



Feel our GREEN HEART before your arrival to Miren Kras

Visiting one of the planet's greenest destinations in Slovenia is a responsible decision. In 2019, we were awarded the **Slovenia Green Destination- GOLD** label and marked among **TOP 100 best sustainable destinations in the world**. In 2020, we ranked among the TOP 5 best sustainable destinations in Slovenia and received the **Best of Europe 2020** label.

We nurture our most important **values: unspoiled nature, peace, breath-taking views, tradition and sustainable development** in cooperation with the local community. We wish to provide you with useful information about Miren Kras before your arrival, so that you will be able to enjoy our region to the fullest and also contribute to generating our common green future.

1. When visiting Miren Kras, be inspired by **our love for nature and cultural heritage**. The legacy, part of which is part of the UNESCO's Cultural Heritage of Humanity (Karst dry-stone wall construction) and part of Slovenian intangible heritage (Easter Coin Tossing), **craftsmanship** (shoemaking, brickwork, whip-making and stone masonry), **typical architecture** (fortified villages, densely serried villages, standing waters, wells, etc.), is preserved and nurtured in collaboration with more than **30 local cultural, tourist and sport associations**, which include important partners like hunters, cavers and fishermen.
2. If possible, travel to Miren Kras **by train or bus** or choose an airline that introduces carbon footprint reduction programs. If you come by **e-car**, you can use **2 e-charging stations**.
3. Book your getaway at accommodation that holds of the Slovenia Green international or **Green Key** certificate. All our accommodation and catering services providers are making efforts for sustainability: how they manage wastewater, waste, and energy. Most of them are strongly integrated in the local community. They mostly employ locals, who will be glad to share a local story with you.
4. **Green tours and experiences** in Slovenia are organized by environmentally certified travel agencies. If you wish to make your travel green and sustainable, engage one of those agencies or contact info@mirenkras.si.

NATURE AND LANDSCAPE

1. **The mild Mediterranean climate** enables you to enjoy our tourist offer **all year round**.
2. **More than 90% of the Miren Kras region** is, due to its rich biodiversity, also protected under the **Natura 2000**.
3. You can help preserve the **sensitive natural balance** in protected nature by only walking on already used and marked trails. Any deviation from the planned path can cause a biological imbalance.

4. Three large carnivores that have extinct in many areas are still populating our forests, i.e., **bear, lynx and wolf**, in symbiosis with other **wild game** (deer, boar, fox, beech marten, badger, rabbit, duck, crow, dormouse, etc.). **7 bat species** live here besides many **birds, bugs, butterflies, fish or lampreys**. Be very thoughtful when you enter their home, and follow all signs. Do not feed the animals. To experience the best of our wild life, we recommend reserving **photo tours** with our licensed local guide, who will take you to the heart of the animal kingdom without doing it any harm.
5. Instead of using a car, explore Miren Kras **on a bike**. We have **more than 60 km** of marked **cycling trails** that run along **6 routes** of different difficulty grades. Rent an **e-bike** to wander around our region.
6. The Vipava River offers unforgettable activities in unspoiled areas, i.e. in a **kayak, canoe or stand-up paddling board**. While accompanied by guides or cavers, you can visit **6 karst caves**, including the Pečinka Cave which is an **outdoor museum**.
7. **Miren Kras is ideal for exploring at a gentle pace**, as there is a network of **marked footpaths** extending more than **80 km**. Stick to them, they will always bring you to your destination.
8. Wild blossoming meadows are the habitat of **autochthonous Slovenian bees**, and there are also many in Miren Kras. The Mayor of Miren-Kostanjevica Municipality gives a nectar-bearing tree every year to every child that was born in the preceding year. Pay attention to our wonderful **nectar-bearing tree promenades**.
9. The **Promenade of Gratitude** that runs to the Monument of Peace in Cerje has a special place in our hearts. It emerged within the scope of the **TREE FOR CERJE** campaign following the great fire in 2019. We invite you to join or become a member of the **Cerje Green Family**, find out more on www.drevozacerje.si

THE ENVIRONMENT AND THE CLIMATE

1. Feel Miren Kras as your green outdoor home. Together, we can make sure it stays clean and tidy. **Separate your waste** and take it to public litter bins or ecological islands.
2. **Water** here is clean and drinkable, and the right to drinking water was enshrined in Slovenia's Constitution. We recommend that you **buy an ECO bottle**, so that you can fill it with clean drinkable water at every step.
3. **Help us preserve the wealth of water resources** by taking a **short shower** instead of a bath and **turning off the tap** while brushing your teeth.
4. **Help contribute to saving energy** by using used towels or bed linen multiple times.
5. **Choose local soaps, cosmetics, and cleaning products**, which are environmentally friendly and do not negatively affect nature or its sensitive ecosystems. Even if your cosmetics packaging is nearly empty, use the products until they are completely empty and take them home with you.
6. If a device breaks down or a **battery** dies while travelling, take it to a **special container**.
7. May the environment and nature catch their own signals. Whenever possible, **unplug all electronic and other devices from sockets**.

CULTURE AND TRADITION

1. The Slovenian language has helped preserve Slovenian culture and sovereignty through millennia. Try to learn some basic words and phrases that will put a smile on your hosts' faces (hello = **dober dan**, thank you = **hvala**, How are you = **kako si/ste**, that is so good – **to je zelo dobro**).
2. **Buy locally**, in local shops with Slovenian products and produce. You can buy many local products at **Cerjanka**, a souvenir and local products shop at the Monument of Peace in Cerje.
3. Support **local producers**: farmers by ordering food made from local ingredients that grow in the “**Garden of Goriška**” (healthy white and green asparagus) or mature in the karst bora wind (prosciutto or dried ham, teran wine, olive oil, herbs, dry meats); craftsmen by purchasing craft products and artists by learning or buying their artwork. Visit the **Oskar Kogoj Natura Design Gallery** at Miren or art exhibitions at the Monument of Peace in Cerje.
4. Taste our cuisine at **12 local inns and restaurants** or at one of the four “**osmica**” that preserve the legacy of Mary Theresa and offer our most typical dishes: “**jota**” **stew with sausage**, **herbal “fritalja”**, **prosciutto**, **fuje (bread dumplings wrapped in prosciutto)**, “**štruklji**” (**dumplings with filling**).
5. Visit **Gostilna Bric Inn in Miren**, one of the members of the ‘Gostilna Slovenija’ initiative or select typical dishes of local origin made according to local recipes, which are usually specially marked in menus.
6. The cultural legacy and heritage will be best presented to you by **local guides**, who know the local mysteries and cultural programs in all four seasons.
7. Visit our museums (**there are five in our area**) galleries, houses of culture, and contribute to preserving world-class works of Slovenian culture and art.
8. Visit **traditional events**, including the **Asparagus Festival** in May, where you will learn about our customs and habits. **No plastic products that are harmful for the environment** are used at any event.
9. We also promote environmental responsibility among children with our **eco mascots**, Beluško and Mirka.

Carry the green Miren Kras in your heart

1. Handicraft products with a certificate are the most beautiful souvenirs.
2. **Share your positive experiences** about Miren Kras with friends and help us spread green mentality.
3. Open your hearts to green habits and continue with them in your daily lives.

Psst ..., this is the serene side of Slovenia.

THANK YOU for your valuable contribution to our initiative: “Together for Green Future”!