

MONTENEGRO



WILDERNESS BIKING
MONTENEGRO

Wild Beauty

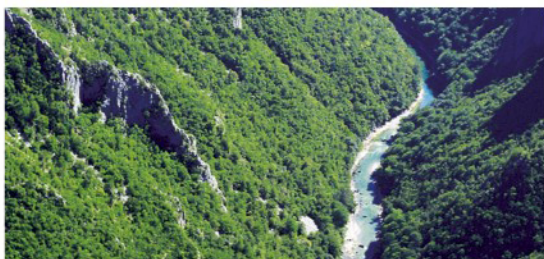


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Hiking or Biking - seven secrets to Montenegro

River deep...The Tara River Canyon is the deepest in Europe. Protected by UNESCO since 1977, it is one of the top 25 recognized world nature heritage sites and it is accessible for hikers and bikers alike. With a maximum depth of 1,300 m it is second only to the Grand Canyon, and offers rafting adventures from mild to wild.



...mountain high! Whichever way you choose to come, already your arrival will be a thrill. Montenegro has over 150 mountain tops higher than 2,000 meters, of these more than 20 peaks of the Kučki Mountains belong to the capital Podgorica. Embrace the "Wild Beauty".



Boating and biking were never more beautiful. After a relaxing ride among the panoramas of Lake Skadar, taking in the rocky shores, lush marsh plants, and quiet monastery islands, you can enjoy a swim in the warm lake waters or take a break in one of the small family vineyards. It is a National Park with its very own magical atmosphere.



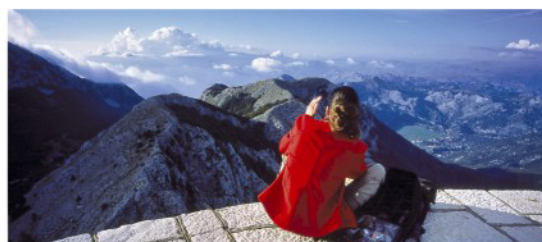
From sub-Mediterranean ambience to glacial ponds and lakes within one day: You will surely spot one of the 30 lakes – even on an easy hike through one of the last three primeval forests in Europe, the Biogradska Gora National Park.



The hospitality and friendliness of the Montenegrin mountain people is legendary: If somebody is waving at you and yelling "Kafu...!" from a "katun", a small mountain pasture farm, smile, for you are invited to a cup of coffee. A recent newspaper from the valley is never expected and always welcome. And fresh homemade cheese with warm bread is a perfect purchase for the tour.

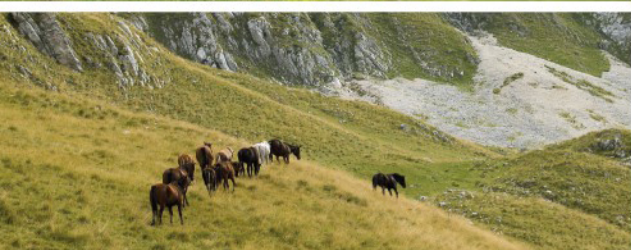
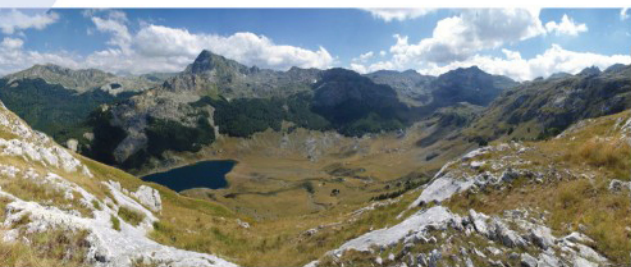


Discover the "unseen" – the Nevidio Canyon and the Komarnica River. The last gorge to be discovered in Europe has an average width of just two meters, making it accessible only to brave adventurers. Hiking here may include diving...



Historic highlights: On clear mornings you can see all of Montenegro from Mt. Lovćen. A beautiful biking tour takes you up to the summit with the Mausoleum of Petar Petrović Njegoš, the famed poet-prince, or down to the Bay of Kotor, a UNESCO World Heritage site. Hike off the beaten track to the forts of Vrmac and Goražde, reminders of the Austro-Hungarian period.

Wilderness – in the Mediterranean...?



