



COMMISSION FOR EUROPEAN FOOTPATHS (KEUPS)

Večna pot 2, PO Box 71, 1000 Ljubljana, Slovenia

Tel: +386 1 470 00 50, Fax: +386 1 423 53 61, +386 41 657 560

E-mail: joze.prah@amis.net , <http://eupoti.com/>

Founding members: Slovenian Forest Service, Alpine Association of Slovenia, Tourist Association of Slovenia, Association of Forestry Societies of Slovenia

PRESS RELEASE

Mateja and Aljoša Kramberger from Destrnik love engaging in their favourite hobby: hiking. Last year they hiked the entire Slovenian section of the European E6 footpath that runs from Radelje to Strunjan in one go. Over the last few years they have seen close family members battle hard against cancer, so they decided to dedicate this year's hike to all cancer patients struggling with this difficult disease.

This year they will hike the entire Slovenian section of the European E7 footpath that runs from Robič to Hodoš. You can wish them luck as they set off from the village of Robič, at the Z'Der bar near the Nadiža swimming area, at 5.30 pm on Friday 11 July.

The Cancer Patients' Association of Slovenia is supporting their project, which aims to break taboos about cancer and encourage healthier lifestyles. They are inviting individuals to contact Jože Prah (see contact details below) by name or anonymously. You can put your name down on the list and Mateja and Aljoša will hike a part of their footpath for you and your family. At the same time, they are inviting anyone who wishes to do so to join them in hiking a certain section of the footpath.

Mateja and Aljoša will file daily reports on their journey by posting photos and short descriptions on the Commission for European Footpaths' website (<http://eupoti.com>). They will also post details about the next day's route. They will walk between 25 and 35 km a day, or until they find a suitable place to spend the night (they will normally sleep outside, or in an alpine cottage if it's raining). Their overnight location will be posted online every day at 8pm. Mateja and Aljoša will start their day at 4 am and begin the hike at 5 am. On-the-road-communications have been made possible by the Commission for European Footpaths, Janez Černilec and Jože Prah (see contact details below).

Besides giving encouragement to cancer patients, Mateja and Aljoša also wish to popularise hiking on Slovenia's European footpaths. This way, people who are not able to hike due to illness will nevertheless be able to discover the beauties of Slovenia, along with those who would like to experience it in a different way. This is their contribution to cancer prevention in Slovenia.

You can contact Mateja and Aljoša Kramberger at aljosa.kramberger@gmail.com or +386 40 186 940 (Aljoša) and +386 40 163 112 (Mateja).

KEUOS contact, Jože Prah — +386 41 657 560, joze.prah@amis.net.

President of KEUPS:
Jože Prah

THE EUROPEAN E7 FOOTPATH

The E7 footpath was initially called 'From Soča to Sotla'. Professor Ciglar encouraged Boštjan Arko to set out the path that ran from the Robič border crossing to Bistrica ob Sotli. The footpath was opened on 12 September 1986 in Mačkovec in honour of IUFRO – the World's Network of Forest Science.

On 22 March 1995 the Commission for European Footpaths, along with the Association of Forestry Societies of Slovenia, suggested extending the E7 footpath from Bistrica ob Sotli to the Hungarian border in Hodoš. The extension from Bistrica ob Sotli runs along the Ormož, Haloze and Pomurje paths. The majority of the path was designed by Zoran Naprudnik. The E7 extension trail was officially opened on 14 October 1995 in Olimje to celebrate the 20th anniversary of European footpaths in Slovenia. On this occasion, the old name 'From Soča to Sotla' was changed to 'From Soča to Mura'. In 2002 the footpath was named after Zoran Naprudnik, a highly dedicated sports and tourism worker. The Slovenian part of the trail is over 600 km long and consists of 42 control posts with stamps.

The E7 footpath has been divided into several logical stages to make hiking easier to organise:

Footpath	Hiking time	Length	Altitude	Map
1. Tolminsko and high over the Baška grapa	3 days or 24 hours	82 km	3170 m	Map of Posočje and Škofjeloško in Cerkljansko hribovje
2. Through Loško hribovje	2 days or 15–16 hours	47 km	2570 m	Map of Škofjeloško in Cerkljansko hribovje
3. Through Polhograjsko hribovje	2 days or 15–16 hours	52 km	2100 m	Map of Ljubljana and surroundings
4. On the edge of Notranjska and Suha Krajina towards Krka	3 days or 20 hours	67 km (through Pokojišče) or 70 km (through Pekel)	2060 m	Map of Notranjski Kras and Municipality of Dobropolje
5. The Krka Valley and through Gorjanci	3 days or 25–28 hours (30-hour option)	90 km 110 km	1900 m	Map of Dolenjska
6. From the River Krka over the plains of Posavje towards Sotla	2 days or 12 hours	43 km	780 m	Map of Posavje, Celjska kotlina
7. Through the wine-growing area of Kozjansko and Obsotelje	2 days or 14 hours	51 km	1200 m	Map of Celjska kotlina, Rogaška Slatina

