

Discover Unknown Trails in the Southern Adriatic

Montenegro offers pure bikers' delight for genuine explorers on ancient paths, historic trails and easy asphalt roads – hidden mountain lakes, vast lonely pastures and fascinating forests, snow-covered peaks, breathtaking waterfalls and cascades, uncanny ravines and wild mountain rivers of unforgettable beauty.



Montenegro's as yet undiscovered mountain world is unique in the whole Mediterranean and is now being made accessible also for mountain bikers. A nationwide network of bike trails of more than 3,000 km, five carefully selected Top Trails from "leisurely" to "top fit" and the "Tour de Montenegro" invite you to undertake unforgettable tours in a variety of natural and cultural ambience.



Almost untouched wilderness, a great diversity of flora and fauna, remote villages and the peaceful world of mountain pastures and huts await you. How rewarding to uncover the Mediterranean's as yet best-protected mountain secret, to experience and enjoy it! You may look forward to revel pure nature, always combined with the spirit of adventure and the cordial hospitality of the Montenegrins.



3,000 KILOMETRES BIKETRAILS

Wilderness Biking Montenegro

Map 1:450.000



Mountainbike Guide Montenegro

Another 17 spectacular mountainbike trails through Montenegro more than 1,700 bike kilometres, exact route descriptions, road-book with topographic maps 1:50,000 for route planning. Handy MTB-guide with 248 pages, wire-O-binding, printed on tearproof and weatherproof paper.

ISBN 978-3-935806-16-9

More information & orders: www.mapsofbalkan.com



GPS-Data: From 2009 you can obtain stretches of the Top Trails as well as detailed route information free of charge via www.montenegro.travel

Bed & Bike accommodations in Montenegro welcome!



Wild Beauty on 3,000 km Bike Trails

A fascinating mountain world with over 150 peaks higher than 2,000 m, with sleepy villages and peaceful high mountain pastures reminding of times long past. With four national parks of widely contrasting characteristics.



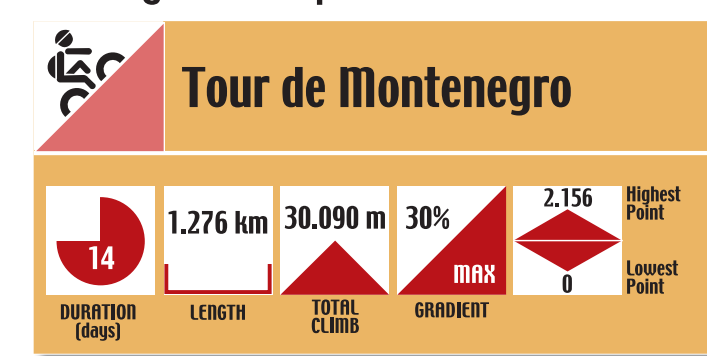
For individualists, Montenegro is a country of natural adventure which has become very rare in Europe: safe and free, often sparsely populated and unspoilt. You will meet few people on most trails, in some regions water is scarce and along some routes accommodations are still rare. But the choice of places to stay is steadily increasing all over the country – mountain huts, apartments, bungalows and private rooms as well as hotels of all categories.

Individual mountainbike tours are still reserved for the genuine adventurer with a quest for the wild, looking for the challenges of Montenegro's mountain world, with the tent in the backpack on his own or with an escort jeep.



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The Mega-Trans-Alp of the Southern Adriatic:



The Tour of a Lifetime

Discover the great variety of magnificent landscapes, take your time for unique experiences in unspoilt nature and enjoy the multicultural hospitality of a small and beautiful country – on the "Tour de Montenegro".

For easier planning and realisation of a bike holiday and the wilderness biking in Montenegro, we recommend travel agents with biking experience, who show you the most beautiful bike-spots of the country on organised tours with an escort jeep and knowledgeable guides.

You will find addresses and additional, updated information on the official website of the National Tourism Organisation of Montenegro: www.montenegro.travel





WILDERNESS BIKING MONTENEGRO

The Top Trails
Montenegro's unique, great diversity of landscapes presents itself to bikers especially on the selected five "Top Trails" or on the "Tour de Montenegro" – the "Mega-Trans-Alp" of the Southern Adriatic.

With distances from 262 km on Top Trail 5 "Ancient Stories on the Beach" up to 1,276 km for the "Tour de Montenegro", and with ascending metres from 2,400 to 30,000, these routes offer various daily stretches and make allowances for different levels of fitness. They can easily be combined with each other. All Top Trails can be biked on end-to-end, with no carrying passages, even high up in the mountains, and have different characteristics – from single grass trails, paths and gravel lanes to asphalt roads; they offer a varied and exciting terrain for bikers.

