

Montenegro

coast

**MONTE
NEGRO**

Wild Beauty

Mediterranean Montenegro

You should see for yourself why great minds from the past have spoken about Montenegro with so much excitement. Take a swim off the Bečići beach which won the Grand Prix in Paris in 1936 as the most beautiful beach in Europe!

Montenegro is situated on the Adriatic Sea, a small sea, but large gateway to Europe. The coastal towns of Montenegro are... Herceg Novi, a real Mediterranean botanic garden, the town of carnivals, painters and poets; Kotor, with its museum, the settlement of ancient sailors, builders and scientists... Budva, the town of theatres and festivals, the location of the most beautiful beaches and luxurious hotels; Ulcinj, the town where many cultures meet, the most eastern "west" and most western "east".





Lord Byron and Bernard Shaw have spoken thrilled about the Montenegrin coast. Members of royal families such as the English princesses Margaret and Anne have visited Montenegro. Famous film stars such as Sophia Loren, and Kirk Douglas, and the most beautiful women in the world, such as Doris Day and Claudia Schiffer, have strolled along its colorful streets.

The medieval ramparts and towers of the old coastal towns still guard the precious historical treasury: Monasteries, churches and cathedrals of rare beauty and artistic value. It's no wonder that some towns such as Kotor have been included in the list of World Cultural Heritage under the protection of UNESCO.

The coastal towns of Montenegro are full of life the whole year round. There is the Carnival in Kotor, Mimosa Festivities and the Film Festival in Herceg Novi, Theatre City in Budva...

The sailors have a saying that "you only need to dip your finger in the sea to be in touch with the whole world!" The Mediterranean is the cradle of European civilization... And Montenegro is a part of the Mediterranean region that once you visit, you will always want to return to it!

W O N T E

Boka Kotorska

Boka Kotorska is the largest and most beautiful fiord on the Mediterranean. It penetrates into the mountains about 28 kilometers. The beauty of Boka fascinated many famous writers like Marguerite Yourcenar, George Bernard Shaw, Lord Byron and the Nobel laureate Ivo Andrić. Today, Boka Kotorska welcomes its visitors with the beauty of its inlets and coves, the peace of its two islands, Sveti Djordjije (St. George) and Gospa od Škrpjela (Lady of the Rocks) and with its old towns where every step is a pace through history.

If you should set ashore in Kotor or Perast, for example, you will dock where the ships of the old Boka captains, members of the "Seafarers Brotherhood of the Boka Kotorska" that was formed in the IX century, docked after their journeys across the seas and oceans throughout the world. You will be using the same moorings used by ships and yachts of European kings and princes or successful businessmen who have been enchanted by the magnificent beauty of Montenegro.

Risan is the oldest settlement in Boka Kotorska. It was the seat of the Illyrian Queen Teuta long before the appearance of Christianity. A fragment of this rich archaeological sight is the preserved Roman mosaics, among which is the mosaic of Ipnos dating from the second century BC.

The panorama of Perast is dominated by the 17th century church of St Nicholas and above it rises the Venetian tower and the bell tower of the Madonna of the Rosary (Gospa od Rozarija), also built in the 17th century. Perast represents the best-preserved baroque entity on the Adriatic Sea, the town in which famous sea captains built their beautiful palaces and surrounded them by magnificent exotic gardens.

Kotor is a town that is a story in itself, with centuries of seafaring tradition and famous seaman. It is encircled by extremely well-preserved ramparts. The old town, which can be entered through one of three gates, is a real treasure house of history, culture and art. The Clock Tower from the 16th century, the Cathedral of St. Tryphone (the pearl of medieval architecture built between 809 and 1166), the Churches of St. Luka and St. Mary from the 12th century, the old palaces with luxurious facades such as the Prince's Palace from the 17th century, Napoleon's Theatre from the 19th century, the Maritime Museum and many other buildings on the streets and squares of the Old Town of Kotor are only a part of the world culture heritage that is under the protection of UNESCO!

