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PRO B&H ADVENTURE

A guide for sportists, amateurs and adventurers



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Dear readers,
Before you is the Pro BiH Adventure guide, a special edition of the website **bhputovanja.ba**, which has been active more than five years, exclusively promoting touristic and gastro offer of Bosnia and Herzegovina, as well as educating about the importance of environmental protection. Portal www.bhputovanja.ba is also available in English.

Bhputovanja.ba is intended for everyone who wants to discover Bosnia and Herzegovina to the core, so we present unusual places that you know little about. If you are a fan of nature, natural and cultural sights, great nature and food, photos you never seen before, www.bhputovanja.ba is the right destination to start a pleasant journey.

Specialized Pro BiH Adventure guide is primarily intended for those who want to live with elevated adrenaline, in nature - sports, recreation, adventure! And it is important to know - this guide was not written by our journalists - THIS GUIDE IS WRITTEN BY THOSE WHO HAVE EXPERIENCED EVERYTHING THEY DESCRIBED! Adventurers, athletes, professionals and amateurs have described their experiences and gave us lots of useful tips.

In the sections Observations, Capacity, Destinations, Destinations for the bravest, Equipment, Advice, you'll find everything to simplify your way to incredible adventures in the middle of the untouched nature of Bosnia and Herzegovina.

In this edition of our Guide, **Lejla Tanović**, mountain biking champion and her coach, **Amar Njemčević**, will talk about potentials of mountain biking and the trails - recommend trails for the bravest, give advice to the inexperienced.

Edward Ferguson, Ambassador of the United Kingdom to Bosnia and Herzegovina and his wife **Caroline**, who we accidentally met at one of their favorite destinations, Treskavica, will present the natural potentials of Bosnia and Herzegovina. Among other things, they say that if you are looking for adventure and breathtaking scenery, then look no further than Bosnia and Herzegovina!

We also chose the adventurer of the edition, experienced **Zaim Bešović**, a friend of nature and natural heights. We chose the story of the National Park Sutjeska, its hunting and fishing potentials, the village of Umoljani ...



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PRO BiH ADVENTURE

www.bhputovanja.ba

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WE WEREN'T EXPECTING THIS BEAUTY

If you're reading this because you are looking for an adventure in breathtaking scenery, then look no further than Bosnia and Herzegovina (BiH). We hope what we say will inspire you to don your walking boots and get outside to explore the natural beauty of BiH! Thanks to Edward's job as British Ambassador to BiH, we've been fortunate enough to call Bosnia our home for almost the last four years. We knew that BiH would be historically fascinating and culturally rich and diverse, from its mediaeval castles to its Ottoman mosques and Orthodox and Catholic churches and monasteries. But we didn't expect the raw, rugged and natural beauty of its landscape. Hiking in the mountains around BiH has been a particular highlight for us - the green paths of Cavljak, the vertiginous ridges of Visocica and Kravac, or the flowering woods and lakes of our firm favourite, Treskavica. Whether knee deep in snow or in scorching sunshine, their beauty is incomparable, and the best thing of all is that you feel like you have the mountain to yourself. Bosnian hospitality is second to none. The Bosnians open their hearts and homes to newcomers - this is certainly true of the reception you will get at any of the mountain huts along the way. Here you can really feel the full warmth of Bosnian people. A visit to Lukomir, Bosnia's most remote village, is also a highlight of any visit. It's like

stepping back in time and a perfect escape from everyday life and stresses. The countryside around Umoljani and along Rakitnica canyon is stunning and worth the trip alone. In the winter, the 1984 Winter Olympic ski slopes at Jahorina, Bjelasnica and Igman are both within 40 minutes' drive of central Sarajevo, and offer a number of slopes for different abilities. We will miss being able to wake up, look out of the window at the blue skies and decide to go skiing! It's not just the proximity; skiing is incredibly affordable in BiH, and a fraction of the cost elsewhere in Europe. Even if you aren't a skier, nothing beats sitting on the mountain in the blazing sunshine, breathing the clean air and watching the skiers with a good cup of coffee! Rafting has also been big hit with our family: the Neretva in Konjic cannot fail to excite with its white water challenges, while the emerald Una in Bihac is tranquil and beautiful. Rafting on the Tara is yet to come! In short, Bosnia and Herzegovina offers unrivalled adventure and recreational possibilities - on your doorstep from Sarajevo or further afield, that are affordable, memorable and cannot fail to disappoint! Come and see for yourself!

