



Primorska & Notranjska

Includes »

Primorska.....	100
Soča Valley.....	100
Central Primorska.....	107
Karst Region.....	112
The Coast.....	115
Notranjska.....	131
Postojna.....	131
Cerknica & Around.....	135
Lož Valley.....	136

Best Places to Eat

- » Hiša Franko (p104)
- » Restaurant Neptune (p127)
- » Pri Mari (p127)
- » Topli Val (p104)
- » Gostilna Istria (p122)

Best Places to Stay

- » Kaki Plac (p129)
- » Old Schoolhouse Korte (p121)
- » Dobra Vila (p101)
- » Miracolo di Mare (p127)
- » Hotel Rakov Škocjan (p136)

Why Go?

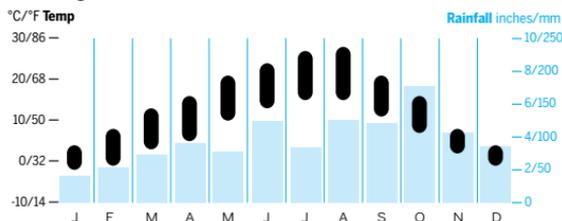
Primorska is one of Slovenia's most diverse regions. There is mountain climbing and rafting in the Soča Valley, wine tasting near Nova Gorica, caverns at Škocjan and white stallions to ride at Lipica. On the coast, the old Venetian ports of Piran and Koper will keep even the most indefatigable of sightseers busy.

Primorska has a climate and flora that are distinctly Mediterranean right up to the foothills of the Alps. There are four distinct regions: the Soča Valley; the rolling hills of central Primorska; the Karst, with its wonderful *pršut* (dry-cured ham), olives and wine; and the coast itself (sometimes called Slovenian Istria).

Notranjska is mostly wooded, making it one of the best places in the country for outdoor activities. It's also peppered with caves and castles – Predjama even has a castle wedged in a cave. Postojna cave is one of Slovenia's most popular tourist sites, but don't miss isolated Snežnik Castle or exploring Križna cave by boat.

When to Go

Postojna



Lent See Cerkno's raucous Laufarija Mardi Gras in the run-up to Easter.

May & Jun Meltwaters swell the Soča River for the most dramatic white-water rafting.

Sep The perfect time for swimming in the Adriatic, when the tourist numbers have died down.



Primorska & Notranjska Highlights

- 1 Dare the devil himself by **canyoning** or **rafting** on the Soča River (p100) from Bovec
- 2 Descend into the nether world with a tour of the **Škocjan Caves** (p112)
- 3 Enjoy the catch of the day amid the glorious Venetian architecture of **Piran** (p122)

- 4 Discover many of the 270 types of feathered friends passing through in the still and very salty **Sečovlje Salina Nature Park** (p130)
- 5 Be reminded of where you come from (and where you certainly are going to) at the

- Church of the Holy Trinity** (p115) in Hrastovlje
- 6 Follow Lueger's lead and throw cherries from Erazem's Nook in **Predjama Castle** (p134)