Tivat, the youngest town in the Boka Kotorska Bay, was during the Middle Ages the place where the nobles from the towns of Kotor and Prčanj used to build their palaces and summer houses. From this period dates the church of Saint Antun. The inlets in the vicinity of the peninsula Prevlaka, as well as the ones located in the area of Zupa and Kalimani, offer great conditions for building marinas and yachting clubs. Tivat is a convenient place for sailors, who are especially welcomed guests in this region.



TIVAT

NEGRO



Kotor

Viewing Kotor from the sea, with a little bit of concentration you can imagine the port and ships of Kotor and caravans descending the mountain towards the town. You can almost feel the extraordinary, vibrant force of the Middle Ages, the time of the prosperity of Kotor, when maritime commerce made Kotor one of the capitals of culture in the Mediterranean. Some of the most beautiful churches and cathedrals of Kotor date from this time, and almost all of them are built to the glory of certain saints, the Protectors of seamen.

The annual festival of St. Tryphon is celebrated every February. According to the legend, the sailors who were carrying the body of Saint Tryphon from far away Frigija aboard their ship sheltered from a storm in the Boka Kotorska Bay. They could not set ashore afterwards, so they asked the people of Kotor what should be done. The legend says that the inhabitants of Kotor answered as follows: "No one wants to say a word to the sublime force and the divine power, nor does one dare to contradict. We think that there is only one right thing to do. If the Saint does not want to leave this town, let him stay here and be forever honored. Let him forever be your and our protector and defender". And that is what the sailors did. St. Tryphone became the protector and defender of the "Seafarers Brotherhood of the Boka Kotorska", an ancient institution founded in the 9th century. The Brotherhood charter is preserved in the archives of the Maritime Museum in Kotor, and the greatest values that the seamen have to cherish, "mutual support and solidarity", are emphasized in it.

The capability of these seamen was renowned, and at one time the Venetians engaged the people of Perast, a small town near Kotor, to organize the first Mediterranean post service between Venice and Constantinople. On the facades of the palaces in Kotor, in addition to the ornaments characteristic for the epoch in which they were built, you can also see the coat of arms of the famous Kotor families, one of which is a lily flower of the well-known Buća family.





Herceg Novi

For six centuries has the town that was built on the entrance to the Boka Kotorska Bay been "on guard" – the town of Herceg Novi. In time, the ramparts of the Mare Fortress, the Citadel, the Spanish Tower and Kanli Kula, which were built between the 14th and the 17th century have become covered by African palms, Australian eucalyptuses, cypresses, oleanders, cacti, agaves, magnolias and mimosas and hundreds of other exotic species, brought here from different corners of the world, by the sea captains of Herceg Novi.

In the large forest, east of Herceg Novi, there is the Monastery of Savina, the Orthodox soul of Boka Kotorska. Built in 1030, it was also rebuilt again in the 15th century. Among the treasures which can be admired in the monastery are a precious 1648 artoforion to keep the Holy communion; a crystal cross covered in silver which according to tradition belonged to St. Sava, ancient mitres and other church decorations. A real rarity is a portrait of the young Peter the Great which was brought back from Russia in 1831 and is one of only two known to exist anywhere in the world! Saint Leopold, born as Leopoldo Bogdan Mandić, who became one of the most popular figures in twentieth century Catholic hagiography and whom Pope John Paul II proclaimed saint, was also from Herceg Novi.

The seven kilometers long Pet Danica promenade connects Herceg Novi with Igalo, "a Mediterranean center of health tourism", a pleasant little resort, famous for its modern Institute for physical therapy, rehabilitation and rheumatology. Not far from Herceg Novi lies the attractive Mamula Island which was one an Austro-Hungarian fortification.