**Edward and Caroline Ferguson,
The British Ambassador to Bosnia and Herzegovina and his wife**

**Extreme sports club Scorpio**

✉ info@scorpio.ba
 🌐 www.scorpio.ba
 📘 www.facebook.com/clubscorpio

Events: At the end of June, there is a traditional two-day climbing gathering at the climbing centre in Dreznica. It is the „Memorial Mirza Humo“, in honor of one of their climbing partners who died in Mostar in 1993. It is a way Scorpio celebrates friendship and climbing as the summer starts in Herzegovina.

Hiking Club Nomadi Sarajevo

☎ +387 61 443 162
 📘 www.facebook.com/PKNomadi/

Speleological Society "Ursus Spelaeus" Foča

☎ +387 66 797 395
 📘 www.facebook.com/Speleološko-društvoUrsus-Spelaeus-Foča-962504803829779/

Events: This year, besides regular research, the Society has speleologic exercises in the period September - October, as well as the organization of speleoexpedition - the continuation of exploring the deepest speleological facility in the Foča municipality, Sagonjine caves, which could be deeper than 300 meters.

ExtremeSport Sarajevo/Paragliding

☎ +387 62 990 900
 🌐 www.extremesport.ba
 📘 www.facebook.com/xssarajevo/

Events: 13-15.07.2017- International competition in cross-country flight **"XC Sarajevo Open Air"** - Bjelasnica, **24-26.08. 2018-** Open and BiH state championship in accurate landing on target **"ACC Sarajevo Open Air"** - Bjelasnica.

Džajčić Buk- Neretva rafting

☎ + 387 61 482 400
 🌐 http://neretvarafting.ba/
 ✉ dzajick@bih.net.ba

Water jumping

Events: 11.08.2018. u 16 h- "IV International water jumping competition Sarajevo Bentbasa", organized by the Sports Promotion and Tourism Association "SporTur".

Kayak club Una Bihac

🌐 www.facebook.com/unskilabudovi/
 🌐 http://nationalpark-una.ba/bs/
 🌐 http://nationalpark-una.ba/bs/event.php?id=14

Events: 46. Traditional Una regata 25-28.07.2018.

Sutjeska National Park

☎ +387 58 233 130
 🌐 www.npsutjeska.info
 ✉ npsutjeska@yahoo.com

Events:

June 5th "International Day of Environmental Protection"
 June 13 "Day of the Battle of Sutjeska"
 28 June "Vidovdan climb to Maglič"
 6th, 7th and 8th July "OK Fest"
 July, "Palačinkijada" (Pancake festival)
 August, Fair of Home Products and Folk Handicrafts
 August, "Blueberry Day"
 August, Auto-moto rally

Ornithological Society „Naše ptice“

☎ +387 61 783 203
 🌐 www.ptice.ba

Events: European Day of Bird Watching, at the beginning of October. There are educational programs such as **Spring Alive** and scientific bird tracking such as the **Winter Wetfish Counting (IWC)**. Every year "Naše ptice" organizes Ornifestival, in partnership with local organizations, every year in different city, with the aim of promoting ornithology, bird watching, protection of birds and their habitats, birdwatching development as a tourist offer and a general gathering of bird lovers.

Diving

✉ samirso@hotmail.com
 ✉ adnandrnda@hotmail.com

Events : In this season, several mixed adrenaline expeditions will be organized in BiH, such as canyoning and diving Rakitnica canyon from 02 to 06. July; Diving on five glacial lakes of Treskavica for the first time ever, from 28th to 30th August, Photo and video speleo-diving expedition in the Vjetrenica cave, from 07. to 09. September.



ZAIM BEŠOVIĆ is the descendant of the first mountain guide to Zelengora, Mlagić, Durmitor ... His grandfather **Omer Čampara** walked through Kosovo and Metohija, Macedonia, Albania and Greece. This great mountain guide has discovered edelweiss on Lojanika and Žuta Greda on Durmitor and on Rusulia in Prokletije. Apple, we know, does not fall far from the tree. Zaim, like his Grandfather Omer, is a great hiker, a guide and everything you need when it comes to mountain climbing. As airplane pilot, during his service in the Yugoslav Air Force, Zaim Bešović was awarded two plaques "for the heroism in peace", earned on the supersonic "MiG 21R". After completing elementary school in his birth place, Tjentište, as he says, has accidentally strayed where he felt the freest. In the world of poetry and clouds.

