

*With a bike, you have  
Prekmurje in the palm  
of your hand*



## Bike tours in Prekmurje

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**TERME 3000 –  
MORAVSKE TOPLICE**

SAVA HOTELS & RESORTS

## A GUARANTEED HEALTHY EXPERIENCE AT TERME 3000

The best way to discover the mysterious Prekmurje region is by bicycle! The locals are used to cyclists, and you'll be pedalling on bike paths, local roads and hills with the wind in your hair, enjoying the smell of mowed grass from the meadows, the sight of endless wheat fields, the rattling of storks, the murmur of water, and above all, you will be able to see the sights and taste the excellent local cuisine. At Terme 3000, we welcome both experienced and beginner cyclists.

**You can look forward to cycling on trails that follow less busy roads for an authentic experience of Prekmurje. We wish you a pleasant cycling holiday and as many kilometres as possible, or as we say in Prekmurje: "The harder you pedal, the faster it goes!"**



### LEGEND:



Map



Cyclist-friendly hotel



Bicycle rental



Bicycle storage



Bike trail planning



Laundry washing and drying



Bicycle service

# TOUR 1 THE GREAT RHAPSODY



## Places on the way:

Moravske Toplice -  
Martjanci - Sebeborci  
- Sv. Benedikt - Križevci  
- Domanjševci - Berkovci  
- Prosenjakovci - Selo -  
Sv. Nikolaj - Vučja gomila  
- Moravske Toplice



**Length:** 51 km



**Total ascent:** 735 m,  
13% (200 m)



**Estimated time required:**  
4 hours



**Difficulty:** demanding



**Route type:** paved bike  
trail, paved bike path



**Recommended bicycle  
type:** trekking, road



## Route description:

The route is suitable for moderately fit recreational cyclists, who will be able to complete it without excessive effort. During sightseeing, there will be plenty of time to relax and enjoy the views and beautiful nature. The route offers variety, with plenty of not too long ascents and descents. The main attraction on the route is the Korenika eco-social farm, where you can try their produce.

## Option:

More experienced cyclists can extend the route to Ženavlje, where you can see the monument at the site of the landing of a stratospheric balloon. You can also shorten the route by cycling along the main road to Šalovci from Gornji Petrovci, or if you turn towards Domanjševci in Križevci.





# TOUR 1 THE GREAT RHAPSODY

## Curiosities along the way:

**Ivanovci** with the Goričko Wine Centre, which is famous for the tradition of raising wind rattles in August. The **Korenika eco-social farm** in Šalovci is definitely worth a visit. The farm is developing activities in the field of organic farming with a focus on ecological tourism. They grow fruit, vegetables, grains and herbs. **Selo with a 13th century Rotunda** and an educational forest trail.

The round **church of St. Nicholas**, with its unique architecture and paintings, is one of the most important monuments of Romanesque culture in Slovenia. Near the church you can also find the educational forest trail that teaches you about the rich vegetation of the region.



# TOUR 2 AN ENERGY ADVENTURE



## Places on the way:

Moravske Toplice -  
Tešanovci - Vučja gomila  
- Selo - Prosenjakovci  
- Motvarjevci - Kobilje  
- Lake Bukovica -  
Dobrovnik - Filovci  
- Bogojina - Tešanovci -  
Moravske Toplice