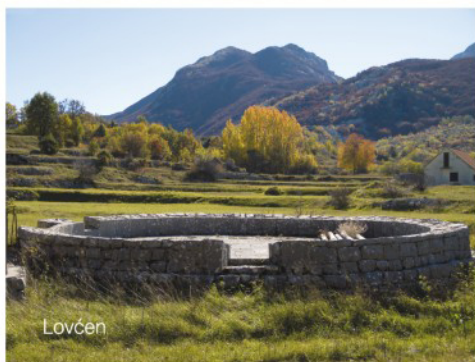
What in ancient times must have been a discouragement to every potential conqueror is becoming increasingly appealing to new discoverers: the mountain landscapes of Montenegro. Although, the steep rugged rocks used to be a challenge to enemies, today their unbelievable variety inspires every visitor. You will find almost untouched nature, where bears and wolves hide in the primeval forests, innumerable summits scrape the expansive skies, and time rests in lonely mountain pastures. In the Mediterranean, there is simply no mountain world comparable to Montenegro, and now, it is accessible to hikers and bikers too. Look forward to discovering the unknown...

All of this is within easy reach. You can start at the doorstep of your hotel on the Adriatic coast and relax there again at the end of your tour. In Montenegro, unlike many Alpine regions, you do not have to carry your bike or be a climber to get to the most stunning scenery. You can ride it or hike it - you'll like it.

What we do for you...

We do more. However, we have not prepared new paths; instead, we are adapting ancient trails and historic roads for our national route network. They will not only be measured according to the most practical and innovative technical criteria but also signposted with a unified, easily understandable standard. Still, most of these routes will be challenging. Water is not available around every corner, and people may rarely be crossing your path.

The Tourism Masterplan of Montenegro is paving the way for a national development program for hiking and biking, with new infrastructure and services. The realisation of our step-by-step program for the coming three years will help you discover, experience and enjoy the best kept secret in the Mediterranean.



Discover the National Parks

In Montenegro you can enjoy nature in our fantastically diverse National Parks:



Durmitor: a UNESCO World Natural Heritage site. The main feature is a spacious plateau at an altitude of 1,500 m, carved by deep canyon valleys.



Biogradska Gora: one of the oldest forests in Europe which was founded by King Nikola in 1878 – only 6 years after the first national park in the world – Yellowstone in the United States.



Lake Skadar: a RAMSAR site of international importance – and the biggest bird preserve in Europe.



Lovćen: a cultural, natural and historic site with an incredible mountain panorama, and a view on bright days you will never forget.

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Make your experience memorable

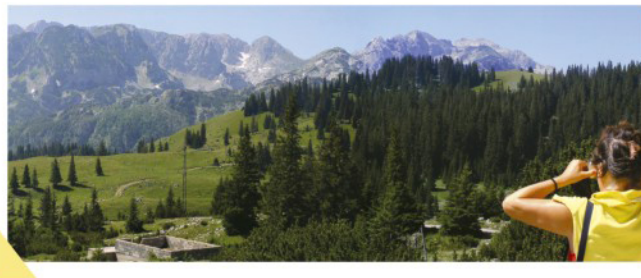
Specialized tour operators are incorporating Montenegro into their product lines. Their tours offer an easy way to discover this new destination. The list on www.montenegro.travel is updated according to the latest information provided to the National Tourism Organisation of Montenegro.



If you are not travelling with a group, inform others about the route you are planning to take. Do not go alone into unknown areas and stay on the marked, recommended routes. Also, be sure to be well prepared with information, local weather forecasts, and the right clothing and equipment.



For any type of tour, be it in a group or individually organised, we recommend using our trained and licensed hiking guides. They stand for experience, safety and... story-telling. The list will be obtainable at the National Tourism Organisation of Montenegro before the beginning of the 2008 summer hiking season.



Always take enough time to rest and enjoy the scenery. Remember to leave nothing but your footprints behind and take only spectacular photos and lasting impressions with you when you leave.



Crno jezero ('The Black Lake')



Relax, unwind, and treat yourself

It is all so close... spa and wellness will transform your active mountain holiday into an unforgettable Adriatic experience. Relax on the beach or indulge in true after-tour decadence of a restorative spa. A growing selection of fine facilities and pampering packages are available, ranging from therapeutic massages and relaxing saunas to premium wellness treatments.