REBELLING

My love for hiking is tragically a consequence of the war. Until the latest, and I believe the last bloodshed in BiH I was involved in athletics, games, swimming, skiing, hunting and fishing... Then I discovered the mountain, I liked it because we were on the same side, it was respecting and cultivating the knowledge that the quality of interpersonal relationships above all is based on the quality of human relations towards flora and fauna.



I gave up on fishing, hunting, skiing, swimming, games and athletics ... Went away from war-marked and newly formers - (after post) war profiteers.

THE EMPIRE OF NATURE

I think that true mountaineers are not allowed to neglect the man in them on their journeys, despite the beauty of nature, apart from their personal experiences in overcoming the difficulties of their alpinistic endeavors, apart from the lush bloom and the animal world. They

can not cross over the hillbillies, whose characters and material and spiritual life is the most brilliant and most pertinent synthesis of ages of all those elements that are always rejoicing them, and are urged to always visit this miraculous empire of nature, which constantly gives them all new impressions. I did not give up on the Moon, but my primary fight for the success of the BH Ecological Revolution in Bihac, Banja Luka, Tuzla, Zenica, Konjic, Foča ...Bosnia and Herzegovina has begun."



Edin Durmo is the founder of the club. Instructor of sports climbing, alpinism and skiing on the inaccessible terrains with the BiH Mountaineering Federation. Active in the mountains for over 40 years. He led the groups, opened new tours, climbed new directions, explored new canyons and above all ... enjoyed the beauty and nature of BiH. Edin will present climbing, canyoning, adrenaline parks, all the more attractive sports in BiH and potentials for their development.

-There are several destinations I would like to mention, depending on the activity you want to do.

ROCK CLIMBING

Increasingly popular sport. In Bosnia a large number of climbing destinations have been recently equipped. From our point of view main focus is in Herzegovina, with two areas: **Blagaj**: Besides the unique cultural centre, it has become an amazing climbing site with numerous routes on very good limestone and an excellent Via Ferrata through the whole climbig. Our favorite destination there is the „Rebro“ sector.

Dreznica: Our little jewel on the Drezanka river, with ideal camping place and almost 100 routes of all difficulties in the surrounding area.

CANYONING

For those who don't know what canyoning is, it means descending narrow canyons



Rakitnica canyoning



Smetovi Climbing

by abseiling or by small boats... it is done mostly during the summer and the top destinations in Bosnia are:

Rakitnica canyon- the most spectacular canyon, with trips of easy and hard difficulty, an amazing canyon in a world of limestone and water.

Bijela canyon- a secret place near Mostar, almost a mix between a canyon and a cave

Ljuta canyon- a new area on Visocica mountain, similar to Rakitnica, but calmer and easier to descend, which ends in the Neretva

ADRENALINE PARKS

Also becoming very popular in Bosnia and Herzegovina. These are mostly composed of different obstacles on the trees which people need to cross, zip lines and they often include also some artificial climbing wall. They are usually placed in outdoor areas, so that people can enjoy the life in the nature, for us the top are:

The Extreme Sports Club Scorpio

has been active since 1996 in the field of adventure tourism, sport and nature education, promotion and development of tourist structures. The activities range from hiking to rock climbing, ski touring, canyoning, MTB. Its mission is to promote sustainable tourism to Bosnia and Herzegovina and propose it as a tourist destination. It also promotes the awareness about nature amongst the young generations and their education through sports. Its centre in Smetovi is the ideal place for this.

Scorpio Centre in Smetovi- our place, created for our families, friends and guests, with the highest outdoor climbing wall in BiH, a zip line, MTB trail, adrenaline park, camping, hiking, mushroom picking...

Level Up center on Trebevic mountain, with a zip line, adrenaline park, archery, a climbing wall and made richer by the spectacular Via Ferrata on Trebevic and of course by the new cable car connecting Sarajevo to Trebevic.

