

## Ecotopia Biketour

Ecotopia Biketour is a several weeks project for everyone interested in do-it-yourself "diy" environmentalism, culture, nature, community life, cycling and generally being cool this summer. It goes for the pure basic form of travelling: sleeping on the ground, eating food prepared on camp fires and meeting people, who are not paid a lot to be friendly to you.

Moving all the stuff by sheer muscle power, Biketour creates an eco-mobile community building up strong connections between participants coming from different scenes and groups as well as between them and the hosts. While the whole tour is an action demonstrating that less is more, the tour participates also in actions on specific themes suggested by the places the tour visits. The main slogan of this year's biketour is "bike it yourself" - with this we want to show that you can really do many things yourself - repair a bike, cook a meal for 50 people, organize an action and even cycle all the way from Lithuania to Croatia!

## Key contacts

João Lopes, co-ordinator of Ecotopia Biketour 2006  
joao@thebiketour.net  
+420 776123118  
eyfa@eyfa.org  
<http://www.worldcarfree.net/contact/>

Lidija Živčič, co-ordinator for Slovenia  
lidija@focus.si  
+ 386 41 291091  
[www.focus.si](http://www.focus.si)

## Important telephone numbers

police: 113  
fire: 112  
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other for a different opinion.

- No discrimination, hatred and generalizations will be tolerated. Please involve in peaceful and open conflict mediation, as in all conflict there is always an opportunity for growth.
- Please try to be open and learn from everyone you meet. For everyone to feel comfortable, we ask to not form closed national groups or cliques of friends. Use English if there are people from different countries around.
- Please try to participate in organized activities and appreciate other people's input into the biketour.

All food in biketour is vegetarian, but we will provide vegan, raw food and other diet options. Meat eaters are welcome, but there will be no meat option during any common biketour meal. Please involve into peaceful discussions about food!

Biketour is promoting healthy and joyful lifestyle. Please remember that we all want have nice feeling and fun with it – so give your friend a hug, smile, do a massage, buy someone a beer if it seems that she/he needs one. Offer yoga, tai-chi, massage workshops. Think twice before opening an endless discussion after 2 hours of morning circle. Appreciate everyone's freedom. Try to understand other's feeling. Love, don't hate. Enjoy!

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do it yourself tour

ecotopia biketour 2006

Slovenia

4 – 10 September

Biketour crossing of Slovenia is financially supported by the Ministry of environment and spatial planning



REPUBLIKA SLOVENIJA

MINISTRSTVO ZA OKOLJE IN PROSTOR

## Welcome to Slovenia!

We are happy to host Ecotopia Biketour 2006 in Slovenia. After many ups and downs, we managed to put together a route that we hope will satisfy you all.

Although small, Slovenia has a bit of everything – mountains, lakes, sea, flat areas... In six days it would be hard to visit all the sights. However, we will see many nice landscapes and stop at enough sights – and, hopefully, meet a lot of friendly people.

Here are some useful expressions in Slovene, followed by a lot of boring, yet useful information.

hello – zdravo, čao, živjo (informally),  
dober dan (formally)  
good morning – dobro jutro  
good evening – dober večer  
goodbye – čao, adijo (informally),  
nasvidenje (formally)  
please – prosim  
thank you - hvala  
how much does it cost – koliko stane?  
yes – ja (informally), da (formally)  
no – ne  
sorry – oprostite  
i don't understand (Slovene) – ne razumem (slovensko)  
where is ...? – kje je ...?  
how far is...? – kako daleč je ...?  
i don't speak Slovene – ne govorim slovensko  
food – hrana  
shop – trgovina  
beer – pivo  
milk – mleko  
cheese – sir  
butter – maslo  
vegetables – zelenjava

beans – fižol  
peas – grah  
potatoes – krompir  
salad – solata  
bread – kruh  
fruits – sadje  
apples – jabolka  
olive oil – olivno olje  
(organic) farm – (ekološka) kmetija  
water – voda  
drink – pijača  
drinking water – pitna voda  
bike – kolo (bicikel – some dialects)  
bike tour – kolesarska turneja  
bike shop – kolesarska trgovina  
flat tyre – počena guma  
tyre – guma, zračnica  
left – levo  
right – desno  
straight – naravnost  
curve – ovinek  
hill – hrib  
ID – osebna izkaznica  
passport – potni list  
doctor – zdravnik (also doktor)  
help – pomoč (na pomoč!)

