooting range) and by the **trough** next to the road. Before the cable car to Velika planina, join the picturesque **Koželj trail**.*

*The **Predaselj gorge** is a delight with the flavour of wilderness and the green depths of the river. Take a deep breath and a restorative sip at the **Mali izvirek**, where mysterious spring snails testify to the long-lasting quality of the water.*

*The **springs of Kamniška Bistrica** and the **Kraljevi izviri springs** make us feel like royalty. While walking towards **Kriška planina**, you will find refreshment at three **springs: above Gradišče, Korošica and Za vrati**.*

ETAPA / STAGE 2

Kriška planina—grad Strmol—Olševek—Preddvor



Ko se s **Kriške planine** spustimo **do Ambroža pod Krvavcem**, ob razgledih srce poigrava Avenikovo vižo Prelepa Gorenjska. Izvir ob **cerkvi Sv. Ambroža**, ki je spodbudil naselitev in razvoj mogočne kmetije, nas prijetno osveži. Planinska pot preko Senturške gore vodi v dolino do **izvira Pšate**, kjer na plano privreje podzemne vode izpod Krvavca. Pod obronki Grajskega hriba prečkamo **rečico Reko** in se približamo **gradu Strmol**, ki spada med državne protokolarne objekte. Okus izjemne izvirske vode z brega nad jezercem nas prepriča, da si jo natočimo še za nadaljnjo pot. Mimo **ribnika Češnjevek** in zanimivosti v Adergasu nas cesta skozi Olševek pripelje v Preddvor.



Sprehod nad dolino / A walk above the valley

Ribnik Češnjevek pod obronki hribov / The Češnjevek pond below the hillsides

*As we descend from **Kriška planina** to **Ambrož pod Krvavcem**, the views make the heart sing Avenik's "Prelepa Gorenjska" (Beautiful Gorenjska). Next to the **Church of St. Ambrose**, we can find refreshment in the **spring** that encouraged the settlement and development of the mighty farm. The **mountain trail** leads us through the **Senturška gora** mountain to the valley with the **source of the Pšata river**, where the underground waters from Krvavec come to the surface. Under the slopes of Grajski hrib hill, we cross the **river Reka** and approach the **Strmol castle**, which is one of the state protocol buildings. The flavour of the exceptional spring water from the bank above the small lake convinces us to fill up for the journey ahead. Passing the **Češnjevek pond** and attractions in Adergas, the road through Olševek leads us to Preddvor.*

ETAPA / STAGE 3

Preddvor—Kokra—kmetija Suhadolnik



V Preddvoru z odsevom gora vabi **jezero Črnava**, od koder se lahko z upanjem na pesniški navdih sprehodimo do gradu Turn. Želja po izvirski vodi nas popelje skozi vas Potoče in gozd ter naprej do ceste za Jezersko, sledimo ji proti toku **reke Kokre**, a kmalu zavijemo k cerkvi Brezmadežnega spočetja Device Marije v vasi Kokra. Pridružimo se stari tovorni poti, ki je nekaj povezovala Preddvor z Jezerskim. Po označeni poti pridemo do parkirišča pod **kmetijo Suhadolnik**. Tu je izhodišče za planinsko pot na Kokrško sedlo. Sledi še osvežujoč požirek vode iz **Suhadolnikovega potoka** in počitek na bližnji kmetiji.



Jezero Črnava v Preddvoru / Lake Črnava in Preddvor

Izviri ob reki Kokri / Springs by the Kokra river

*In Preddvor, **lake Črnava** beckons with its reflection of the mountains, from where you can walk to the Turn castle with the hope of poetic inspiration. The desire for spring water takes us through the village of Potoče and the forest and onto the road to Jezersko, following it up the **Kokra river**, but soon turning off to the Church in the village of Kokra. We join there the old freight path that used to connect Preddvor with Jezersko. Follow the marked trail to the car park below **Suhadolnik farm**. This is followed by a refreshing sip of water from the **Suhadolnik stream** and a rest at a nearby farm.*