Because of its mild climate and large number of sunny days during the year, many visitors come to Herceg Novi also during the winter. Yellow is the color of Herceg Novi. Yellow, like the color of mimosas...Yellow, like the sunbeam in the late afternoon ...Yellow, like the color of the carnival joy that praises the conversion of Winter into Spring...

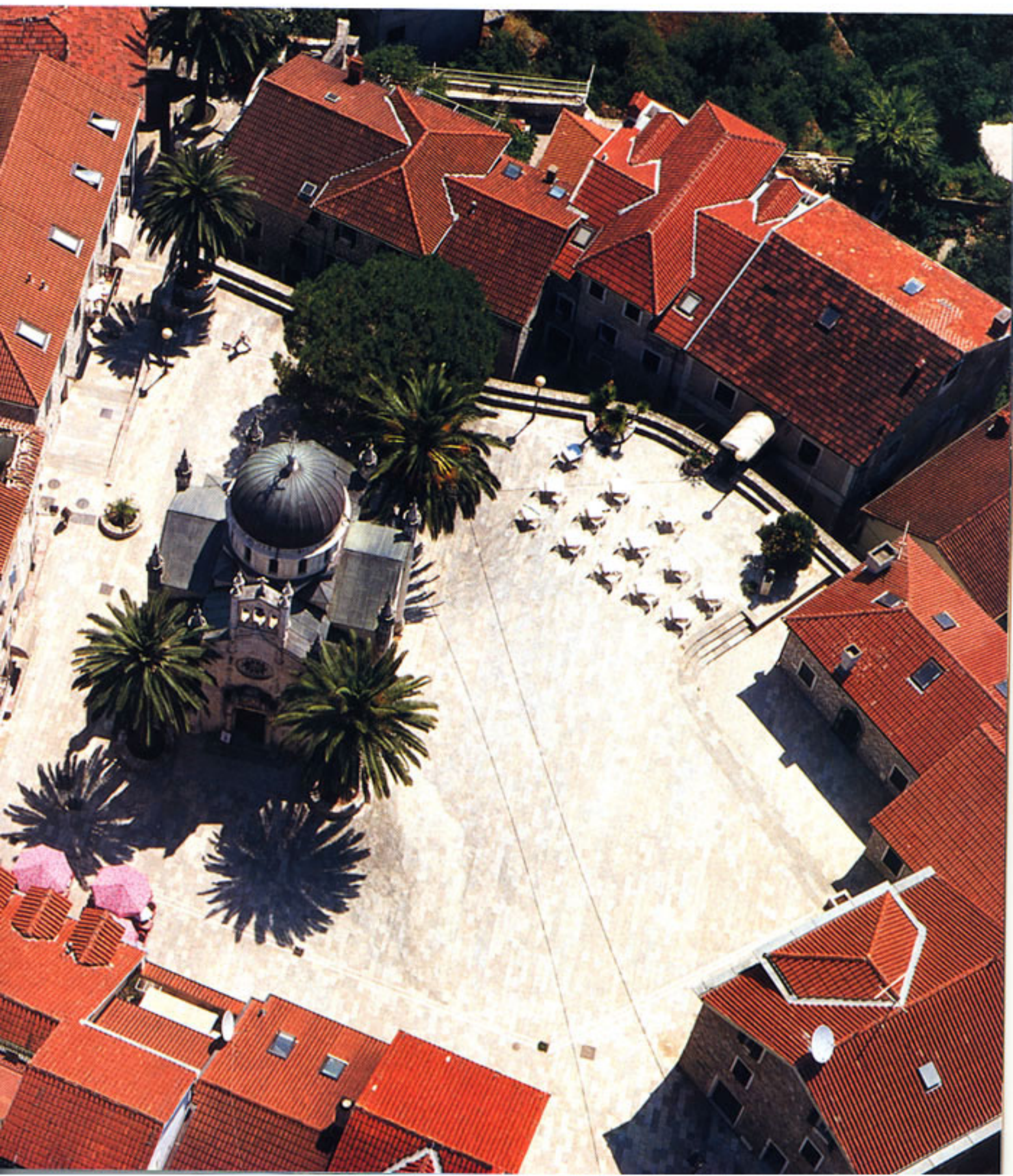


MAMULA



HERCEG NOVI

NEOGEO



Budva

Budva is the metropolis of Montenegrin tourism, the town of the summer theatre and poet festivals. It is hard to define whether life is more intense during the day or night in the Theatre City!

