

# Montenegro

mountain



**MONTE  
NEGRO**

Wild Beauty

# The Mountains of Montenegro

Explore nature considered by Montenegrins as most precious and valuable to them. You will understand this once you see the deepest canyon in Europe – the 1300 meters deep canyon of the river Tara, or visit the oldest National Park in Montenegro - the Biogradska gora National Park, founded in 1878 by King Nikola, and is the last virgin forest remaining on the continent.

The identity of the people of Montenegro lies neither in Cetinje, the historic capital of Montenegro, nor in Podgorica, the new capital of Montenegro. The people who walk straight with their heads held high, whom geographer Jovan Cvijić called the "mountain men", have created their identity through the centuries. Their character has been molded in the mountains, in the "fortresses" which were impregnable for enemies, surrounded by centuries-old forests and meadows, and also by landscapes of severe rocks, clear mountain lakes and rivers.

Nature has taken care of the Montenegrins through history, and today they are repaying nature by proclaiming it the most precious commodity for them. The deepest canyon in Europe is the 1300 meters deep Tara Canyon. The oldest National Park – the Biogradska gora National Park which was founded in 1878 by King Nikola, and is the last natural forest on





the continent; and the peaks of mount Lovćen and mount Durmitor with its lakes, are the heritage that the Montenegrins preserve and want to make accessible to others as well. While in the mountains you will be intoxicated by the scent of vast and abundant meadows and pastures, and then you will enter the magnificent untouched forests. Within this kingdom of nature you will see streams from which, at dawn, deer come to drink. On the slopes many springs of cold drinking water can be seen, and whoever tastes this water once will want to return again.

More than half of the territory of Montenegro, about 5500 square kilometers, is covered with forests. Yet, while traveling through Montenegro, the visitor has an impression that he is traveling through one continuous vast forest, that he is passing from one mountain to another, that scenes of vast beauty are being replaced by even more attractive landscapes of the last oasis of intact nature in Europe.



## Durmitor

If some place on Earth can be said to be "where the earth meets the sky" then this is the Durmitor Mountain. The National Park covers 39,000 hectares of preserved nature, which is under the protection of UNESCO and is within the Biosphere Resource Network. Because of its high peaks, beautiful views, dense juniper and fir forests, vast areas covered with snow and good ski trails, Durmitor has become a famous ski center.

The Durmitor Mountain has 27 peaks over 2200 meters high, the highest of which is Bobotov Kuk (2522 m). There are 48 peaks over 2000 meters high, 5 canyons, and 18 lakes among which the Black Lake, near the town of Žabljak, is best known. There are 748 springs of pure mountain water and forests in which trees are more than a hundred years old! If you should decide to mountain climb or hike on some of the 200 kilometers of marked trails, you can reach some of the many glacial caves, such as the Ledena Pećina (Icy Cave), which is located below Obla Glava Peak (2100 m). If you decide to enter the cave, to admire the stalagmites and stalactites, even during the summer you should dress warmly!

The tourist center of the Durmitor National Park is the town of Žabljak at 1465 meters of altitude, the ecological capital town of Montenegro. The hotels and the rest of the infrastructure make the beautiful natural terrain ideal for winter sports such as skiing, snowboarding and cross-country skiing. During the summer you can hike, take walks through the beautiful pastures or enjoy a mountain climbing adventure on the challenging peaks of Durmitor.



ICY CAVE

# NEGRO



BLACK LAKE

# Tara

The longest river of Montenegro, the Tara, with its crystal clear water, is equally beautiful while running through the plains or rushing through the canyon. It is only a fragment of the rare nature because of which Montenegro was proclaimed an ecological state, an oasis of intact nature. Tara is also called the "tear of Europe".