**Length:** 45 km



**Total ascent:** 290 m, 12%  
incline



**Estimated time required:**  
3 hours



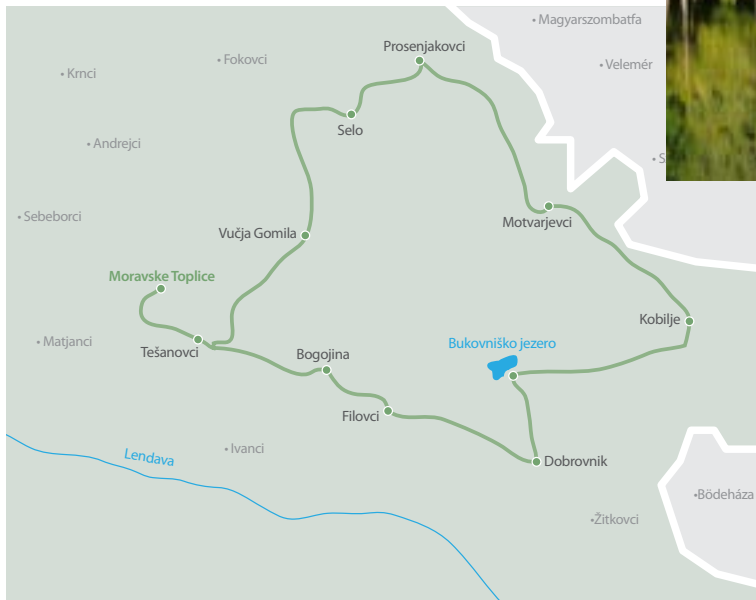
**Difficulty:** moderate



**Route type:** paved local  
road, bike trail



**Recommended bicycle  
type:** trekking, road



## Route description:

Even if you don't exercise very often, the Prekmurje hills won't cause you too much trouble. The attractions along the route are nicely spaced out and offer plenty of opportunities for resting. The most difficult part is the ascent to Vučja Gomila, right at the beginning of the route, which rewards you with a beautiful view of the local vineyards and the Prekmurje plain. The main attraction on the route is Lake Bukovnik, with St. Vid's spring and fifty energy points that are definitely worth the visit.



## TOUR 2 AN ENERGY ADVENTURE

### Curiosities along the way:

**Kobilje** is a quiet village. The Pannonian house at no. 189 is home to a museum that keeps old working tools and machines, as well as historical documents and money.

Also worth a visit is the **church of St. Martin**, which stands in the shade of the oldest and largest wild service tree (sorbus terminalis) in Slovenia.

**Lake Bukovnik and St. Vid's spring**, which in a short time became a very popular excursion attraction. There are about 50 healing energy points in a 450-metre circle. Most of the points are marked,



and staff at the nearby information centre will be happy to provide you with a map.

The village of **Filovci** is known for its rich pottery tradition. The products of the pottery masters of Filovci go beyond strict functionality, being indispensable aesthetic additions in many homes.

**Bogojina**, with the famous **Church of the Ascension of the Lord by Slovenian architect Jože Plečnik**, with an unusual round bell tower, is definitely worth a visit.





# TOUR 3 THE GREAT ADVENTURE



## Places on the way:

Moravske Toplice –  
Sebeborci – Vaneča  
– Bodonci – Zenkovci  
– Domajinci – Krašči –  
Motovilci – Moščanci –  
Sebeborci – Martjanci –  
Moravske Toplice



**Length:** 61 km



**Total ascent:** 550 m, 15%



**Estimated time required:**  
4 hours



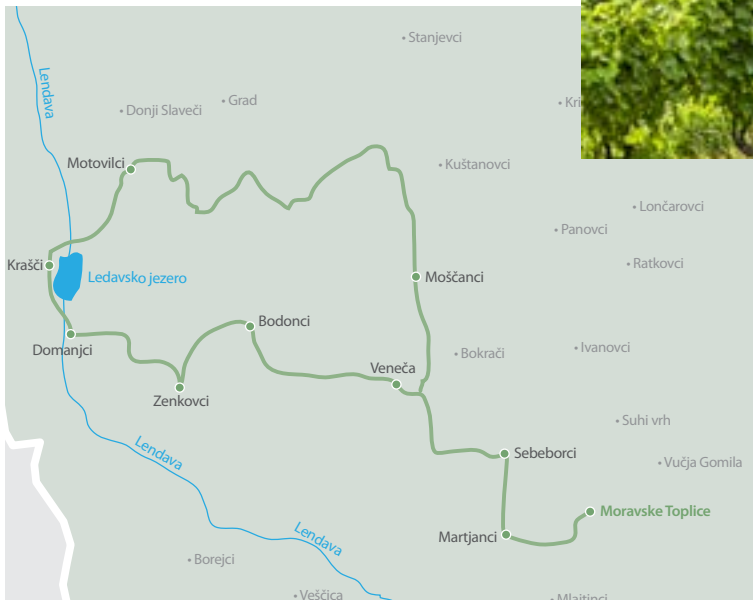
**Difficulty:** demanding



**Route type:** paved local  
road, bike trail, cart track,  
gravel road



**Recommended bicycle  
type:** trekking



## Route description:

Due to the ascent to Grad, it is considered one of the most difficult routes on offer, but can nonetheless be easily conquered by anyone who is at least somewhat physically active. Others can overcome the slopes on foot. The many points of interest offer plenty of opportunities for rest.



## TOUR 3 THE GREAT ADVENTURE

### Curiosities along the way:

**Lake Ledava**, home to about 25 different species of birds no longer found in many other parts of Slovenia. Proof of the lake's rich fish population can be seen on the dam, which often plays host to dozens of fishermen. The lake, along with the surrounding forests and cultivated fields of the Goričko landscape, create a beautiful panoramic view.