We assume that after crossing Lithuania, Poland and Slovakia you are all familiar with pronunciation of š, ž and č ;-)

Prepared and issued by  
Focus Association for Sustainable Development  
Cesta na Roglo 17c, 3214 Zreče  
www.focus.si, info@focus.si

## Focus ID

Focus Association for Sustainable Development is a voluntary, independent, non-governmental and non-profit association of individuals. It was established in 2003. Our aim is to change the behavior of the people towards a more environmentally and socially responsible life with the enhancement of understanding and awareness. We actively work to improve the natural and social environment.

Focus covers the following fields: climate change, energy (renewables, efficiency, nuclear), transport, environmental fiscal reform and sustainable consumption.

Activities encompass: organising round tables and workshops, projects, awareness raising, co-operation and networking, following the work of the government, its institutions and local communities, analysing the developments in the fields of our activity, media work, participation in the decision-making processes on the national and international level, street actions and any other activity that contributes to the aim of Focus.

Some of the implemented projects of Focus: Efficient use of energy and renewable sources of energy in the Municipality Zreče (2003), Environmental Fiscal Reform (2003), Environmentally and Socially Responsible Mobility (2004), Carbon Dinosaur (2004), Environmental Centre (2004), Renewable sources of energy for local communities (2004, 2005), Change habits, not climate! (2005), Sustainably mobile! (2005), Waste prevention in Slovenia and Hungary (2005), NGOs and renewables (2005, 2006), Energy diet (2006), Climate deal (2006). More about activities of Focus can be found in the Annual Reports at [www.focus.si](http://www.focus.si)

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## Facts about Slovenia

Official name: Republic of Slovenia  
Political system: parliamentary republic  
Area: 20,273 km<sup>2</sup>  
Capital: Ljubljana  
Population: 2 million  
Ethnic origin of population: Slovene(83.06%), Italian(0.16%),  
Hungarian(0.43%), Others (11.57%)  
Language: Slovene  
Religion: Roman Catholic (82%)  
Climate: Alpine, Continental, Mediterranean  
Time zone: Central European Time GMT+1  
Currency: tolar (SIT), 1 tolar = 100 stotins  
**Stores** Working hours are mostly nonstop without lunch time closing. -  
Weekdays: 8:00 to 19:00, Saturdays: 8:00 to 13:00, Sundays and  
holidays: On duty pharmacies, etc., and some private stores. Payment  
is in tolar; most stores accept credit cards.  
**Post Office** Weekdays: 8:00 to 18:00, Saturdays: 8:00 to 12:00  
**Telephone** International outgoing call prefix: 00, international calls to  
Slovenia prefix: 386. Public telephones operate on cards. Cards are  
sold at post offices; at newspaper kiosks and tobacco shops.  
**Banks** Banks will exchange foreign currency and travellers checks for  
tolars and vice versa. Changing money is also possible at exchange  
offices in hotels, gasoline stations, tourist agencies, supermarkets, and  
numerous small exchange offices. Hours of operation: Weekdays:  
8:30-12:30 and 14:00-17:00, Saturdays: 8:30 to 11:00/12:00.  
**Exchange rate** 1 EUR = 239.64 SIT  
**Water** The water is safe and drinkable throughout the country.  
**Electricity** Current is 220 V, 50 Hz.  
**Weather** In September average temperatures are around 15°C, but  
due to climate change the appropriate clothes for other temperatures is  
recommended too.  
**Important telephone numbers**  
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## In case you forgot some key stuff...

Ecotopia Biketour aims to create mobile ecological community each year, connecting people from all over the world into clumsy, joyful, slow, funny, unpredictable, sunny, caring group of people. Because we all have different visions of life and diverse personalities, biketour developed set of basic values which helps for all of us to create a bit more similar expectations from this project. Different ideas and thinking is always appreciated, but please keep in mind these basic values of the biketour. Biketour does not tolerate sexism, racism, fascism, homophobia, xenophobia and any other discriminatory practices.

Biketour is a project which promotes sustainable way of life by cycling, doing press work, participating in actions:

- If you think that it would be against your deeply held value system to join in a critical mass ride or to protest against a forest cutting, please think again before deciding to join biketour.
- We choose to support local farmers/small shops as industrial farming and supermarket chains produce many social and environmental problems. Please buy food in small shops or directly from local farmers! Small is beautiful.
- Please reduce your waste as much as possible – do not take many plastic bags while shopping, try to buy food with less package, try not buy canned, highly processed food. Keep in mind while shopping that we want to leave as little as possible for future archeologists ;).

Biketour is a non-hierarchical community, where everyone is at the same time an organizer and a participant. Decisions are made in morning circles, using consensus decision making. However, biketour aims to create opportunities for both community life and individual freedom. Please do not join the biketour if you think that diner should be done by organizers each night and that you cannot imagine yourself taking a trailer or cutting vegetables for everyone. Also, if you think that all the time everyone should be cycling, sleeping, hugging together, please try to appreciate everyone's freedom and choice not to join in.