8. Through Haloze	2 days or 16 hours	55 km	1640 m	Map of Rogaška Slatina and Ptuj
9. Through the plains of the River Drava, Ormož and Ljutomer	2 days or 12–14 hours	52 km	800 m	Map of Ptuj, Pomurje
10. From Prlekija between Ravensko and Dolinsko to Goričko	2 days or 15–16 hours	60 km	430 m	Map of Pomurje

KONTROLNE TOČKE E-7

	Kontrolna točka	Naslov, telefon, elektronski	Občina
1	Kobarid	Hotel Hvala restavracija Topli val, Trg svobode 1, 5222 Kobarid, tel. 05 3899300, http:// www.topli-val-sp.si	Kobarid
2	Tolmin	Hotel Krn, Mestni trg 3, 5220 Tolmin, tel. 05 3821100, http:// www.hotel-krn.com	Tolmin
3	Planina Razor	Koča na planini Razor, Planinsko društvo Tolmin, Trg Maršala tita 16 a, 5220 Tolmin, 05 388 3211, tel. 050 632 720	Tolmin
4	Stržišče	Predvidena je vzdava žiga k spodnji postaji tovarne žičnice na Črno prst	Tolmin
5	Porezen	Dom Andreja Žvana – Borisa na Poreznu, Planinsko društvo Cerčno, tel. 050 615 245, ++386 51 615 245, PD Cerčno, pp 10, 5282 Cerčno, št. Prenosišč 60	Cerčno
6	Črni vrh	Planinska koča na Črnem vrhu Planinsko društvo Cerčno Planinsko društvo Cerčno, tel. 050 615 245, ++386 51 615 245, PD Cerčno, pp 10, 5282 Cerčno, prenočišč ni	Cerčno
7	Blegoš	Planinska koča na Blegošu 051 614587 PD Škofja Loka 04 5120667 ,Leskovica 32, 4224 Gorenja vas , 051 614 587,	Gorenja vas

		PD Škofja Loka 04 51 20 667, prenočišč 61	
8	Stari vrh	Koča in penzion Stari vrh, Štefe Gregor Zapreval 5, 4223 Poljane nad Šk. Loko 04 5189007 , 041 682 082, št. Prenočišč 37	Škofja Loka
9	Lubnik	Planinski dom na Lubniku 04 5120501 PD Škofja Loka 04 5120667	Škofja Loka
1 0	Škofja Loka	Turistično društvo Šk. Loka, Mestni trg 7, 4220 Šk. Loka, 04 5120268, 041 758 918	Škofja Loka
1 1.	Govejek	Mihelčičev dom na Govejku, Trnovec 10 A, Medvode 1215 Medvode ++386 1 361 14 29, št.prenočišč 15	Medvode
1 2.	Črni vrh	Turistična kmetija pri Koširju-Jure Setnikar, Črni vrh 46, 1355 Polhov Gradec, 031 675 684,	Dobrava - Polhov gradec
1 3.	Ulovka	Kmetija Pr LAZŃAN Trtnik Tomaž, Mizni dol 118, 031 892 605. 1360 Vrhnika	Vrhnika
1 4.	Vrhnika	Koča v Starem Malnu, Betajnova 80, 1360 Vrhnika, 01 7542977 ali 041 661 563, prenočišča so. 1360 Vrhnika	Vrhnika
1 5.	Pokojišče	Hiša nasproti Okrepčevalnice, Debevec Marjan, Pokojišče 3, 01 7546745 1360 Vrhnika	Vrhnika
1 6.	Dražica	Dražica 5, Kozolec pri gostilni Most, 031 643 578. Gostilna s prenočišči Most, Nada Drašler sp 1353 Borovnica 01 754 62 13, 01 754 82 13, 031 643 578 , nada.drasler@gmail.com □	Borovnica
1	Žilce	Sv. Vid, v hišr št. 23, nasproti	Ivančna