CAPACITIES/ CHALLENGES

All activities have different capacities. Rock climbing areas and Adrenaline parks are equipped based on specific safety standards and they require the use of special certified equipment, which is not difficult to find or rent on the spot. Mountains like Crvrsnica or Preanj could definitely be better advertised on the local and international media and better protected from illegal logging. More structures like roads and huts would also be welcome.

EQUIPMENT

Each activity requires a specific equipment, but once you commit to it, it is easy to find what is necessary. Two rules: trust the experts and safety first. Experts can tell



Smetovi Zipline

you how equipment can react under which conditions. Improvisation can be dangerous on Bosnian mountains, which are of difficult access and where the weather can become very severe.

DANGERS

All destinations are dangerous, if people are unprepared, don't have the right guide or have the wrong equipment. Clearly adrenaline parks are those where you are the closest to the „civilisation“, therefore there is always a way out, but even there, incidents can happen if people are not focussed or unserious about these activities.

REMARKS

BiH nature is precious, it is a great richness. As users of this nature we need to leave it intact, „bringing home only memories“ (and pictures of course)... It is our common richness, we need to be very careful to make sure it will last for the future generations.

ADVICE

Don't go unprepared...Prepare yourself in advance, consult experts and wherever necessary take a guide: ski touring, via ferrata, canyoning are all activities where a guide is necessary, given the remote access and the unpredictable areas.



Mountain Club **Nomadi Sarajevo** was founded in December 2016. In this short period they managed to gather a large number of mountaineers and nature lovers. It currently counts about 80 members. They organize mainly high-rise tours that go over 2,000 meters above sea level. They organize courses from various fields of mountaineering, workshops for skiing, course for the winter high jump movement, climbing course in their own sports hall, intended for children with whom they intend to do a lot of work, first aid schools, given that among the members of the club they

also have certified doctors working for the Red Cross. As far as the age structure of the club, it is by far the middle-aged people, people in the 30s and 40s. Ladies and men are equally represented.



This time, our guide through mountain tops of BiH, is **Anis Čeljo**, president of MC Nomadi.

OBSERVATIONS

Bosnia and Herzegovina is endowed with numerous natural resources, and the mountains represent pearls of natural heritage. In BiH, all the mountains are beautiful and accessible to anyone interested in their tour.

CAPACITIES

In its work, the club was primarily based on the performance of high mountain hiking tours over 2000m n / a. For the past two years, there was an annual action in the

ADVICE

Nomadi advises everyone to visit the mountains, which really offer the most beautiful nature that was made on this planet.

Club called 10 Peaks - 10 Challenges, where the highest peaks in Bosnia and Herzegovina were conquered. In addition to these tours, the Club organizes departures on the paths via ferrate and other demanding, and exceptionally interesting mountain tours.

DESTINATIONS

In Herzegovina, the trails at Čvrstica and Prenj are extremely attractive for all nature lovers, it's important to mention trails from Grabovica, through Tisa to Hajdučka vrata, and on the Bijela Staza from Konjic, through Skok and Jezerca to the top of the mountain of Zelena Glava.

In Bosnia, one of the most beautiful mountains



is Treskavica, with numerous peaks, lakes and as they say, 365 springs of water.

As pearls of nature there are still the canyon of Rakitnica, the Visočica ridges, Studeni potok, Lokvanjsko jezero and Lukomir on Bjelašnica etc.

Of course we have mountains, Maglić, Volujak, Zelengora with lakes, Vranica, etc. Most of the trails in these mountains are not considered hard to conquer. What is a trend in the world are paths via ferrate and in BiH we have several such trails that we also recommend to go visit. These are via ferrate on the Veliki Kuk, Čvrstica, then the Brina canyon in Posušje, the ferrets on Trebević and Blagoje, etc. Of course, it is important to have some experience and technical equipment to tour these trails.

DESTINATIONS FOR THE BRAVEST

With the necessary experience there are no overly heavy, demanding or dangerous paths.





Until a few years ago, mountain biking in BiH was mostly reserved for men. Since the arrival of **Lejla Tanović**, much has changed. Thanks to her persistence, Lejla Tanović is today ten times State champion, double Balkan champion and contestant for UCI SMF team. After the introductory part of this season and nine UCI points in just two months, Lejla takes 79th place on the list of all female bikers in the world. This is the best performance ever for our racer in this period of the year. Lejla and her coach, **Amar Njemčević** are our guides for mountain biking in BiH.