ETAPA / STAGE 4

Kmetija Suhadolnik—Jezersko



Etapo začinjamo na parkirišču pod kmetijo Suhadolnik. Pri nekdanji kovačnici zajamemo kakovostno pitno vodo v **Suhadolnikovem potoku** in jo mahnevo naprej čez Povsnarjevo planino. Gozdna cesta je speljana v dolino preko razgledišča pod Malim vrhom. Nas pa spust do zapuščene **kmetije Zavrtnik** prestavi v čas, ko je **studeneč omogočal obstoj kmetije**. Majhni izvirski polži v povinem delu potoka še pričajo o dolgoročni čistosti podzemni vodi. Od kmetije se vzpnejo do razgledišča pod Malim vrhom. Obkroženi z lepimi razgledi se spuščamo v **Makekovo Kočno** in med potjo do cilja v **gorniški vasi Jezersko** obžalujemo usodo nekdanj najvišjega slovenskega slapa Čedca.



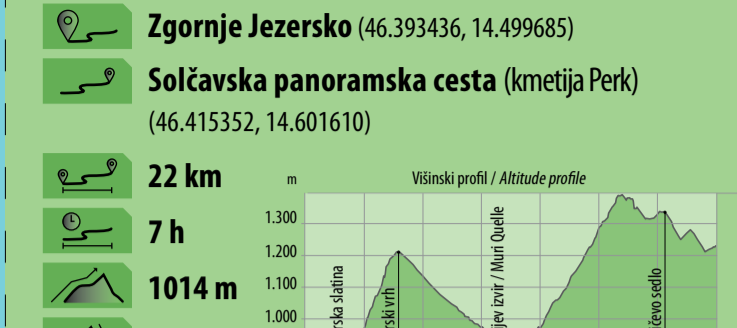
Domačija ob tovorni poti / Homestead along the freight route

Vrhovi nad Jezerskim / Peaks above Jezersko

*This stage starts in the car park below **Suhadolnik Farm**. We catch some high-quality drinking water in the **Suhadolnik stream** and head forwards across Povsnarjeva planina mountain. The descent down to the abandoned Zavrtnik farm takes us back to the time when the well allowed the farm to exist. The small spring snails in the upstream part of the stream testify to the long-term clean underground water. We climb to the lookout point below Mali vrh and, surrounded by beautiful views, descend to **Makekova Kočna**. While regretting the fate of the once-highest Slovenian waterfall Čedca, we arrive in the **Mountaineering Village of Jezersko**.*

ETAPA / STAGE 5

Jezersko—Murijev izvir—Solčavska panoramska cesta



Na **Jezerskem** je voda že v imenu, v snegu, potokih, jezeru in zgodbah, ki jih spoznavamo ob poteh. Podamo se proti toku Jerzemice. Lahko pokukamo k **Planšarskemu jezeru**, a jo mahnevo mimo korita z **Jezersko slatino**, seveda ne brez vsaj enega požirka te izjemne mineralne vode. Od **Ankove kmetije** se vzpnejo na **Jezerski vrh** in čezenj do zelenih izvirov; ob cesti nas pričaka korito z vodo iz **Štajnerjevega izvira**, devet serpentin nižje pa **Murijev izvir** mineralne vode. Med vzponom nad **Belsko Kočno** s pogledom pobožamo v eno gora in potešimo žejo z bistro vodo iz **Virnikovega izvira**. Na slovenski strani **Pavličevega sedla** se spustimo do ene od kmetij ob Solčavski panoramski cesti.



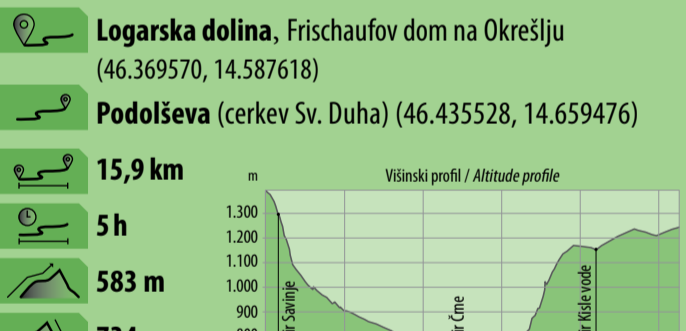
Jezerska slatina / Jezersko mineral water