When Lord Byron saw Budva he wrote: "At the birth of our planet the most beautiful encounter between land and sea must have been on the Montenegrin coast. When pearls of nature were sown, handfuls of them were cast on this soil." Budva has one of the most beautiful locations on the Adriatic Sea. Between the dense vegetation and sea are the long, sandy beaches with comfortable hotels. The Old Town of Budva, within the Renaissance walls from the 15th century, is a unique architectural monument.

The Old Town consists of narrow streets and alleys and small squares with precious monuments of different Mediterranean cultures that have marked the development of this town. According to the legend, which has its confirmation in Greek mythology, the town was founded by Cadmus, the son of the Phoenician king Agenora, who was expelled from Teba together with his wife Harmony, and who came to the Adriatic coast in an ox-drawn wagon. During the construction of the "Avala" hotel, in the center of Budva, a Roman necropolis was discovered and beneath it an ancient Greek one. Gold and silver jewelry, glass dishes and ceramic vases were found. This is one of the most valuable archeological discoveries in this part of the world. Within the town walls remains still the Church of St. Ivan built in the 7th century, the church of the Benedictine Monastery of Santa Maria in Punta dating from 840, and the Church of the Holy Trinity with the tower with three bells built in 1804.

The defense towers and fortresses that encircle the Old Town of Budva are not mere historical monuments and tourist attractions, but space used by artists as podiums and scenography during the "Theatre City" festival. In fact, Budva is a town of festivals, a summer stage of ambitious music and theatrical festivities.

During the month of July in Budva the sun, on the average, shines 332 hours and is the reason this town is said to be one of the sunniest places not only on the Adriatic Sea, but in the whole of Europe. And yet the beaches...should it be Slovenska, Mogren, Bečići, Rafailovići, Jaz or... the decision is all yours!



MOGREN BEACH



BUDVA



MONTE

Sveti Stefan

From the 1960's onwards to the present day, members of royal families such as the English Princess Margaret, Christine of Netherlands and former Italian King Umberto II of Savoy visited Sveti Stefan. World famous film stars also visited Sveti Stefan: Sophia Loren, Doris Day, Geraldine Chaplin, Kirk Douglas, Sidney Poitier, Richard Widmark, and important and famous writers like Andre Malraux and Albert Moravia and the most beautiful women of the world such as Claudia Schiffer.

The charm of this medieval fishermen's village, built on the rocky island, connected with land by a narrow sand isthmus, has enchanted even those with the most refined taste for beauty!

To protect themselves from pirate raids, in the 15th century the local population, fishermen, built the fortified settlement of Sveti Stefan on a reef. Five centuries later, at the time when the settlement became deserted, the houses were turned into hotel suites. In spite of the change, the atmosphere referred to by the ancient Romans as the *Genius Loci* – "the spirit of the place" - prevailed the whole island. Today there are few that can resist the charm of the narrow streets and picturesque squares, churches and elegant houses built in the typical Mediterranean style, as well as the comfortable accommodation offered by this island-hotel.

Miločer, once used as the royal summer residence, is near Sveti Stefan. Beside it is the "Queen's Beach", one of the most beautiful little beaches on the Mediterranean.



NEGRO



SVETI STEFAN



Ulcinj & Ada Bojana

Ulcinj

Ulcinj, one of the oldest towns on the Adriatic coast, is a mixture of the Orient and West, and at first sight reveals its dramatic three thousand year history. The Old Town and its ramparts and towers, the ruins of the ancient Svač, the Episcopal town of Zeta from the Middle Ages, which, it is said, had as many churches as days in the year, numerous coves and hidden bays with sandy beaches, are the setting of many a legend about pirates and adventurers who found refuge there.