Riding on the single trails on the high mountain pastures, on ancient routes in the coastal mountains, on washed-out gravel paths, with challenging ascents or leisurely downhill runs on the mountain trails: this is just the right biking adventure for nature-lovers and experienced bikers in good shape and with the true spirit of adventure in their backpack! Wild nature and breathtakingly beautiful routes, each with their special highlights, guarantee an unforgettable biking experience.

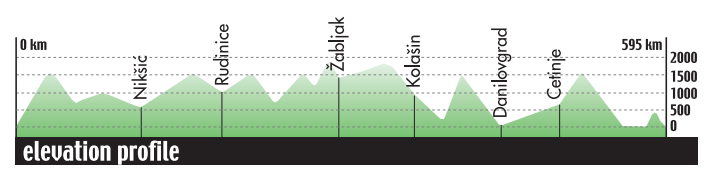
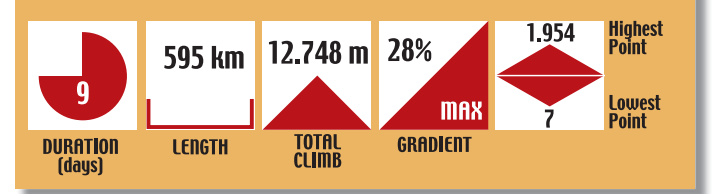


An escort vehicle (4WD) is especially advisable if you plan a group tour with participants in different shape of fitness, if you wish to transport luggage or if you plan longer stages in sparsely populated areas far away from civilisation, which require overnights with camping equipment. A jeep can also be very useful in case of a sudden change in weather, when you want to reach a shelter quickly.

Welcome to Montenegro – the Lure of the True Biker's Adventure

Tip: If you plan to undertake a bike tour in Montenegro's mountains on your own, without a guide or escort vehicle, inform others about your plans and the route you will take. A group of at least three persons is advisable. An especially thorough travel plan, considering all details and options, and good equipment is required. Take the recommended and marked trails, inform yourself about the route in advance (whether water and/or shelter is available) and get the local 12 hours weather forecast. Start your biking day early and take time to rest and to enjoy the magnificent sceneries.

**Top Trail 1
Salty and Sweet**



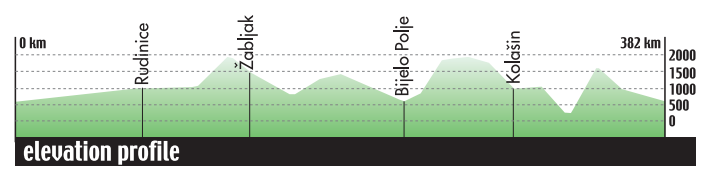
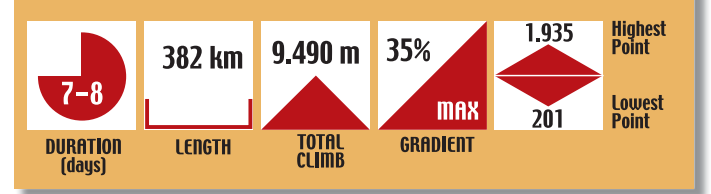
Discover Contrasts ...

From the salty surf to the sweet meadows of the high plateau – this tour takes you through diverse Montenegrin landscapes, from sunny beaches to the peaks of majestic mountains. Start at the coast with a steep climb, through rocky grey karst, up to the peak of Orjen Sedlo, where you can take your well-earned rest in a quaint mountain cottage. Get your next reward the following day: The stunning lights and shadows in the blue-greenish lake Piva as well as the surrounding mountain massifs in glittering sparks are well-worth the further efforts. Discover remote villages and uncanny ravines on your way to the Durmitor high-mountain National Park, where rare plants and a diverse fauna await you. The wood grouse, among many others, is a permanent resident here.

The sky above Sinjajevina seems endless above the vast, green high plateau on an average of over 1,600 m above sea level. Peaceful alpine pastures, framed by impressive peaks of 2,000 m and more provide for pleasurable riding. A 10 km long descent takes you back to the villages, this time to Kolašin. After passing a short distance by escort vehicle, the trail continues through tranquil, dark-green forests - then high up into the Morača and Maganik mountains – another world yet again, home to bears and wolves! Even as late as July, the summits can stay snow-covered. Enjoy the relaxing descent into Danilovgrad on a quiet asphalt road. From there it's uphill again to the "heart of old Montenegro", on a historic paved road toward the old royal capital Cetinje. Several side trips can be taken from there: interesting excursions to Njeguši or into the National Park Lovćen.

A thrilling downhill ride takes you from 1,400 m to the sea level. 25 serpentine with a spectacular view of the bay and the town of Kotor – a UNESCO World Heritage site – are the unforgettable last leg of this trip. Stroll through the alleyways of the Mediterranean old town and take a last look at the mountains – in the afterglow of an unforgettable tour.