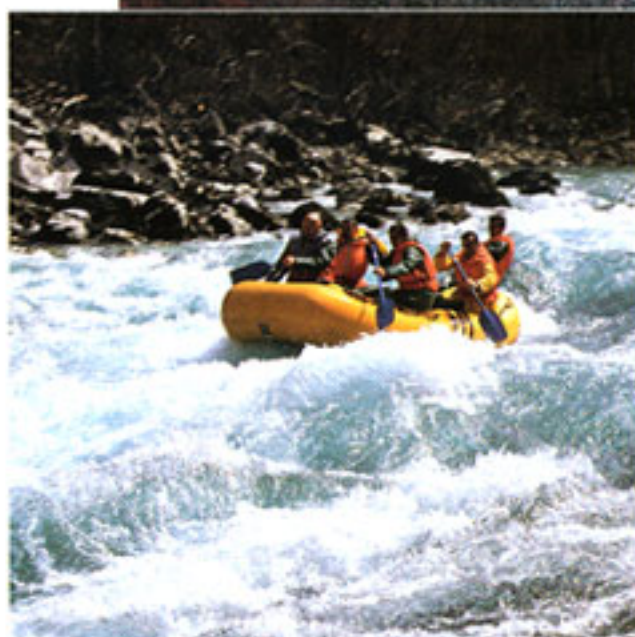
The canyon of the river Tara is the longest and deepest in Europe. Only the Grand Canyon of the river Colorado in the United States is deeper than the Tara Canyon. At the deepest place in the canyon the rocky cliffs are as much as 1300 meters high! Magnificent are the many waterfalls that pour down the rocky cliffs and flow into the river, such as the waterfall Bajlovića Sige. They seem to be emerging from the trees that grow along the banks of the river.

In 1977 UNESCO declared the Tara Canyon a biosphere resource within the program "man and biosphere" (MAB). Additionally, by a special decision of the Institute for Environmental Protection, 52 plant species, 314 animal species and one genus, bats, have been included!

The rapids of the river Tara are a real challenge for those longing for adventure, both for those who either decide to go down it by themselves in a kayak or rubber boat, or for those who choose the traditional method of rafting down the Tara river on wooden rafts. These are driven by experienced rafters. There are many rivers you can raft on, but Tara is the only one from which you can drink the water at the same time, for, Tara is the largest European reservoir of drinking water. It has an abundance of fish, not only for the fisherman, but also for the otters that live on its banks.



SIGE BAILOVIĆA



TARA CANYON



# MONTTE



BIOGRADSKO LAKE

## Biogradska gora

### Bjelasica

If you should wish to return to childhood, to remind yourself of the once told legends and fairytales about the wood nymphs, and experience an enchanting daydream, take a walk through the hundreds of years old "King's forest" on the mountain Bjelasica and visit the oldest national park in Montenegro.

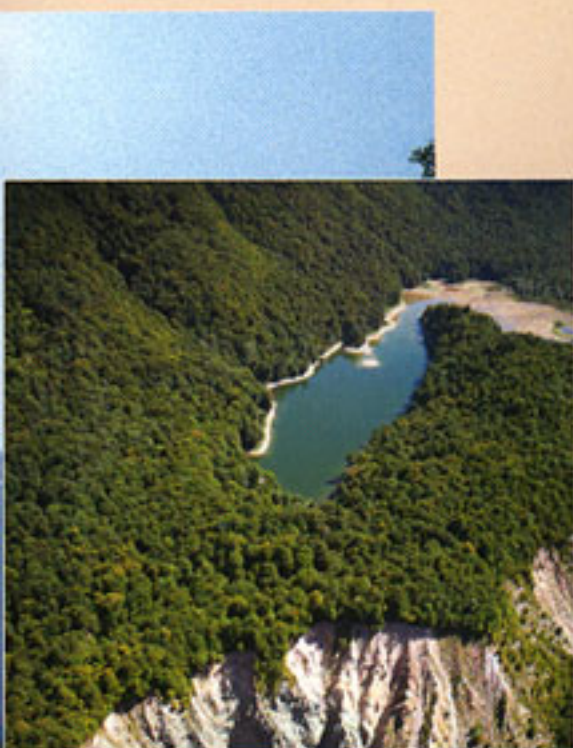
The oldest national park of Montenegro, Biogradska gora, was founded as early as 1878 by King Nikola. The United States of America had founded Yellowstone, the world's first national park, a mere six years earlier, in 1872. "The King's forests" take up no less than 80 per cent of the total 5,400 hectares on which The Biogradska gora National Park extends. This is the last natural forest in Europe, with intact nature nowhere else to be seen, a real holiday for hunters.