Mineralni Murijev izvir / Muri's mineral spring

*In **Jezersko**, water is in its name (jezero = lake), in the snow, streams, lake and the stories that we get to hear along the trails. We head in the opposite direction of the **Jerzemica** stream. We can take a peek at **Planšarsko jezero** lake then head towards the trough with **Jezersko mineral water**, but of course not without at least one sip of this exceptional mineral water. From **Ank's farm**, we climb to **Jezerski vrh** and over it to the springs; a trough with water from **Štajner's spring** awaits us by the roadside, and nine serpentines lower is **Muri's mineral water spring**. As we climb above Belska Kočna, the mountain range caresses the view and the clear water of the **Virnik spring** quenches the thirst. On the Slovenian side of **Pavličevo sedlo saddle**, we descend to one of the farms along the Solčava panoramic road.*

ETAPA / STAGE 7

Okrešelj—Logarska dolina—Solčavska panoramska cesta—Podolševa



Med sestopom z Okrešlja si ob **izviru Savinje** napolnimo zaloge čiste izvirske vode. Priljučna **Logarska dolina** navdahne in osveži tudi ob pršenju vodnih kapljic iz slapov **Rinka**, **Palenk** in **Rastovski skok**. Tod kmetije že stoletja sooblikujejo krajinsko podobo doline. Del njene identitete je postala tudi svojevrstna **kapela Kristusa Kralja**. Od **sotočja Črne** in **Jezerca** jo mahnevo po strmi gozdni cesti do **Solčavske panoramske ceste**. Na posestvu **kmetije Klemenšek** se okrepčamo ob koritu, na kmetiji ali ob **izviru kisle vode**. Z razgledne ceste opazujemo navdihujoče planine, gozdove, **Potočko zijalko** in idilično podobo **cerkvice Sv. Duha**, kjer je naš etapni cilj.



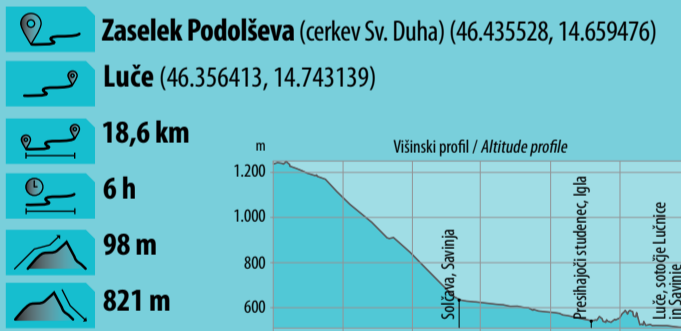
Kmetija Klemenšek ob Solčavski panoramski cesti / Klemenšek Farm along the Solčava panoramic road

Izvir železne kisle vode / Source of iron mineral water

*During the descent from Okrešelj, we refill our supplies of clean spring water at the **Savinja spring**. The attractive **Logar valley** inspires us with the spray of water droplets from the **Rinka**, **Palenk** and **Rastovski skok** waterfalls. For centuries, farms here have shaped the landscape of the valley. The unique **Chapel of Christ the King** has become part of its identity. From the **confluence** of the **Črna** and **Jezerca**, we follow the steep forest road to the Solčava panoramic road. On the **Klemenšek farm** estate, you can enjoy refreshments by the farm trough or at the **mineral water spring**. From the scenic road, we can see mountains, forests, **Potočka zijalka cave**, and the idyllic image of the **church of the Holy Spirit**.*

ETAPA / STAGE 8

zaselek Podolševa (cerkev sv. Duha)—Solčava—Igla—Luče



Od cerkvice Svetega Duha se mimo **kmetije Macesnik**, ki slovijo po bogati dediščini naprav na vodni pogon, ob potoku Jurčefu spustimo v **Solčavo**. V **Centru Rinka** si zbistrimo ideje za prihodnja raziskovanja. Po glavni cesti sledimo **reki Savinji** do **Igle**, vmes pa se ob vstopu v **Robanov kot** oddejamo s **studencem pri nekdanji apnenici**. Pri **Igli** prečkamo **Savinjo** po viseči brvi in sledimo gozdni poti vzdolž reke do **Trbiške zijalke** in **Pečovskih studencev**. Nadaljujemo po levem bregu, preko v skalo vklesanih stopnic, do mostu in čezenj, naprej po rečnem nasipu mimo kampa, skozi etno vasico, do **gorniške vasi Luče**. **Reki Savinji** sledimo do njenega **sotočja z Lučnico**.