**The Ferencovi tourist farm**, right next to Lake Ledava, is one of the leaders in preserving ethnological and cultural heritage. They run a museum of old agricultural machinery, and regularly organise traditional harvests and wheat threshings. Their old craft of straw roofing is particularly interesting.

**Grad (eng. castle) in Goričko**; the place that was named after a 13th century castle on top of the hill. Visiting the castle and enjoying the view of the landscape at the top is a great pleasure, especially for cyclists who stubbornly



climbed the long slope and reached the top. The castle has as many rooms as there are days in the year, and according to legend, it is visited by exclusively friendly spirits at night. A dragon with a golden crown is also said to live in the immediate vicinity.

**A stop and rest with the Smodiš family** will definitely feel good. You can't miss out on tasting their Prekmurje culinary specialities, juices, dried and fresh fruit that you can pick yourself. The homestead also offers a beautiful view of the lowlands and neighbouring hills.





# TOUR 4 THE WET ADVENTURE



## Places on the way:

Moravske Toplice -  
Martjanci - Polana  
- Rankovci - Petanjci  
- boat ride down the  
Mura river - Ižakovci -  
Beltinci - Gančani - Ivanci  
- Noršinci - Moravske  
Toplice



**Length:** 43 km (boat ride  
down the Mura river for a  
good 2 hours) \*



**Total ascent:** 30 m,  
2% (100 m)



## Estimated time required:

5 hours (3-hour drive +  
2-hour boat ride down  
the Mura river)



**Difficulty:** easy



**Route type:** paved local  
road, bike trail, gravel  
road, forest road



**Recommended bicycle  
type:** trekking, mountain



**Route description:** The nearby Mura river beckons visitors to descend along its current. It is located a good 20 km of easy cycling away from Terme 3000. The route runs along less busy roads through Prekmurje villages along to Petanjci, where you can change from bicycle to boat. After a good two hours of a safe but exciting boat ride down the river, you land on the Island of Love near Ižakovci, where you can try some Prekmurje delicacies. You then get back on your bike and enjoy an easy ride back to Terme 3000. The whole route is completely flat and suitable for everyone.

**Option:** Cycling only to the Island of Love and back. As this is an organised tour, we can also arrange visits to inns and tourist farms that work in harmony with nature. Another part of the programme are tours of cultural attractions and various optional social activities to diversify your trip.  
\* subject to surcharge

## TOUR 4 THE WET ADVENTURE

### Curiosities along the way:

**The Mura river**, with its winding bed and cutoff meanders, is home to many endangered species. Descending along the river will allow you to come into close contact with the water, and experience the river from a different perspective. The gentle rocking of the rubber boat calms the nerves and soothes the soul.

**The Island of Love** is a famous day-trip destination on the left bank of the Mura near **Ižakovci**. It is the site of many social gatherings, and one of the last places with a working traditional cable ferry. The island is surrounded by the Mura river and its meander.



# TOUR 5 A DETOUR TO HUNGARY



## Places on the way:

Moravske Toplice -  
Tešanovci - Vučja Gomila -  
Selo - Prosenjakovci -  
Magyarszombatfa -  
Gödörháza - Velemer -  
Szentgyörgyvölgy -  
Márokföld - Nemesnep -  
Kobilje - Motvarjevci -  
Bukovnica - Bogojina -  
Moravske Toplice



**Length:** 53 km



**Total ascent:** 400 m



**Estimated time required:**  
4 hours



**Difficulty:** demanding



**Route type:** paved local  
road, bike trail



**Recommended bicycle  
type:** trekking, road



## Route description:

On this route, you will also get to know Hungary. Through the Goričko Regional Park, you will head towards the modestly populated countryside of Hungary, which will take you back to the past. You will then return to Slovenia at the village of Kobilje. In the shelter of the local forests, the trail will lead you to Lake Bukovnica, where a wonderful world of bioenergies awaits.



## TOUR 5 A DETOUR TO HUNGARY

### Curiosities along the way:

Tešanovci is connected to Moravske Toplice by a bicycle path that leads past a nostalgic wooden bridge and a wooden fountain. **Bogojina** is home to the famous **Church of the Ascension of the Lord by Slovenian architect Jože Plečnik**, with an unusual round bell tower that is definitely worth a visit. **Lake Bukovnica** is surrounded by about 50 healing energy points within a 450-metre radius.



Most of the points are marked, and staff at the nearby information centre will be happy to provide you with a map. The points differ in purpose, namely which type of disease they are supposedly beneficial for.