7.		cerkve	Gorica
1 8.	Mačkovec	Kraševac Milan, Selo 14, 1315 1315 VELIKE LAŠČE, 01 7889 462	VELIKE LAŠČE
1 9.	Krka	Turistična kmetija MAGOVAC Krka 13, 1301 KRKA Tel.: 01 780 60 49 ales.magovac@siol.net	Ivančna gorica
2 0.	ŽUŽEMBERK	TURISTIČNA KMETIJA KOREN Dolga vas 5, 8360 Žužemberk turizem-koren@voja.net tel.: 07-308 7260, mobi: 031-430 645	Žužemberk
2 1.	DOBRNIČ (varianta)	BAR ŠKERJANEC Dobrníč 4,8211 Dobrníč tel. 07 34 65 333	Trebnje
2 2.	Dolenjske Toplice	HOTEL VITAL, recepcija Zdravilišče Dol. Toplice, zdraviliški trg 1, 8350 dt booking.dolenjske@krka-zdravilisca.si tel. 07 39 19 400	Dol. Toplice
2 3.	LAŠČE (varianta)	GOSTILNA ROJC Lašče 14, 8361 Dvor tel. 07 30 87 210, gsm 041 691 437	Novo mesto
2 4	Jugorje	GOSTILNA BADOVINAC Jugorje 5, 8331 Suhor Tel. 07 30 50 133	Metlika
2 5	GOSPODIČNA na Gorjancih	PLANINSKI DOM GOSPODIČNA Gsm 050 331 903 ali 031 456 293 Gospodična 10, 8321 Brusnice	Novo mesto
2 6.	Pleterje (Samostan, pri vratarju)	Samostan Pleterje Drča 1, 8310 Šentjernej Tel. 07 30 81 225 Kartuzija.pleterje@chartreuse.info (poseben status za obiske)	Šentjernej
2 7.	Kostanjevica na Krki	Gostilna Žolnir, Kostanjevica, 8311 Kostanjevica na Krki, 00 386 7 498 71 33	Kostanjevi ca
2 8	Krško	Hotel BDS Sremič, Trg Matije Gubca 3, 8270 Krško, 07 492 10 15	Krško
2 9.	Bistrica ob Sotli	Gostilna Srečko Kunst, Bistrica 9, 3256 Bistrica ob Sotli 03 580 42 22. Prenočišče v bližini 4 apartmaji	Bistrica na Sotli
3	Podčetrtek	Hotel Breza – Terme Olimia, žig je	Podčetrtek

0		v recepciji Zdraviliška cesta 24 3254 Podčetrtek	
3 1	Rogaška slatina	Turistično informacijski center Zdraveliški trg 1, 3250 Rogaška Slatina	Rogaška Slatina
3 2.	Plan. dom na Donački gori	Rudijev dom-Donačka gora 3252 Rogatec, 03 5827979, oz. Bojan Blažun 041 785 824	Rogatec
3 3	Ptujska Gora	Župnijski urad Matere božje, Ptujska gora 40, 2323 PTUJSKA GORA, tel. 00386 2 794-42-31	Majšperk
3 4	Podlehnik,	Žig je v skrinjici na naslovu: Gostišče Ob ribniku, Dežno 4/a, 2286 Podlehnik, 00 386 2 788 44 00, 00 386 31 546 111	Podlehnik
3 5.	Grad Borl	Hiša usnja-gostišče Herman Kokol, Dolane 8, 2282 CIRKULANE, tel. 00386 2 761-20- 01, 00386 2 761-20-11, fax 00386 2 761-00-21, http://www.herman.si	Cirkulane
3 6.	Ormož, ne pa Sodinski vrh	Hotel Ormož, Vrazova ulica 5, 2270 ORMOŽ, tel.00386 2 740- 11-21, fax 00386 2 740-02-06, E- mail:hotel.ormoz@siol.net	Ormož
3 7	Jeruzalem	Gostišče VINSKI HRAM, Vinko Brenholc s.p., Jeruzalem 18, 2259 IVANJKOVCI, tel. 00386 2 719-45- 04, fax 00386 2 719-41-90, E- mail: vinski.hram@email.si, http://www.jeruzalem-brenholc.si	Ljutomer
3 8	Ljutomer	Hotel Jeruzalem, Glavni trg 5, 9240 Ljutomer	Ljutomer
3 9.	Banovci	Terme Banovci, Banovci 1a, 9241 Veržej (recepcija hotela)	Veržej
4 0	Moravske Toplice	Naravni park TERME 3000 Recepcija hotela Termal (02 512 11 00), Kranjčeva ul. 12, 9226 Moravske Toplice INFO@TERME3000.SI	Moravske Toplice
4 1	Gornji Petrovci	Turistični dom Pindža 9203 Petrovci	Gornji Petrovci

		(v skrinjici na zidu)	
4 2	Hodoš	Bar Metuljček Hodoš 20, 9205 Hodoš	Hodoš