Reka Savinja / Savinja river

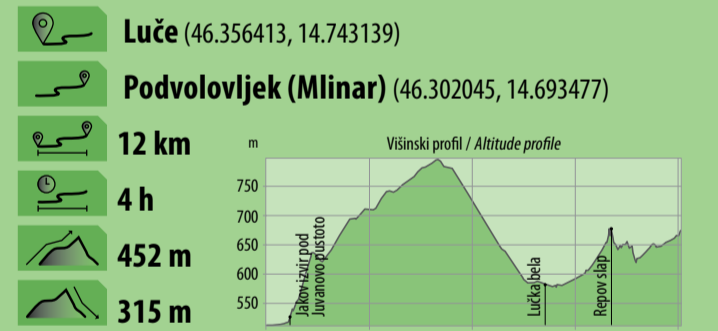
Jez na reki Savinji / Dam on the Savinja river

*From the Church of the Holy Spirit past the **Macesnik farm**, we descend along the Jurčef stream to **Solčava**. At the **Rinka Centre**, we collect ideas and think about future explorations. Follow the main road along the **Savinja river** to **Igla**, and in between, at the entrance to **Robanov kot**, you can refresh yourself with a drink at the former limestone well.*

*Cross the **Savinja** at **Igla** using a suspension footbridge and follow the forest path along the river to **Trbiška zijalka** and the **Pečovski studenci springs**. Continue along the left bank, over the steps cut into the rock, to the bridge and over it, along the river embankment past the camp, then through the ethnic village to the **Mountaineering Village of Luče** and along the river Savinja to its **confluence with the Lučnica**.*

ETAPA / STAGE 9

Luče—Podveža—Repov slap—Podvolovjek



Ob pitniku pred **TIC Luče** se oskrbimo z vodo za kasnejšo žejo, čeprav lahko že po nekaj minutah hoje okuštamo vodo tudi iz **Jakovega izvira**. Sledimo gozdni poti na **Juvanovo pustoto**, naprej pa cesti in kolesarski poti, ki nas mimo kmetij v Podveži pripelje v **Podvolovjek**. Po dolinski cesti se odpravimo desno proti toku **reke Lučnice**. Čeprav nas mikajo sprehodi do **Žveplenega izvira**, **slapa Cuc** in **studencev** ter drugih zanimivosti v **dolini Lučke bele**, jih bomo raje prihranili za kakšen drug poseben dan. Sprehodimo se še do **Repovega slapa** in **Žagerskega mlina** ter po cesti mimo **cerkve Sv. Antona Puščavnika** do okrepčevalnice ali nastanitve.



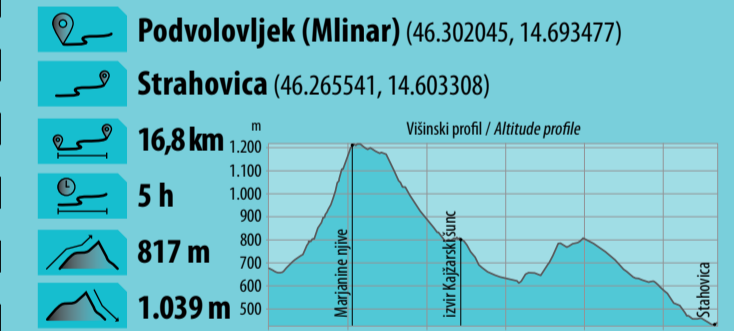
Repov slap v Podvolovjeku / Rep waterfall in Podvolovjek

Dolina Podvolovjek / The Podvolovjek valley

*At the drinking fountain in front of **TIC Luče**, we stock up on water for our thirst later on, although after a few minutes of walking, we can also taste the water from the **Jakov izvir spring**. We follow the forest path to the **Juvanova pustota**, and further along the road and bicycle path, which takes us past the farms in Podveža to **Podvolovjek**. We head right along the valley road towards the course of the **Lučnica river**. We are tempted by the walks to the **Žvepleni izvir spring**, the **Cuc waterfall** and springs as well as other attractions in the **Lučka bela valley**, but we will keep them in mind for some other special day. We can take a walk to the **Rep waterfall** and **Zagerski mill** and follow the road past the **Church of St. Anthony the Hermit** to the inn or to our accommodation.*