REMARKS

Great advantage of mountain biking in Bosnia and Herzegovina is the accessibility of the trails to the tourists visiting Sarajevo, Mostar, Banja Luka, Zenica, Doboj and many other cities. Each of these cities hosted races of Premier League of Bosnia and Herzegovina,

and the World Bicycle Federation UCI races were held in Banja Luka and Sarajevo, which says much about the potential of BiH when it comes to this Olympic sport.

CAPACITIES

The capacities for this sport in Bosnia and



Lejla Tanović, our best double Balkan Champion



Herzegovina are perfect because it's abundant in mountains, macadam paths and mountain bike trails. Herzegovina is suitable for cycling all year long - temperatures are always pleasant and there is no snow. The only thing missing are tags on tracks showing where the tracks go.

TRAILS

Trails on Trebević are the perfect example of mountain biking trails, as they contain the ground and roots as a base. For those of you who enjoy beautiful nature and rocky terrains, ideal trails are on Bjelašnica and Treskavica, and Zvijezda mountain is perfect for less experienced drivers, because it has



ADVICE

In addition to information about the weather, always go to long rides with someone who knows the terrain well. Bring energy bars, gels and plenty of water. Water is extremely important in the summer when mountain springs can dry out. Also, it is very important to bring phone and money, just in case something unexpected happens.

trails along the macadam road, and is rich in drinking water springs. There is an interesting trail that goes along Hutovo Blato, 20 km long and rich in beautiful landscapes.

TRAILS FOR THE BRAVEST

One of the most dangerous mountains is Bjelasnica, not because of the terrain but because of the rapid change of weather conditions, and the top of the mountain is almost always windy. It's not recommended to go to Bjelasnica before June, and before departure always be informed about the weather forecast.

EQUIPMENT

Always carry a spare tire or foam for internal tires, pumps, front and rear lights.



Wandering around the Balkans about forty thousand years ago, looking for who knows what, one *Ursus spelaeus*, a cave bear, ended its life in the highest part of the Bistricea River canyon, in the Kuk cave, at the Sijeračke rocks between Kalinovik and Foča. His skull, which is the oldest one ever found in Bosnia and Herzegovina, was the discovery of speleologists from Foča. *Ursus spelaeus* extinct twenty one thousand years ago, and Speleological Society "Ursus spelaeus" was named after it. According to their data, there are about 4,000 registered speleological facilities in the territory of Bosnia and Herzegovina - pits, caves, abysses and estavelas; objects that don't have natural access but usually open during construction works. The biggest success of the Society is a successful initiative to declare cave Ledenjača as a natural monument Category II, which is a rarity when it comes to caves. The entrance of the cave is decorated with drawings that are assumed to date back to the Bronze Age.



Miloš Jakić



Our guide through the world of speleology is **Miloš Jakić**, president of the Society and chief of the speleo-rescue station in Foča.

REMARKS

Bosnia and Herzegovina has great natural riches that have not been used for tourism purposes. It's necessary to get tourists closer to natural beauty of this country, through the improvement of access roads, setting up hiking trails, greater promotion at tourism fairs, greater promotion on state-owned television, and through development of

**ADVICE**

Take enough liquids with you, listen to your guide, do not make rivalry in the group.

documentary programs aimed at promoting and preserving natural beauties.

CAPACITIES

In Foča area, natural beauties offer visitors unforgettable memories that will be remembered through life. In addition to the speleological facilities there are: Skakavac waterfalls, sand pyramids, mountain peaks, lakes, waterfalls of Oteš, canyoning in Hrvavac, rafting, Sutjeska national park etc. It is necessary to arrange access routes to individual destinations, destination promotion and mandatory protection of natural beauty.

DESTINATIONS

In the area of Foča: Velika Kutlača cave, Ledenjača, Kuk. Municipality of Pale: Orlovac cave. Ravno municipality: Vjetrenica. Zavidovići: Cave Srednje stijene

THE MOST DANGEROUS DESTINATIONS

In the presence of a guide, all trails will be secure.