Biketour aims to provide opportunities for non-formal education. Here as well, everyone here is an organizer and a participant:

- If you think that you could give workshops on specific topic or skills sharing, you are more than welcome to do so. Also, please remember, that we all come from different backgrounds and have different level of knowledge, so be open and share instead of ridiculing other or hating

## 8 September (day 5)

**route:** Kamnik – Ljubljana – Novo Mesto – Otočec

**route length:** 30 km

**sleeping place:** Camp Otočec (Grajska cesta 2, Otočec, Tel: 07 384 89 00 or Bojan Potočar, 040 466 589; price: 1900 SIT / 8 EUR)

**sights:** Ljubljansko barje, Ljubljana, Novo Mesto, Otočec

**eco-farms:** Milan Bizjan, Podgrajska 9c, Ljubljana; Studen Stane, Obrije 23b, Ljubljana; Aleš Kersnik, Komenskega 13, Ljubljana

The morning ride from Kamnik to Ljubljana will take us through some parts of Ljubljansko barje. We might have some company on the way to Ljubljana (e.g. slovene transport minister).

In Ljubljana we will be welcomed by representatives of the media. After a short talk to the media and a press conference, we will have some time to explore Ljubljana, either more or less guided or individually. Although a capital, Ljubljana has some quiet places and even some neighbourhoods that remind of village. It is also possible to bike around it on a 35 km 'partisan path', which has some very nice parts.

In the afternoon we will take train to Novo Mesto. The ride takes about one and a half hours. Visiting Novo Mesto will be possible either on the same day or on the following. From Novo Mesto we still have about 6 km to get to Otočec, an island in the middle of Krka river, with a small castle on it. We will sleep close by.



## 5 September (day 2)

**route:** Banovci – Ljutomer – (Borl) – Ptuj

**route length:** 38 km (alternatively 50 km)

**sleeping place:** Camp in Spa Ptuj (Pot v Toplice 9, 2250 Ptuj, Tel: ++386 2 749 45 80, ++386 2 749 41 00, price: 4050 SIT / 17 EUR, <http://www.terme-ptuj.si/>)

**sights:** Ljutomer, Dornava, Ptuj, Borl, vineyards

After Banovci we will head towards Ljutomer. Visit of Ljutomer is optional. We will follow a small picturesque road that will take us towards Ptuj. On the way we can stop at a lake and then decide to visit castle Borl or go directly to Ptuj with a short stop at Dornava.

Borl is built on a rock where the 16th Meridian crosses river Drava and is the ancestral home of the Knight Parsifal. Close by there are vineyards and nice views.

Ptuj is the oldest Slovene town. Its history can be felt while walking in its streets, although the modern age has left its footprint as well. It has a diverse architecture and very nice inhabitants.

Since we will normally have plenty of time for resting and various activities, it is possible to organise some workshops or think of some actions (e.g. a huge entertainment park is soon to be build close to Ptuj). We will sleep in the Spa of Ptuj, again with a free entrance to the pools and saunas.



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## 10 September (day 7)

**route:** Podzemelj – Metlika – border crossing

**route length:** 8 km

**sleeping place:** in Croatia

Thank you for visiting Slovenia! We had a great time preparing the passing through Slovenia for the Ecotopia Biketour 2006 and we hope you also had some fun around here!

If Biketour wishes to cross Slovenia again, feel welcome to do so and we'll help organising. Maybe some parts of west Slovenia and mountains next time?



## Slovenia map and route – key points



**Key points of the route** Hodoš – Murska Sobota - Ljutomer - Ptuj - Poljčane - Celje - Ljubljana - Novo Mesto (train) - Metlika.

**Total distance of the route** approximately 290 km on bike and approximately 80 km on the train

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## 6 September (day 3)

**route:** Ptuj – Ptujška Gora – Majšperk – Poljčane – Celje – Prebold

**route length:** 81 km

**sleeping place:** Camp Dolina in Prebold (Dolenja vas 147, 3312 Prebold, Tel: ++386 3 572 43 78, ++386 41 790 590, price: 1500 SIT / 6 EUR, <http://www.dolina.si/>)

**sights:** Ptujška gora, castle Štatenberg, Celje, Savinjska dolina

**eco-farms:** Vida Dimitrijevič, Zg. Pristava 11A, Ptujška Gora; Vovk Irena, Stari grad 83, 2321 Makole, GSM 041-960-876; Mhorko Franc, Stari grad 40, 2321 Makole, Tel +386 2 8030327; Jakob Černoga, Podboč 1, 2319 Poljčane; Golež Otilija, Ponikvica 1, 3232 Ponikva, GSM +386 41 271591; Valpatic Stanka, Ostrožno pri Ponikvi 26, 3232 Ponikva, GSM +386 31 808672; Andrej Debelak, Hotunje 32, Ponikva

Our longest day will start at the flat areas around Ptuj and take us across some hills towards Celje. We can rest at Ptujška gora and Proseniško lakes, but almost any other place near the quiet road that we will take will do for a short rest.

