



**Information and reservations for guided tours**  
**VRHNIKA TOURIST INFORMATION CENTRE**  
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 Opening hours: Mon-Fri from 8.00 am to 6.00 pm,  
 Saturdays from 8.00 am to 2.00 pm

**Roman Wall Trail, themed hiking trail**  
 Best time to visit: year-round  
 Difficulty: easy, hiking gear should be appropriate to the season and forest terrain  
 Starting point: Cesarski vrh, at the bus stop Zaplana at Tržaška Road  
 Trail length: 2 km, 1 hour  
 Walking the trail is at your own responsibility

**Educational programmes**  
 Moja Ljubljana exhibition venue  
 Tržaška Road 32 • 1360 Vrhnika  
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**CLAUSTRA+ Project**  
 Cross-border destination of cultural and green tourism Claustra Alpium Iuliarum



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**Let's go on a hike!**  
 Along the Roman wall





**Welcome, traveler!**

Here is an invitation  
to an adventure: a hike  
along the Roman wall!

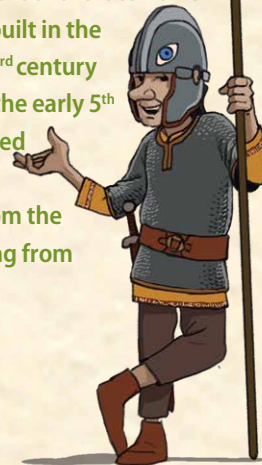


A section of an almost 2000 years  
old wall is preserved in Zaplana. Lo-  
cals call it Ajdovski zid (the Wall of  
Giants). Why? In folklore, Ajdi were  
the giants that left behind unu-  
sual and large constructions.  
Ajdovski zid in Zaplana  
is almost completely  
covered by soil these days.  
You can recognize it just as an  
embankment several kilometers  
long and 1-2 meters tall.

**Find two stamps on your hike along the Roman wall,  
and stamp them on the correct spot.**

Find the seal **with the image of Constantine I**  
(he ruled from 306 to 337). He was also known  
as Constantine the Great. A successful military  
leader, he is now known as the founder of Con-  
stantinople (later Byzantium/Istanbul) and a  
supporter of Christianity. It was during his reign  
that the *claustra* were active. An important piece  
of equipment of the Zaplana-based soldiers was  
a helmet. Visit **[www.claustra.org](http://www.claustra.org)**, where you can  
download a helmet design and create your own.

Archaeologists discovered that  
Ajdovski zid is a part of the late Roman  
defense system, built in the  
latter half of the 3<sup>rd</sup> century  
and operated till the early 5<sup>th</sup>  
century. It protected  
the heart of the  
Roman Empire from the  
enemies advancing from  
the east.



Find the seal that will show you **the dish ingredient**,  
which the Romans called "food of gods". They knew  
perfectly well which species of this ingredient were  
edible and which poisonous. They would sometimes  
use the latter on purpose too. That is how the fourth  
Roman emperor, Claudius, died. One of the most  
prized was Caesar's mushroom (*Amanita caesarea*),  
which still grows around these parts.

**Do you know of which ingredient we are talking about?**

Ancient writers would call this  
line of defense *claustra Alpium  
Iuliarum*. *Claustra* means  
"barriers", and *Alpium  
Iuliarum* signifies "of the Julian  
Alps". So, it's "the barriers of the  
Julian Alps" or just "the Alpine  
barriers". So far archaeologists  
discovered more than 30 kilometers  
of these barriers, and about a third  
of them are found across the slopes  
above Vrhnika.



**Caesar's mushroom is an excellent mushroom.** It is hard to say if it is better cooked, baked,  
steamed or fried. It is rare and protected in Slovenia, but there are other species of edible mush-  
rooms growing in Zaplana, which you can prepare Roman-style.\* **But, be careful:** poisonous  
mushrooms also grow here. If you do not know the mushrooms, you better leave the foraging  
to a more experienced mushroom picker.

## WOOD MUSHROOMS (*FUNGI FARNEI*)



- 50 dag of mushrooms
- 5 salted fish fillets
- 1 teaspoon of pepper
- Salt

We cook the mushrooms and serve them hot, mixed with  
the fish fillets. Use salt and pepper to your preferences.  
The dish goes well with vegetables and meat sauces.