Ulcinj bears traces of the various dominations: Greek, Roman, Illyrian, Byzantine, Slav, Venetian and Turkish. Since 1878, Ulcinj has been a part of the Montenegrin State. The architecture best exhibits the history of mixture of people in this town. After conquering Ulcinj in 1693, the Turks built a minaret on a former Christian church that was then turned into a mosque and is now a museum.

After entering the Old Town, surrounded by thick medieval walls, through either one of the town gates, in the stones of the narrow streets of the ancient town one can read traces of the various dominations: Roman pillars, Venetian winged lions with severed heads, Ottoman crescents. In the dark dungeon of Ulcinj, behind the famous Balsić Tower, the Spanish writer Cervantes was jailed, and later Sabetha Sebi, one of the most famous rebels of the 17th century and a passionate advocate of Talmudic reform, was imprisoned.

Ulcinj is a picturesque town, a famous beach resort and rehabilitation center. The visitors are mostly attracted by the long sandy beaches. One of the beaches is in the very middle of the town. The next sandy beach, a little further away, is worth visiting because – it is 13 kilometers long which is why it is called "Long Beach". The fine, medical sand is rich with salt and iodine, and cures rheumatic and other illnesses. Here you have great swimming, rowing, surfing and other water sports facilities. The Long Beach ends at the estuary of the river Bojana, where the Ada Bojana Island, one of the most attractive tourist destinations of Montenegro, lies.

The Šasko Lake, near Ulcinj, is one of the richest hunting and fishing areas in the Balkans. Ornithologists refer to it as the "birds' Eldorado".

Ada Bojana

One of the most attractive places on the southernmost Montenegrin coast, Ada Bojana has become in the last decades the destination of nudism tourists.

The longest sandy beaches, especially the one on the estuary of the river Bojana into the Adriatic Sea, take you away from urban everyday life. This is the perfect place for contact of the body with Mother Nature, either because of the sun and swimming, horseback riding on the beach, windsurfing or because of some other sport...

Not far from the river Bojana is the exotic Šasko Lake which is rich with fish that are caught in a very traditional fashion. Here is the settlement of pile dwellings as well, the right place for those who like culinary specialties.



ULCINJ



PORTO MILENA



MONTE



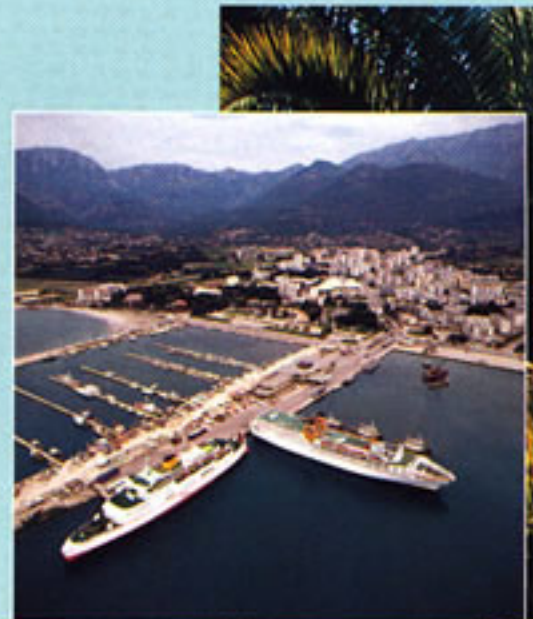
Bar

The oldest olive tree in Europe, which has been bearing fruit for two thousand years, is located in an olive grove which you pass by when entering Bar.