Below the highest peaks of Bjelasica shine the glacial lakes, known because of their beauty and glitter as "mountain eyes". You can see these lakes while passing through the fifty meters high pine and fir forests. The huge trees, reflected in the water, seem much higher. The unity of the dark blue lakes and the green giants is breathtaking. In this forest you can find trees over 400 years old, and among them grow 25 plant species to be found nowhere else in the world.

### Biogradsko Lake

The wide glacial basin of Biogradsko Lake appears among the huge trees of the "King's forests" and the areas of intact nature. Once you reach it you will try in vain to define the color of its water. Is it green? Maybe it is only the reflection of trees in it. Is it black? Perhaps only because of its depth. Is it iridescent pearl, steely, leaden or maybe gray? In fact all these go together and blend because the color of the lake water depends on the time and light, on the clouds, the winds and the waves.

The Biogradsko Lake is located at the foot of the Bjelasica Mountain peaks. Looking at the park's map, the layout of the mountains is distinctive. The peaks of Crna Glava (2,139 m), Zekova Glava (2,117 m) and Troglava (2,072) altogether form a kind of a "shield" with the great forest and Biogradsko Lake, in which they are reflected, in its center.



# Skadar Lake

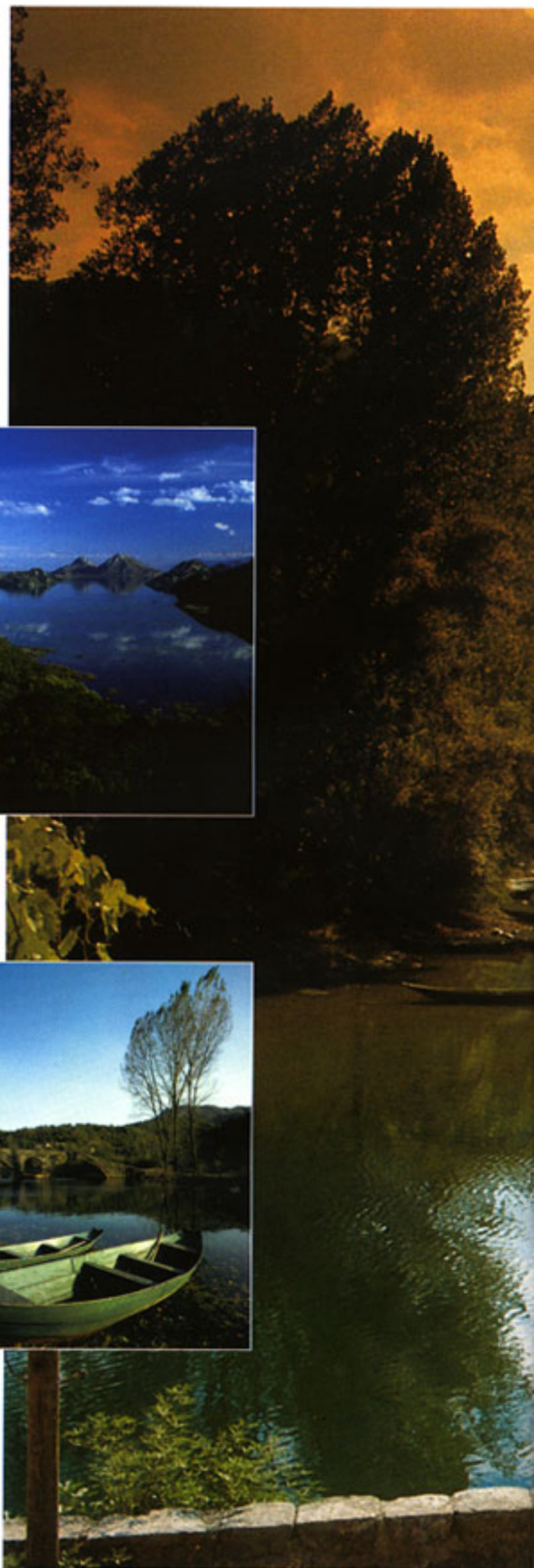
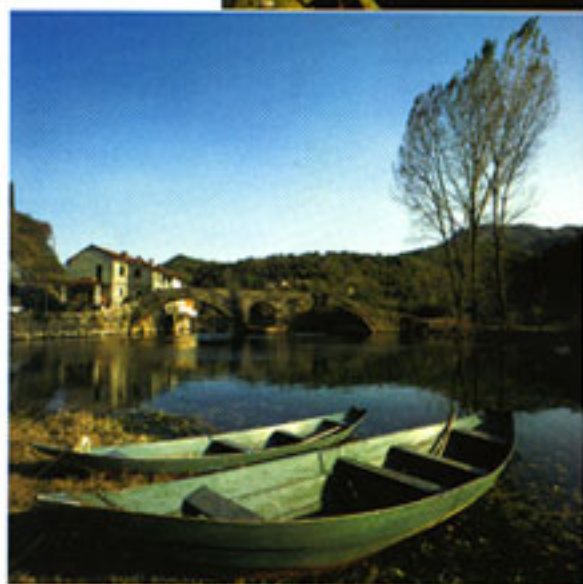
The Skadar Lake, bordered on the east by Albania, is encircled on three sides by Montenegrin mountains. It is a national park and the largest bird preserve in Europe. In the rainy season the lake is large and blue, and in the summer, even with bear shores, is always enchanting. The lake hosts over 270 bird species, including some which are now rare in Europe, such as the Dalmatian pelican, gray horn, black ibis, ducks, snipes, gulls...All these birds live here because of the abundance of fish. The silver carp and bleak are unique here. By swimming up the Bojana River eels reach the lake from the sea.