EQUIPMENT

The Speleological society possesses all of the necessary equipment.





In “**Extreme Sport Club**” there is a bigger number of interested and active members every year. That’s why they started a spring course and paragliding training last year, in addition to their fall course. They are organizing a precise-landing competition at Bjelašnica, and their plan is to organize a cross country competition. In September 2017, members of this club achieved a remarkable result in cross-country paragliding, crossing the terrain from Romanija mountain, above Mokro, across eastern Bosnia towards Višegrad, up to Zlatibor in Serbia. **Mirvad Zenuni** crossed 100.2 kilometers, landing at Zlatibor, **Adnan Pezo** 62.5, landing at Višegrad, and **Jasmin Zajko** 26.3 kilometers, landing at Hrenovica. Our guide through the world of heights and wind is one of the most famous instructor of the Club, Bosnian recorder and paragliding pioneer **Mirvad Zenuni**.

REMARKS

Paragliding is a beautiful sport that is steadily increasing both in the world and in Bosnia and Herzegovina. Thanks to the selfless efforts of Extreme Sports Club and the energy that its investing in this sport by organizing competitions and flight schools, this sport has seen a great expansion in recent years. The club has a large number of pilots and is one of the biggest clubs, not only in



the Balkans but much wider.

CAPACITIES

There is always the need to work on improving the retreats and landing sites, as 90% of the accidents occur on take off and landing, but the Club has no support from local authorities and institutions or from the tourist community, and takes all costs for landscaping.

DESTINATIONS

Due to its geographic configuration and weather, BiH has the ideal conditions for cross-country flights and other paragliding disciplines. In addition to Bjelašnica, pilots of Sarajevo are



ADVICE
If you decide on paragliding, first find a certified instructor and a school center. The Extreme Sport Club from Sarajevo has been working on paragliding trainings very successfully for many years.

honored by many other natural resources, because in a very short time you can come from the city center to takeoff sites, which are located on the slopes of Trebević, Barice, Igman, Jahorina, Romanija, etc. Areas around Sarajevo offer very exciting conditions that are a combination of alpine flying and flying in the plains.

Other more than good flight locations are in Ljubuško, Trebinje, Bihać and Cazin, Mrkonjić Grad, Tuzla, Zenica, etc.

THE MOST DANGEROUS DESTINATIONS

The mildest terrain can be dangerous if the pilot is not experienced and decides not to follow the rules of the flight, which are: if the pilot is flying in bad weather conditions, if he is not ready for the specific conditions (like strong wind), if he flies with inappropriate equipment, damaged equipment, or if he is flying on terrains that local pilots are avoiding...



EQUIPMENT

When it comes to a tandem flight, it's enough to dress as if you are hiking or walking on the mountains.



Džajića buk - Neretva rafting" is a company that promotes rural tourism in northern Herzegovina. The company was founded in 2000 and since then offers tourist services to the visitors of the region. Our guide is **Kasim Džajić**, owner.

REMARKS

Given that Bosnia and Herzegovina is known for its wealth of water, we believe that this is what makes us special and we always try to point to this fact and share it with our guests. Rafting on Neretva is definitely an unavoidable and unique experience that you shouldn't miss. Neretva is one of the coldest rivers in the world, with a constant temperature of 4 °C, flowing through the untouched canyon, in which the mountain tributaries flows. The canyon boasts unique waterfalls, which is the wealth of the Konjic region. Certainly, this region is rich in other natural beauties, such as the Boračko Lake, Prenj mountain, the Lukomir village, as well as the historic ones like the Titos Bunker and Muslibegović House. Every traveler, regardless of their interests and

preferences, will find a small part of personal heaven in Konjic.

CAPACITIES

Rafting on Neretva is one of the first ones. Since it started, and has been constantly developed. Capacity in rafting center Džajića buk guarantees that no guest will be returned, everyone will experience their own adventure and get a chance to enjoy the beauty around. Choose between shared or private rooms, enjoy the local traditional cuisine and experience your adventure on Neretva.

DESTINATIONS

As we have already said, rafting is an adventurous sport, it can at become dangerous at any time, but the experience and knowledge



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Our advice to all new rafting enthusiasts (and we are sure that everyone will be after this experience) is to relax and enjoy yourself a day of hedonism. Of course, you should be careful, do not forget that rafting is an adventurous sport, and licensed skippers are in charge for your safety.