# TOUR 6 ACROSS THE LAND OF STORKS



## Places on the way:

Moravske Toplice -  
Tešanovci - Bogojina  
- Strehovci - Renkovci  
- Turnišče - Nedelica -  
Velika Polana - Gomilica  
- Beltinci - Rakičan  
- Noršinci - Mlajtinci -  
Moravske Toplice



**Length:** ca. 50 km



**Total ascent:** 160 m



**Estimated time required:**  
4 hours



**easy:** easy



**Route type:** paved local  
road, bike trail



**Recommended bicycle  
type:** trekking



**Route description:** The path takes you towards Tešanovci, where you will see the first stork's nest. You then continue towards Bogojina, with Plečnik's famous church and the pottery village of Filovci. The flat trail then leads all the way to Strehovci, where you won't be turning towards the vineyards of "Strehovske gorice", but instead riding further along the Pannonian plain towards the place where the delicious Lušt tomatoes are grown - Turnišče, which is also known for its shoemaking tradition and the pilgrimage church of Mary's Assumption, part of which is over 900 years old. Then you will ride through Nedelica and its flat forest trails to reach Velika Polana, the European village of storks. At the Sabo Homestead, they make products out of corn bast, and the "Copek Mill" was once home to Miško Kranjec, a famous Slovenian writer. A tarmac bicycle trail will take you through a protected swamp to Beltinci, from where you will continue along the bike trail towards Rakičan. In the village of Rakičan, you turn towards Noršinci and further towards Mlajtinci. Before reaching Mlajtinci, you turn back towards Moravske Toplice.

## TOUR 6 ACROSS THE LAND OF STORKS

### Curiosities along the way:

**Bogojina:** Plečnik's church Turnišče: The Church of the Assumption of Mary is 900 years old, and next to Brezje, the most important pilgrimage church in Slovenia, where each year more than 10,000 pilgrims gather on 15 August.

**Velika Polana:** The **European stork village**, where the most storks nest in all of Slovenia.



As many as 9 pairs of white storks forage for food in the nearby "Polanski log" swamp and the picturesque protected marshy meadows. The Copek Mill lies on the edge of the "Polanski log" swamp and directly next to the Črnc stream. Of the 5 mills, only the Copek Mill has survived, having been restored with the help of European funds.

**Beltinci: Beltinci Castle:** the central castle structure dates back to the 13th century, with its current Baroque appearance dating back to the 17th century. Vaulted underground tunnels connect it to the 17th century parish church of St. Ladislav, where the tomb of the last owners of the castle, the Counts of Zichy, is located. The castle serves as the seat of the Institute for Culture and Tourism Beltinci, where they offer a guided tour of their Pharmacy Museum and interesting collection of "classic bicycles". The castle restaurant also offers excellent Prekmurje cuisine.





# TOUR 7 ALL-DAY TRIP OF UNCOVERING PREKMURJE'S SECRETS



## Places on the way:

Terme 3000 - Moravske Toplice - Vučja Gomila - Rotunda, Selo - Bukovnica - Lake Bukovnica - Strehovci - House of handicrafts PANNart, Dobrovnik - Ocean Orchids Tropical Garden, Dobrovnik - Bogojina - Puhon Tourist Farm, Bogojina - Passero Countryside Chocolaterie, Tešanovci - Terme 3000 - Moravske Toplice