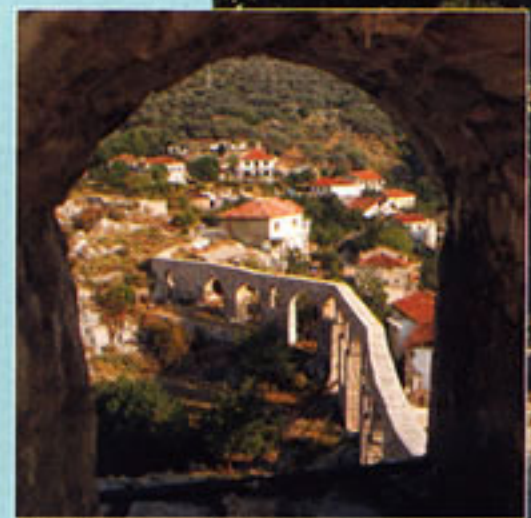
The roots of the city of Bar are far from the sea, on the slopes of Rumija mountain, in "Stari Bar" (Old Bar), an almost undamaged but completely deserted medieval town. This fortified bastion was first mentioned in the 9th century documents as Antivary (literally "Facing Bari"). From the top of Mount Rumija the long Turkish aqueduct leads the eye to this ghost town, whose houses come out, barely spoiled, from thick and very green vegetation.

Today Bar is a harbor-city, connected with Italy and the rest of the world by lively maritime traffic. The third, tourist part of the town, originally established at Topolica, the most beautiful part of the vast Barsko Polje (field), now stretches all the way to Sutomore.

Sutomore, a tourist settlement with a long sandy beach, is an arc fringed with numerous hotels and restaurants. For those who are fond of underwater adventures it is important to mention that the sunken yacht of king Nikola and Austro-Hungarian destroyer are located in the shallow waters of the Bar Harbor and are accessible even to beginner divers.



HARBOR BAR



AQUEDUCT



NEEGRO



BAR



Beaches

Just imagine a clear summer day, the dark blue sea, a little boat, yourself in the boat, rocking slowly under the pleasant morning sunrays. In front of you there are 290 kilometers of a jagged coastline, sheltered from the winds and waves. In between the dark green vegetation and the dark blue sea is the white line of beautiful beaches!

Back in 1936, the two-and-a-half kilometers-long sandy Bečići beach won the Grand Prix in Paris as the most beautiful beach in Europe! And this is only one of the 117 Montenegrin beaches which altogether are 73 kilometers long. The famous Montenegrin writer Stefan Mitrov Ljubiša wrote about the "Queen's Beach", located in a secluded inlet between Miločer and Sveti Stefan, guarded from the sea winds by cliffs and reefs, and separated from the road by dense vegetation, that "Nature enjoyed itself while creating true pieces of art".

There are many opportunities to enjoy nature on the Montenegrin Adriatic coast. Here you have the rare chance to enjoy yourself on the vast, longest sandy beach near Ulcinj rightly named the "Long Beach" because it is 13 kilometers in length or "Ada Bojana", also near Ulcinj – a sandy island reef, which was formed in the Bojana river estuary. This is a vast area of the finest, pure sand! You may choose to swim in salty seawater or, just a couple meters away, in fresh river water.

Sveti Nikola is an island near Budva, and if we only mention that the local population and tourists call it "The Hawaii", then that's all you need to know! "Drobni pijesak (sands)", in the middle of nowhere, is a beach secluded from every urban settlement. While there, you will also be far away from any thought of civilization. On this beach you have the clear blue sea in front of you, colorful pebbles at your feet and a nearby spring of drinking water that runs into the sea.

Most Montenegrin beaches, even the less beautiful ones, are surrounded by conifer and pine woods or olive groves, which in total, on the whole territory of the Montenegro coast, number 600,000 olive trees! There are additional beautiful beaches such as Jaz, Pržno, Lučica, Slovenska plaža, Buljarice, Kamenovo, Njivice and all of them are irresistibly charming and beautiful no matter whether they are sandy, stony or rocky.





Monte



Active Holiday

Dive into the world of science! Explore the beauty under the dark blue sea! Or gather your courage up and, "ride the wind" and experience something that you will never forget!