**Top Trail 2
Northern Explorations**



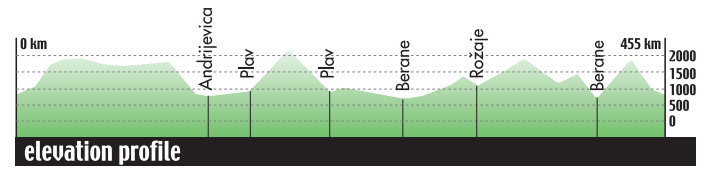
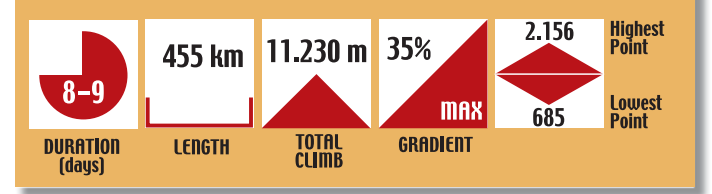
Enjoy Spectacular Landscapes ...

Starting point of this tour is Nikšić, a traditional place for mountain enthusiasts, surrounded by lakes and forests. The next day begins with a downhill ride to Lake Piva, after crossing the bridge it is an easy 6 km long ascent on a quiet paved road. On an altitude of 1,000 m, passing historical villages, you can enjoy the view of the Vojnik Mountains with peaks that are snow-covered far into the summer. Rolling steadily up and down, the trail leads to the small peaceful village Pošćenje, a centre of mountain sports, surrounded by mountain ranges and two small lakes. Before you get there, make sure to take a break at the Nevidio (the unseen) Canyon: take a walk in the refreshing waters of the river at the entrance of this ravine which was discovered some forty decades ago.

From Grabovica, a demanding ascent of 15 km through the forest takes you to a spectacular vantage point at 1,907 m, at the foot of the mountain Sedlo. Revel in the fantastic view of the scenery of the Durmitor National Park, take a break to take it all in. On your whizz downhill to Zabljak, the highest town of the region and a centre for winter sports. Follow the mildly winding paved trail, cross the Tara Canyon on the impressive bridge, before another ascent takes you on quiet forest paths and through idyllic pastures to lonely villages.

Past Bijelo Polje (the "white field") and Lake Šiško, another challenging climb leads you through the green mountain meadows of the Bjelasica Mountains, where you are rewarded by a 360-degree panoramic view of the surrounding mountain ranges. This is the ideal place for an overnight stay. From Kolašin, where the ski lifts patiently await their time, the route follows the Top Trail 1 to the other side of Morača River. Later past Pjenavac, a long beautiful downhill ride through the woods awaits you. Though just 30 to 40 km from Montenegro's largest cities, wolves and bears roam in the wild. A thrilling thought before you leave the wilderness and return to Nikšić!

**Top Trail 3
Eastern Enchantment**



Life in Shepherds' Shelters ...

The ascent from Majkovac is demanding, but it takes you to the vast grassy slopes of the Bjelasica mountains into the peaceful world of the "katuns" – the cottages in the pastures. Time seems to have stood still here.

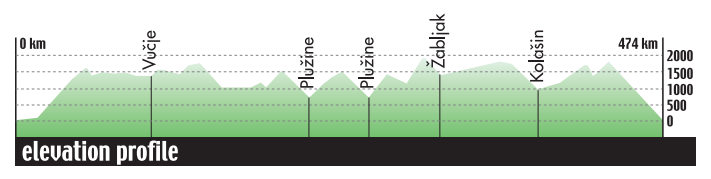
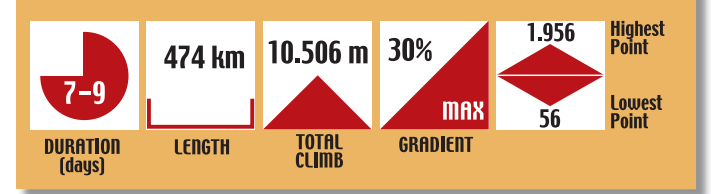
Overnight stays in simple huts in beautiful natural settings are offered. From Štavna, you descend on a scenic gravel road through lovely valleys, then to Andrijevica. From there, it's uphill again to the Prokletije mountains. Surrounded by majestic peaks, you can distinctly sense, observe (and taste) the Ottoman influence on Montenegro's multicultural heritage.

On the idyllic trails through pinewood forests, you enjoy an 80 km ride through two picturesque valleys and over the peaks of the Prokletije. From the highest point of the tour at an altitude of 2,156 m (the highest point of all trails), the shimmering waters of the Lake Skadar greet you from afar, deep down, and even the Adriatic Sea can be spotted; look down at the untouched glacial lake Hriško at an altitude of 1,970 m.