ETAPA / STAGE 10

Podvolovjek—Marjanine njive—Krivčevo—Gozd—Brežje—Stahovica



V **Podvolovjeku** se mimo **kmetije Selišnik** po markirani planinski poti vzpnejo do pašne planine **Marjanine njive**. **Veliko planino** bomo obiskali naslednjič, tokrat pa nas zložna pot pripelje do ceste in prelaza **Kranjski rak**. Po strmi cesti se spustimo proti dolini, toda skomine po izvirski vodi nas zvabijo desno mimo domačije Šušnik do **izvira v Kajžarskem Suncu**. Ob **potoku Volovjeku** pridemo v **Krivčevo**. Iz zaselka Žaga pa se po cesti in gozdni poti vzpnejo do zaselka **Gozd** s cerkvico Svete Ane. Sledi še sprehod skozi **Brežje do Stahovice**, kjer zaključimo deseto etapo Vodne poti Kamniško-Savinjskih Alp.



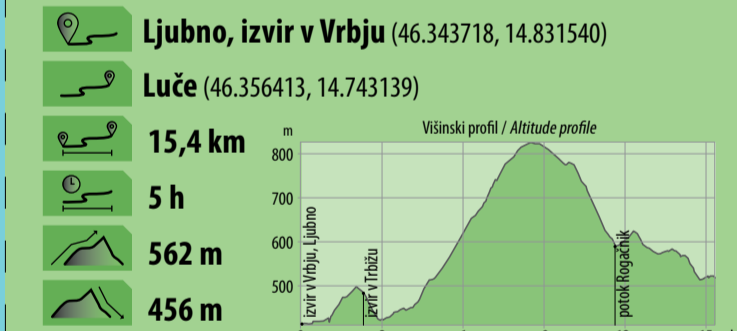
Marjanine njive pod Veliko planino / Marjanine njive pasture under Velika Planina

Povino območje nad dolino / Upstream area above the valley

*In **Podvolovjek** past the **Selišnik farm**, follow the signposted mountain path up to the **Marjanine njive** pasture. We will visit the **Velika Planina** next time, but this time the winding path leads us to the road and the **Kranjski rak** pass. The steep road descends towards the valley, but the spring water lures us right past the Šušnik homestead to the **spring in Kajžarski Sunc**. Along the **Volovjek stream**, you will reach **Krivčevo**. From the village of Žaga, we climb up the road and the forest path to the village of Gozd with the church of St. Anne. This is followed by a walk through **Brežje to Stahovica**, where we finish the 10th stage of the Water trails of the Kamnik-Savinja Alps.*

ETAPA / STAGE 11

Ljubno ob Savinji—Savina—Krnica—Luče



Na **Ljubnem** vsako leto avgusta pripravijo Flosarski bal na prireditvenem prostoru ob **Savinji**. Tam, v **Vrbju**, se osvežimo z **izvirsko vodo**, preden po viseči brvi prečkamo **reko Savinjo**. Pod smučarskimi skalnicami nas cesta povabi desno skozi Savino, proti **Trbiškemu grabnu**, do **korita s pitno vodo**. Ob potoku se spustimo k **Savinji** in sledimo cesti, ki se vije v hrib mimo kmetij. Oziramo se nazaj v dolino ter po obronkih Komna in Tirskih peči, pogled pa se vedno pogosteje usmerja preko zaobljenih pašnikov s tropi ovac do alpskih vrhov. Ko prečkamo **potok Rogačnik**, nadaljujemo po cesti mimo kmetij v Krnici do **Lučnice** in znane **gorniške vasi Luče**.



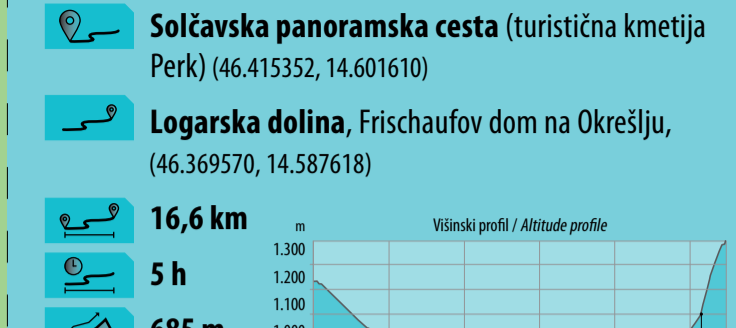
Razgledi na kmetije in alpske vrhove / Views of farms and Alpine peaks