Montenegro facts and figures

Area:	13,812 km ²
Population:	662,000
Capital:	Podgorica – administrative and economic centre
Old Royal Capital:	Cetinje – historic and cultural centre
Highest Mt. Peak:	Zla Kolata (2,536 m) in the Prokletije Mountains
Largest Lake:	Skadar Lake – 319 km ²
Deepest Canyon:	Tara Canyon – 1,300 m
Time Zone:	GMT +1
Currency:	Euro
International Airports:	Podgorica and Tivat
Electricity Supply:	220V/50Hz
Climate:	Exceptionally mild – a typical September day for example, is sunny and in the mid 20's. This mild climate makes Montenegro a wonderful escape from chillier climes throughout the year.
Phone and Internet Connections:	Latest technology available with 180 roaming partners and high speed internet



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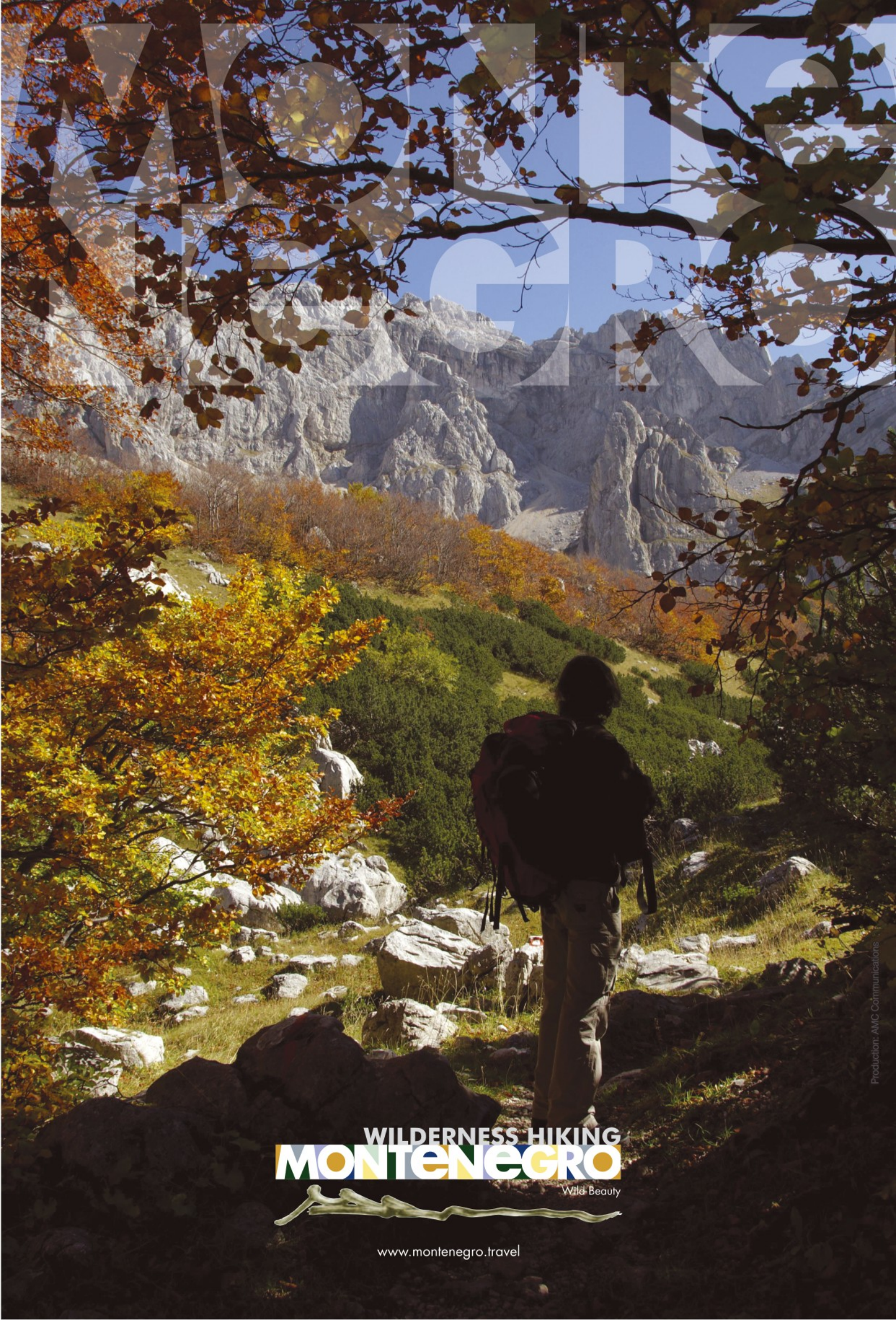
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Plantaže





Productions: AMC Communications

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