If you don't know how, learn to dive because the underwater world of the Montenegrin coast is rich and full of surprises: Sunken ships, secluded caves, and with a little luck you might find hidden pirate treasures, coral cliffs and abundance of fish!

The Risan Bay, in its entirety, is an archeological find. Also interesting are the locations of the islands of Sv. Djordjije and Gospa od Škrpjela and the Verige Channel. You can also dive in caves – Grudić Cave under the town of Kotor, Sopot near Risan and Ljuta. There are also some larger and smaller caves and skrapa on the Budvanska Riviera that are an ideal habitat for fish and shellfish, and are extremely interesting for underwater fishing lovers. Here you can fish for Mediterranean moray, conger eel, dusky grouper, common dentex and spiny lobster.

In the sea near the Kabala Cape, at the depth of 32 meters, there is an archeological find of a sunken ship from the 15th century, containing Izmirska ceramics, and along the entire coast you have sunken war ships from World War I and World War II, which are very attractive for divers.

There is much to do on the Montenegrin coast for those who like fishing. You can fish from the shore with a fish pole, from a boat, throw fishnets, fish at night, fish with "vrši" (a certain kind of basket for catching fish), fish with a trident at night and fish in so many other ways. And the selection of fish and mollusks is vast because in the Adriatic Sea you can catch: San Pier, common dentex, European seabass, gilthead sea bream, common sea bream, red mullet, amberjack, gray mullet, horse mackerel, European pilchard, annular sea bream, wrasse, spiny lobster, lobster, shrimps, octopus (poulp), squid and black fish and many others.

The first yachting Regatta was held in Montenegro in 1924, and the largest championship is the Adriatic Regatta, Montenegro Cup – Budva (Bar) and Tivat. The winds that blow on the Montenegrin coast are ideal for windsurfing... It is not difficult to pick a spot, almost any location is the best choice – Ada Bojana, Long Beach, Budvanska Riviera, the Boko Kotorska Bay...

NEEGRO





Enjoy!

Before you treat yourself with a good meal and a glass of Montenegrin good quality red wine, the cooks will prepare a real holiday, a holiday for your eyes, on the table!

According to the legend every young man who wanted to get married had to plant at least ten olive trees. Among many specialties that are prepared with olive oil, best are the ones with sea fish, abundant in the Montenegrin sea-waters, as well as crabs, oysters and other seafood. But, whilst the continental cuisine has preserved its originality, the coastal cuisine has "opened its door" to "innovations" and has embraced the Mediterranean experience, with pasticadas and brodets, black risotto and risotto with seafood, fish prepared in many ways... And the selection of fish and mollusks is vast because in the Adriatic Sea you can catch: San Pier, common dentex, European seabass, gilthead sea bream, common sea bream, red mullet, amberjack, gray mullet, horse mackerel, European pilchard, annular sea bream, wrasse, spiny lobster, lobster, shrimps, octopus (poult), squid and black fish and many others.

When you come to a restaurant it is implied that a good aperitif such as the famous Montenegrin "loza" and good quality wines such as "Vranac" and "Krstac" will be served without even being asked for. And here is a little tip for you – while the continental cuisine goes with red wine, the coastal cuisine asks for white.



Mussels on buzara

Fry sliced onions in olive oil until they become transparent and soft. Then add garlic, parsley, tomato, pepper, salt, thyme, mint, and finally add large well washed mussels. Cook all this, shaking the pot a bit from time to time, until the mussels open and the sauce is well cooked. Prepared mussels should be served with spaghetti.





PARTNERS



NATIONAL TOURISM ORGANISATION OF MONTENEGRO
81000 Podgorica, Rimski trg 10
Tel: +381 81/235 155, 235 158 Fax: +381 81/235 159
E-mail: tourism@cg.yu
www.visit-montenegro.org
www.visit-montenegro.cg.yu