The lake is 43 kilometers long, 14 km wide with an average depth of 7 meters and is rich with water year round. The water of the lake is crystal clear not only because it is a preserved national park but also because it has about fifty active springs which supply the lake with clean water. The most famous one is the Radus spring, about 90 meters deep, which is to say 40 meters below sea level.

In addition to the beauty of the natural heritage, the shores of Lake Skadar have a number of fishermen towns and villages that make it even more beautiful, such as the village of Rijeka Crnojevića, with its triple-arched bridge and two nearby islands on which are Orthodox monasteries from the 15th and 16th centuries.



SKADAR LAKE





RIJEKA CRNOJEVIĆA

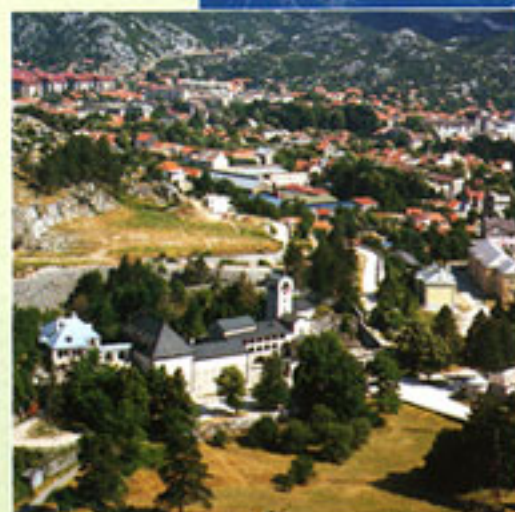


# MONTENEGRO

## Lovćen

Bernard Shaw exclaimed from the top of this amazing mountain "People, am I in Paradise or on the Moon?". And really, the road from the town of Kotor to the top of the Lovćen Mountain is a series of almost inconceivable curves called The Serpentine. Along this road, each curve offers a magnificent, exciting and somewhat terrifying view of the Boka Kotorska Bay. When you reach the end of the 32nd curve, you have suddenly arrived in the center of the Lovćen National Park, a mountain massif of unusual configuration. No wonder that the Montenegrins consider mount Lovćen their Mount Olympus, from which on one side you have a view of the Boka Kotarska Bay, the dark blue sea and the foaming coastline and on the other - harsh rock. Atop Mount Lovćen stands the Mausoleum of Petar Petrović Njegoš. It is a memorial to the great Montenegrin poet, philosopher and ruler. Each Montenegrin sees in him a personification of all that is sacred for Montenegro.