From Berane to Rožaje, you ride at an altitude of more than 1,000 m through dark green forests, over lush meadows and grassy slopes into the populated valley of the Lim River, revealing Bjelasica and Mokra mountains from the other side. A narrow grassy trail takes you further north past katuns and mountain huts, until you reach the source of the Ibar River.

The last section begins with a tough climb back into the heart of the Bjelasica. Finally, you are rewarded with a long descent offering magnificent views and a refreshing forest – time for a break and maybe a homemade yoghurt in a katun along the trail – before you reach Majkovac on your way through the National Park Biogradska Gora with one of Europe's last primeval forests, past the idyllic lake in the deep green woods.

**Top Trail 4
So Scenic**



Capital Greets Wilderness ...

This tour starts from Montenegro's capital Podgorica and takes you through an unforgettable kaleidoscope of ever-changing landscapes. The onset is easy rolling on asphalt roads through a variety of small places and villages. Take a break in Danilovgrad before climbing through forests up the mountains. Hard to believe that cattle have to be protected from the wolves so close to the centres of civilisation, but quite true, as you will see.

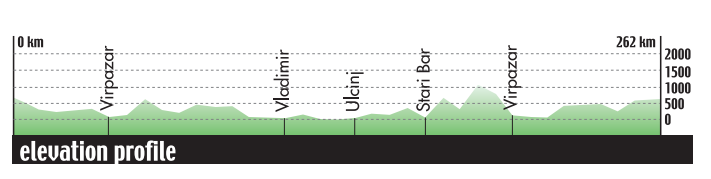
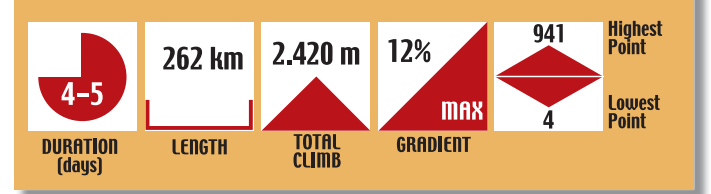
From Vučije, interesting day trips to Kapetanovo Lake or Maganik are well worth your time. And a boat excursion on Lake Piva is an excellent choice for the next day. Do stay here for a few days and get a sense of this region's contrast of scenery! From Smriječno to Ravno, the trail takes you through one of this tour's most impressive landscapes that is uninhabited and practically untouched. Pure overwhelming wilderness!

Another highlight is Tara Canyon, Europe's longest (78 km) and deepest (1,300 m) gorge. Leave your bike for two days and experience the fascination of the crystal-clear river on a rafting-tour, surrounded by the unique beauty of the ravine.

One of the most unusual sceneries in Europe and another highlight of this tour is the passage through the Sinjajevina, a high plateau at an average altitude of over 1,600 m: an almost magical place with vast green meadows, one hill after the other, strewn with countless colourful wild flowers in spring and summer, and surrounded by Montenegro's highest peaks, snow-covered far into the summer.

A bike tour with variety and challenges from beginning to end: from the gentle Veruša valley uphill into the grey karst mountains, then a steep descent to Lake Rikavačko. The last demanding climb is rewarded by the breathtaking view of the summits of the Prokletije massif. You really will have earned the final relaxing downhill ride to Podgorica and the conveniences of the capital.

**Top Trail 5
Ancient Stories on the Beach**



From History to Heavenly Waters ...

A combination of bike trails along the waters' edge, bathing on the magnificent beaches of the Adriatic Sea and discovering the varied historical heritage showing Montenegro's multicultural past makes this tour a special experience for interested bikers.

The trail runs almost without exception on quiet asphalt roads through contrasting scenic highlights with their regional and culinary delights. After a day full of bikers' joys, relaxation on the nearby Adriatic beaches is a welcome pleasure.

Do spend some time sightseeing in the former royal residence Cetinje and discover the rich treasures of the palaces and museums. Numerous important cultural-historical monuments, monasteries, fortifications as well as memories witnesses of fishing traditions line your way on this trail.

Peddaling leisurely through peaceful villages, you will come across further highlights: the National Park Skadar Lake with its unique flora and fauna in a sub-Mediterranean climate zone. Here, in Europe's largest bird protection reserve, you can observe the last colonies of wild pelicans and other very rare species of birds.

From Virpazar, you can make a trip by excursion vessel or, just after dawn, by fishing boat and discover the ancient monasteries and bulwarks, or take the wine route and taste the various local products. The island Ada, too, is adorned by subtropical and Mediterranean vegetation, with plants and animal species unique in Europe, and a famous nudist paradise, established a long time ago. Ulcinj entices with its minarets and Montenegro's longest and finest beach. The sand contains healing minerals. Passing the charming old town and port of Bar, and along the Rumija mountains to Virpazar again, you finally return to Cetinje.