**Length:** ca. 43 km



**Total ascent:** 550 m



**Estimated time required:** 3.5 hours



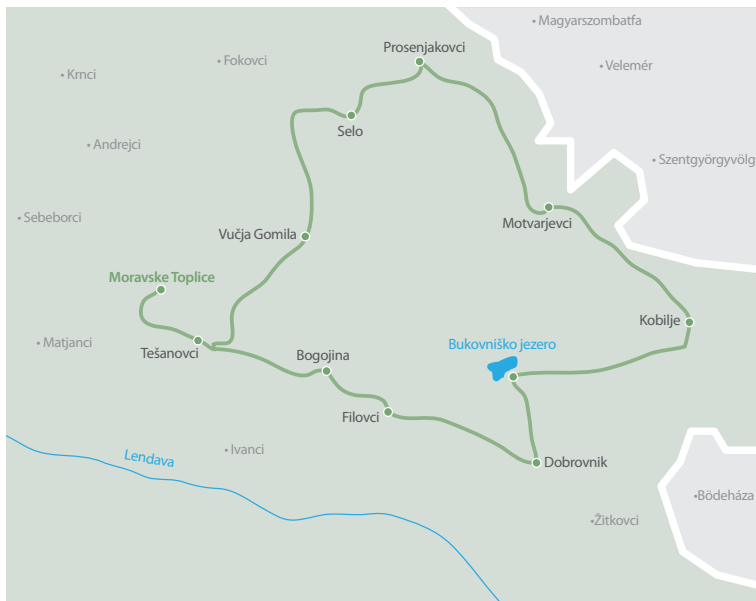
**Difficulty:** quite demanding



**Route type:** paved local road, bike trail



**Recommended bicycle type:** trekking



## Route description:

The trail has many short and steep ascents and descents, running along local roads, bicycle paths and gravel forest trails. The full-day cycling trip with many stops and sightseeing opportunities is suitable for physically well prepared cyclists. The best choice for the tour is a trekking bike, suitable for riding on gravel roads, or optionally also a mountain bike. Due to the steep ascents in Goričko, we recommend that physically less fit cyclists rent an electric bicycle.



# TOUR 7 ALL-DAY TRIP OF UNCOVERING PREKMURJE'S SECRETS

## Curiosities along the way:

**Selo (Rotunda):** Built in the 13th century, the Rotunda - a small round church dedicated to St. Nicholas and the Virgin Mary - is a stunning monument of Romanesque architecture and Gothic painting. It was built in the middle of the 13th century, and according to some testimonies, it was built by the Templars. The interior with a dome is decorated with frescoes depicting, among other things, scenes from the suffering of Christ and the Passion.

## The House of handicrafts

**PANNart** is attempting to revive already forgotten traditional handicraft skills. It is a place where Prekmurje's masters of traditional handicrafts put their products on display: functional and decorative ceramics made by potters, decorative figurines and baskets made of corn bast and wicker by weavers, and decorative gingerbreads made by master bakers.

**In the garden of tropical plants in Dobrovnik,** which is heated by warm thermal water, you will be amazed by the thousands of beautiful and colourful orchids. In addition to the orchids, you can also admire many interesting tropical and subtropical plants from around the world: bananas, avocados, vanilla, papaya, mango, pineapple, ylang-ylang, taro, ginger and



carambola.

**The village of Bogojina,** located at the very edge of the Goričko Regional Park, boasts a beautiful church, which is considered one of the most beautiful buildings of modern sacral architecture in Slovenia. Due to its snow-white exterior, the locals call it the White Dove. It was built by the famous Slovenian architect, Jože Plečnik. The interior is beautifully painted

and decorated with marble columns.

## Upon visiting the Puhan

**tourist farm,** you will be served traditional home-made Prekmurje dishes such as "bograč" stew, pork meat with "bujta repa" turnip stew, "dödoli", "Prekmurska gibanica" layer cake, "retaš" apple strudel and "posolanka" cheese cake. All the produce and ingredients for the dishes are grown on their farm in Černelavci, where they cultivate 11 hectares of fields, raise pigs and grow vegetables.

## The Passero Countryside

**Chocolaterie** in Tešanovci is without a doubt the best choice for your last stop on the cycling tour. Delicious chocolate and divine pralines with flavours of pumpkin, "prekmurska gibanica" layer cake, "jurka" grapes, Traminer wine and elderberry will make sure that your taste buds will remember the sweetness of Prekmurje for a long time!



## TERME 3000 A PARADISE FOR CYCLISTS

A cycling holiday where you'll leave your worries far behind. You will take your bike through the fairy-tale landscape, and enjoy dishes you have never heard of but will never forget. And in the spa, you will be able to indulge in our healing thermal water and be ready for tomorrow's new cycling adventure!

### What Terme 3000 offers cyclists

- ▶ You may store your bike in our bike shed, where you can also clean it and prepare for your next bike ride.
- ▶ We have arranged for you the possibility of renting different types of bicycles at the Bike Centre at TIC Moravske Toplice, where they can also make bicycle repairs if needed.
- ▶ We work together with local guides that you can hire for specific bike tours. They are surely the ones who know the best ways to genuinely experience the Prekmurje region! (More at Ride Goričko, [www.ridegoricko.com](http://www.ridegoricko.com).)
- ▶ After cycling, relax your muscles in the hotel's thermal baths, in the Terme 3000 Thermal park, or in our world of saunas.
- ▶ Take advantage of your €10 gift voucher and visit the hotel wellness centre, where you can treat yourself to a massage with Prekmurje herbs or a soothing bath in black thermo-mineral water.
- ▶ We will brighten each of your days with a small surprise in the room, and put a daily smile of health on your face.

