

## Slovenia: Discover the Four Worlds

Combine your visit to the I Feel Slovenia European Youth Cup 2025 with an [exploration of our remarkable country](#). Discover the diversity of the green country's four different regions featuring the Alps, Mediterranean, Karst, and Pannonian Plain.

Take a trip along one of the [thousands of hiking and cycling trails](#). Enjoy the [exquisite cuisine](#). Learn about the [cities and culture](#). Take care of your body at Slovenia's many [natural health resorts and spas](#).

In Slovenia, everything is nearby.

### [Thermal Pannonian Slovenia](#)

The Pannonian Plain, embraced by wine-growing hills, is a land of thermal and mineral springs, where warm hospitality and heart-warming cuisine create a unique atmosphere of wellbeing. This region invites lovers of active getaways to enjoy outdoor adventures, modern pools, and wellness treatments. Along the way, savour the flavours of authentic local dishes and uncover the region's rich history through its many castles and cultural landmarks.



Photo: Ciril Jazbec, Tent; [www.slovenia.info](http://www.slovenia.info)

### [Ljubljana and Central Slovenia](#)

The social and cultural vibrancy of Slovenia's capital is set amidst a green rural landscape with UNESCO World Heritage sites. From the mountain pastures of Velika planina, to a primal forest reserve in Kočevje or the warm Kolpa River; from city vibes to nature adventures, it's all here!



Photo: Andrej Tarfila; [www.slovenia.info](http://www.slovenia.info)

### Alpine Slovenia

Where tranquility and adventure meet, discover a range of mountain peaks, plateaus with beautiful views, and picturesque Alpine valleys criss-crossed with hiking and cycling trails extend from Mt. Triglav, the highest mountain in Slovenia, to Pohorje above Maribor. Rivers and lakes delight lovers of water sports and adrenaline, and mountain sports centres offer a wide range of activities all year round.



Photo: Ciril Jazbec, Tent; [www.slovenia.info](http://www.slovenia.info)

### Mediterranean & Karst Slovenia

Where the wonders of the Karst and the taste of traditional sea salt meet, the coastal towns show their beauty in the sun. Green Istrian rural areas are home to original cuisine with olive oil and wild plants, with Brda and the Vipava Valley being the home of world-famous wines. The Karst uncovers the secrets of caves, which are among the most visited in Europe, and Lipica, the home to famous white Lipizzaner horses, inspires with its history. The mild

climate welcomes you no matter the season.



Photo: Ciril Jazbec, Tent; [www.slovenia.info](http://www.slovenia.info)

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