At the foot of the Lovćen Mountain lies the town of Cetinje, the historic capital of Montenegro. The Cetinje Monastery keeps relics as the embalmed hand of Saint John the Baptist and the book "Oktoih Prvoglasnik", the first book on the Balkans printed in the Cyrillic letter as early as 1494. Cetinje as a historic capital contains important buildings such as Biljarda, which Njegoš built in 1838, the Palace of King Nikola, the Blue Palace, Zetski dom and other buildings that were once consulates of powerful countries. The Government House, a baroque building, now houses the Art Gallery with works of Picasso, Renoir, Chagall and Dali.



CETINJE



P. P. NJEKOŠ



CETINJE

# NEGRO



NJEGOŠ - MAUSOLEUM





SKADAR LAKE



# Flora & Fauna

## Fauna

In the Montenegrin mountains it is not a rarity to meet a bear or a wolf, a stag with luxurious antlers or to see a rabbit run across the meadow or a fox luring its plunder. In the dense forest of Biograska gora one can see a wild boar, and several species of weasel live by the lake and along the shores of the river Tara, chasing trout in its clear waters.

On the Skadar Lake experienced fishermen harpoon carps or draw nets to catch bleak. Along the shores of the river Morača the fishermen hope to catch trophy samples, and on the rivers Bojana and Piva if the fishermen do not succeed in catching a trout they will catch a chub or a graylin.

Not only is the Skadar Lake an oasis for birds, for example rare herons and the Dalmatian pelican, but the largest national park of Montenegro, the Durmitor National Park also has over 130 bird species, including very rear ones as the golden and imperial eagles, black grouse, griffon vulture and black woodpecker.

The hunting season in Montenegro opens in August, beginning with the season for swamp game, but the real season starts in the autumn months, when the leaves turn yellow and the harvest is over and that is the right time to hunt trophy big game.

## Flora

The main characteristic of Montenegrin mountains is preserved nature – which has become a rarity in the world because of the environmental unawareness of man. Different geological origins and various microclimates on these mountains have produced and contain the abundance of plant species.

The National Park Biogradska gora, by itself, has more than 2000 different plant species! Though it is quite unusual for a temperate climate forest, the "King s forest" has over 90 different species of trees and shrubs! Among these are some very rare ones such as the endemic *Picea omorika*, several species of rare pine, oak and maple trees. Tree cutting is prohibited, so felled trees decay naturally and thus become an ideal habitat for high quality mushrooms.

One does not have to be an expert, but only needs to be tranquil and has to have a feeling for what is beautiful, in order to enjoy mountain meadows in spring, a waterlily in full bloom on a lake in summer or the colors of autumn in the forests



# MONTENEGRO

## Active and Extreme

You will never get bored during your holiday in Montenegro! You may elect to relax and sunbath beside the sea, or ski downhill on the steep mountain slopes. In between you have many possibilities that will refresh both your body and mind. You can choose: walking through the forests, mountain biking on the mountain trails, rafting, wind surfing, scuba diving, mountain climbing on challenging peaks, exploring caves, hunting... or just watching and breathing. Whatever you do you will enjoy yourself! There is hardly an activity in nature or a month during the year in which you will not be able to do or organize something in the mountains and on the lakes and rivers of Montenegro.

During the summer you can try and hunt a big deer or roebuck, or even a bear on the mountains of Bjelasica and Durmitor. The second half of the year is ideal to hunt quail, pheasants and wild duck on the Skadar Lake, and the end of the year is the right time for hunting wild boar or wolves. In a word, Montenegro offers ideal conditions for hunting in as many as seven hunting regions only one of which is at the coast!

At some places the rivers are wide and lazy and at others narrow, wild and foamy. The waters of the lakes are mainly still and quiet, but all these waters are abundant with fish. Experts advise to definitely throw a fishhook in the largest lake on the Balkans, the Skadar Lake, either from its shores or from a boat and patiently wait for some carp, bleak or eel to swallow the bait. The rivers of Morača, Tara, Piva and Bojana are rich with the well-known trout, which is solely caught on a fly or bait.



# NEGREO



MRTVICA CANYON



# Canyons

Nowhere in Europe do you have so many canyons in an area so small as Montenegro. Nature has shown its tremendous power and astonishing beauty here as nowhere else.