Ljubno – zibelka splavarstva / Ljubno – the cradle of rafting

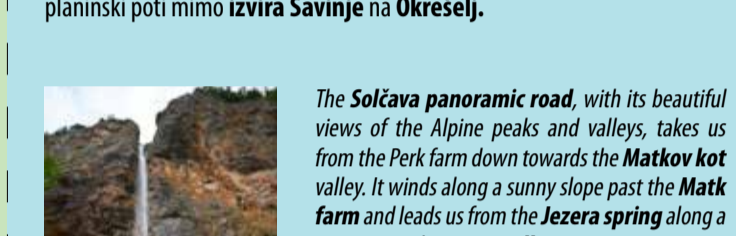
Every year in August, there is a timber raftsmen festival by the **Savinja river** in **Ljubno** called Flosarski Bal. In this place, we can refresh ourselves with **spring water** before crossing the **Savinja river** using a suspension footbridge. Under the ski jumping hills, the road invites us towards the right through the hamlet of Savina to the **Trbiški graben** brook and the **drinking water trough**. Along the stream, we descend to the Savinja and follow the road leading up the hill past some farms. We look back to the valley and its outskirts of Komen and Tirske peči mountains and then turn our eyes towards rounded pastures with flocks of sheep and ragged Alpine peaks. After crossing the **Rogačnik brook**, we continue past the farms in Krnica and the **Lučnica stream** to the renowned **Mountaineering Village of Luče**.

ETAPA / STAGE 6

Solčavska panoramska cesta—Logarska dolina—Slap Rinka—Okrešelj



Solčavska panoramska cesta z lepimi razgledi na alpske vrhove in doline nas od **kmetije Perk** pospremi navzdol proti dolini **Matkov kot**. Vije se po sončnem pobočju mimo **kmetije Matk**, po kateri je dolina dobila ime, in nas od **izvira Jezerca** ob potoku pripelje v **Logarsko dolino**. Zakorčimo po cesti mimo **Logarjeve lipe** in kmetije na **Pot po Logarski dolini**. Spet smo ob vodi. Izvir Črne navdušuje s prvinsko podobo in energijo. Mehka gozdna pot blaži korake do »olcarske« bašte, slapu Palenk in oglarske kočje. Kamnita struga **Kotovca** nas usmeri k **slapu Rinka** in naprej po planinski poti mimo **izvira Savinje** na **Okrešelj**.

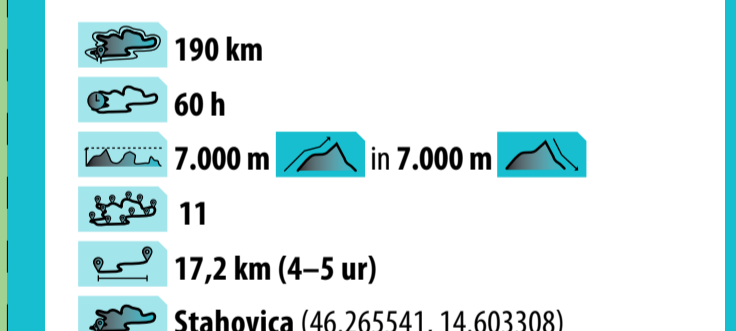


Slap Rinka – veličasten začetek reke Savinje / Rinka waterfall – the magnificent beginning of the Savinja river

*The **Solčava panoramic road**, with its beautiful views of the Alpine peaks and valleys, takes us from the Perk farm down towards the **Matkov kot** valley. It winds along a sunny slope past the **Matk farm** and leads us to the **Jezerca spring** along a stream into the **Logar valley**. We walk along the road past the **Logar linden tree** and farm to the **Logar valley path**. The **spring of river Črna** impresses us with its primitive appearance and energy. A gentle forest path softens the steps to the forester's hut, the Palenk waterfall and the charcoal makers' cottage. The rocky riverbed of Kotovec leads us to the **Rinka waterfall** and on along the mountain path past the **Savinja spring** to **Okrešelj**.*

Vodne poti Kamniško-Savinjskih Alp

Water trails of the Kamnik-Savinja Alps



Privočite si požirek kvalitetne izvirske vode! Ob analiziranih izvirih s pitno v