In Celje we will have a small walk around the old town, which is the nice part of the town – the new parts consist of shopping malls (highest per capita shopping mall area in Slovenia!).

We will continue towards Prebold, where we will sleep in camp Dolina (Valley) in the heart of the Savinjska valley. The valley is known for hobs production, but also for its beauty.



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## 4 September (day 1)

**route:** Hodoš - Mačkovci - Murska Sobota - Mura - Veržej – Banovci

**route length:** HU part 30 km, Slo part 45 km

**sleeping place:** Camp in Spa Banovci (Banovci 1 a, 9241 Veržej, Tel: ++386 2 513 14 00, price: 3200 SIT / 13.3 EUR, <http://www.termebanovci.si/home.php>)

**sights:** Murska Sobota, Mura watermill and boat, Prekmurje house

**eco farm:** Ferenčak Vincenc, Ribiška ulica 3, Odranci, GSM +386 31 759463

We will enter Slovenia at border crossing Hodoš. After a short stop we will continue on a not too quiet road (other options are also possible!) towards Murska Sobota.

After a short stop at Murska Sobota, we will bike to Mura river, where the local activists will help us organise action against hydropower on Mura. Mura is not suitable for hydropower plants and construction of such plants would destroy the river's creeks and rich biodiversity.

If time is on our side we can enjoy some typical sights of the region, such as watermill on Mura, Prekmurska lža or boat on Mura. Should there be interest, we can also visit a biogas power plant in the neighbourhood.

We will sleep at Spa Banovci, where the camping price also includes free entrance to the swimming pools.



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## 7 September (day 4)

**route:** Prebold – Vransko – Tuhinj – Kamnik

**route length:** 43

**sleeping place:** Camp Resnik in Kamnik (Nevelje 1A, 1240 Kamnik, Tel: ++386 1 831 73 14, ++386 41 435 380, price: 500 SIT / 2 EUR)

**sights:** Tuhinjska valley, Kamnik, Mekinje monastery, Kam. Bistrica

**eco-farms:** Leopold Felicijan, Jeronim 8, 3305 Vransko; Iris in Tomaž Golob, Nevlje 28a, 1241 Kamnik; Trebušak Alojzij (Pri Cesarju), Žubejeva 1, 1240 Kamnik, GSM +386 31 500630

After enjoying the flatness of Savinjska dolina, we will have a more serious climb on the way to Kamnik. Before climbing, if there is interest, we can visit a biomass heating system in Vransko.

The climb will bring us into Tuhinjska valley, where – surprise, surprise – those who love thermal pools will be able to enjoy the Snovik Spa. For others it will be a nice place for resting.

We will sleep close to Kamnik, which is the closest point of Alps that Biketour will get to in Slovenia. Kamnik is a small nice town and if the weather is good, we can have some really nice views of the mountains.

There will be possibilities to organise workshops in the evening or simply join the locals in the pub.



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## 9 September (day 6)

**route:** Otočec – Novo Mesto – Semič – Metlika – Podzemelj

**route length:** 52 km

**sleeping place:** Kamp Podzemelj ob Kolpi (Podzemelj 16B, Metlika, tel: ++386 7 306 95 72, ++386 7 305 81 23, price: 1600 SIT / 6.5 EUR)

**sights:** Novo Mesto, Metlika, Kolpa river

**eco farms:** Golobič Mirko, Gradnik 2a, Semič, GSM 041 346281; Vladimir Pavlin, Sela 8, Semič, GSM +386 31 636205; Pezdirec Janez, Slamna vas 1b, Metlika, GSM 031 354419

We can start the day with visit of Novo Mesto and head towards Semič. Although there are not many 'famous' sights along the road, the landscape is nice.

After a short stop in Semič, we will continue towards Metlika. For those who wish to make a detour and stop in Črnomelj, it will be possible to do so.

Metlika is a small town right at the border with Croatia, worth a short visit. Not far from there we will spend the last night at the Kolpa river, which, the locals claim, is magic. Magic or not, it will offer possibility for swimming ;-)



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