In addition to the canyon of the river Tara, also well known is the canyon of its tributary river – Sušica – which enters the huge and twisted canyon of the Tara River at the foot of mountain Durmitor, at the spot where the Tara Canyon is 1,300 meters deep! What makes the scenery while rafting down the canyon even more enchanting are dozens of waterfalls that fall from the high cliffs giving the mountains the appearance of being moss-covered sponges.

The canyon of the river Piva is 900 meters deep. When the hydroelectric power station Mratinje was being built in the mid 70's, the people of this region had to relocate. The precious cultural heritage had to be preserved and moved also. The four centuries old Monastery of Piva, like the Asuan Abu Simbela, had to be transported stone by stone to a safe location and at the same time preserving the original appearance and internal decoration.

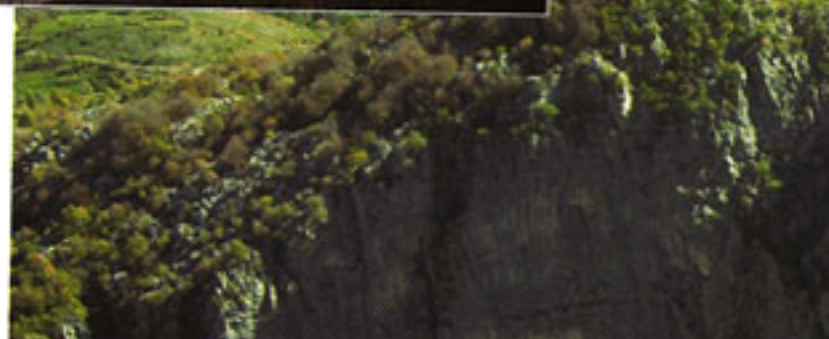
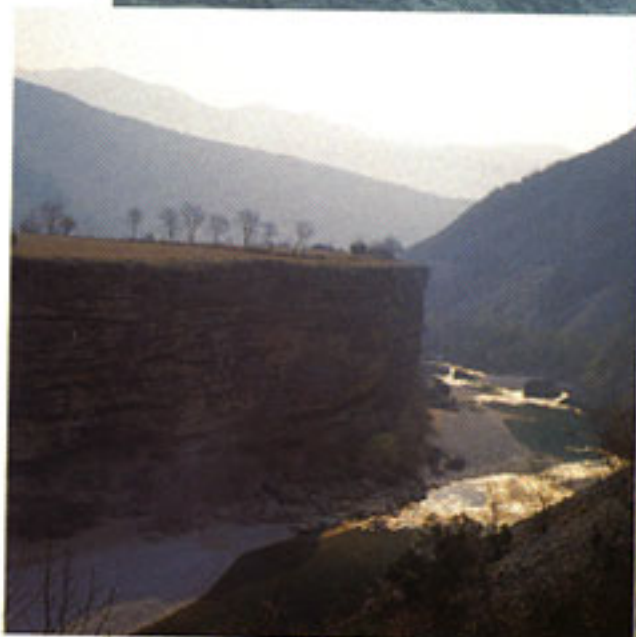
Among the five Durmitor canyons is the canyon of Nevidio ("The one that can not be seen"). It is 1,000 meters deep and at places only a few meters wide. The name itself – Nevidio – explains that it is hardly reached by the sun and rarely by man. On the cliffs that surround the canyon only imperial eagles, snakes and chamois feel safe. In the mountain of Durmitor are also the canyons of the rivers Sušica and Komarnica. If you are coming to Montenegro by car from the continental region, from the north, you have to pass through the canyon of Platije, which the river Morača has cut through the cliffs. The road appears and disappears through the tunnels and on the one side you have steep cliffs and on the other side of the road you have the canyon. At such places you are not only thrilled by the beauty of nature, but you also have to admire the building ability of man who has cut a road through the smooth granite of the canyon cliffs.



MORAČA CANYON



SUŠICA CANYON





MRTVICA CANYON

# MONTENEGRO

## Winter Holidays

Just as the mountains captivate you and charm you during the summer with rich colors and an abundance of life in nature, the snow and winter transform the mountain scenery to a unique scene of vast white area and crystal frozen chains through which light is refracted in a magnificent spectrum.

Those who gather during the summer in elite places on the Montenegrin coast, during the winter season move to Žabljak on the Durmitor Mountain, the winter tourism center of Montenegro. At your disposal are good ski trails that are reached by ski lifts and mountain and forest trails for sleighs drawn by horses or dogs. After an exhausting day you can revive and refresh yourself in the hotels and restaurants that offer traditional national dishes.

When it starts snowing in winter the slopes of the mountain Bjelasica, near the town of Kolašin, at 960 meters above the sea level, become the Mecca of winter sports fans. There is snow at least six months during the year making this the destination for winter sports fans. Here the guests can ski, snowboard, sled or enjoy some other winter sport. On mountain Cmiljevica, near the town of Berane, is the recreation center of "Lokve", with ski trails for beginners as well as for professionals, no matter whether you want to go down hill, slalom or giant slalom.

In the Montenegrin mountains, in accordance with the climate, during the winter months wine and spirits are heated, just like tea, and sugar and spices are added to refresh you by the fire...



BJELASICA



# NEEGRO



SAVIN KUK - DURMITOR



# Enjoy!

During the first spring days, when the snow starts melting, shepherds start arriving at their mountain cottages in the mountain valleys bringing their cattle to pastures during the summer season. This is the time when the real "harvest" for gourmands begins – skimming cream from fresh milk and making cheese! It is said that the famous sculptor Ivan Mestrovic asked only for "a piece of Njeguški cheese and for some prosciutto" (which Njegoš during his life loved to eat), as a fee for the monumental mausoleum of Njegoš that he built on the Lovćen mountain! After having been dried in clean mountain air that flows through the cottages for drying and smoking, and without adding anything, after a couple of months the prosciutto, "ripens" into a tasteful product of nature itself, and the recipe for making the famous Njeguški cheese and cream is handed from generation to generation.

Because of its high quality dairy products, sour milk, skimmed cream kept in leather dishes and cheese in oil, world famous cuisines can envy the Montenegrin cuisine, its uniqueness and originality. Some other specialties are "raštan" or green cabbage cooked with mutton (kastradina), carp from the Skadar Lake prepared with plums, smoked carp or dried bleak in olive oil. As for "kačamak", a thick maize porridge enriched with potatoes, homemade bread baked under the bell on coals and ashes and lamb meat also prepared under the bell, these are dishes to be remembered. All this is eaten with a glass of good "lozova rakija" (brandy made of grapes) as an aperitif and with the main dish a glass of good quality red or black wine such as "Vranac" or "Krstač" would be recommended.

The Montenegrin cuisine is based on dairy products, maize flour, dried meat, garden vegetables and fish. Olive oil is used for the preparation of almost every meal. The Pellaprat, which is the first cookery book in the world, gives the recipe for preparing "Montenegrin pancakes" for six people:

Take 1 deciliter of milk, 25 grams of butter and 25 grams of fine maize flour and mix all this adding 5 eggs. Fry 12 smaller, thin pancakes in a pan and put plum jam on them. Roll them up and keep them in a warm place. Prepare syrup from half a liter of water and 120 grams of sugar, adding caryophyllus aromaticus, cinnamon and little pieces of lemon peel, then add 30 dried plums without pits. Let all this boil, then take out the plums and strain the syrup, let it cook again and add 4 cl of "vinjak" brandy and 4 cl of "šljivovica" brandy. Put 50 grams of butter in a pan, then lay the pancakes and plums in it, pour the syrup over and let it cook until it starts boiling, then add another 4 cl. of "šljivovica" brandy and flame it. On heated plates serve two pancakes with five plums. Pour a small spoon of syrup over and decorate with a spoon of cream, confectioner's sugar and cinnamon.





**Durmitor appetizer:**

Njeguški prosciutto, beef prosciutto and dried mutton are to be sliced in thin pieces and arranged nicely on a plate. Put the skimmed cream on the plate with a spoon that has been previously heated in water and cut the Njeguški cheese in stick-like shapes. Decorate this with slices and wedges of pepper, tomato, cucumber, parsley and hot pepper. Eat this slowly with a good drink.

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](mailto:tourism@cg.yu)  
[www.visit-montenegro.org](http://www.visit-montenegro.org)  
[www.visit-montenegro.cg.yu](http://www.visit-montenegro.cg.yu)