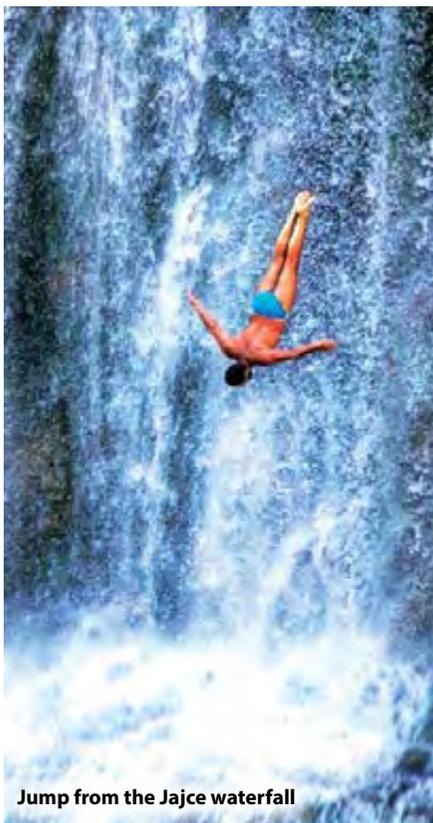
of our skippers is enough for a safe downhill, certainly with careful listening and monitoring of the instructions provided. You have to see Neretva to understand its value, you have to experience rafting to understand how unique this activity is. Do not miss this experience, come, see, carry on. See you on Neretva.

EQUIPMENT

All equipment is provided (Neoprene suit, water shoes, protective helmet, life jacket and vests). Everything you need for total enjoyment is a good mood, swimsuit, sunscreen and sunglasses.



Dino Bajric from Sarajevo is a 29-year-old Master of Sport, who has chosen one of the most extreme sports in the world his life call-jumping into water from great heights. Dino was the best jumper from Jajce waterfalls for two consecutive years, he won the second place on jumps from the Old Bridge in Mostar, but also a multiple winner of former jumps in the famous Kazan in Konjic. He says he has experienced a billion injuries, from the contusion of the entire spinal column to different hematoma, but he considers it an unavoidable part of the sport he does and loves immensely, and the adrenaline always keeps him going. During the regional competition season, he is proud to present the City of Sarajevo and our flag. Dino will be our guide for everybody who is interested in trying out this sport.



Jump from the Jajce waterfall

CAPACITIES

Bosnia and Herzegovina has natural beauties and attractive locations that are accessible and there are different kinds of tournaments. Natural rocks, waterfalls and historic buildings are all places that offer challenges for jumping. Considering this, it is also a sport that can directly promote the beauty of our country.

DESTINATIONS

There are many attractive destinations, but

ADVICE

Like in any sport, you need previous training. You can jump on your own but you need to know that everything can go wrong very easily. Jumping from high altitudes without any additional protective gear is very dangerous. Begin gradually with the heights, ie from lower heights to highest. Strengthen and disperse your body, as jumpin in water from high altitude is as jumping in "concrete". The water strike is really strong.



Jump from the Višegrad gate



Jump from the Old Bridge in Mostar



the waterfall in Jajce is a destination that provokes admiration. The ambience around the waterfall, located in the heart of the old town, is phenomenal. As for the dangers, every jumping destination is dangerous, because this is a kind of sport in which a moment of deconcentration can create problems.



Kayak Canoe Club **Una Bihac** is one of the most successful sports clubs in the history of Bihac and BiH. Also, in terms of results on competitions in kayak on wild waters, it is one of the best in BiH and former Yugoslavia. It was the first to give its city a 1973/1974 title of State champion (former Yugoslavia) in kayak slalom on wild waters, held on slalom track Kralje Bihac. They are multiple champions and vice-champions of Bosnia and Herzegovina.

Members participated at the European and World Championships and the Olympic Games as representatives of BiH - **Karabašić Samir-Kamačo** (participant of OGAtlanta in 1996), **Emir Šarganović** (participant of OG Athens



2004), **Mulić Dinko** (participant of Athens 2004 and London 2012). **Haris Redžić**, the president of the Club, leads us through the rapids of the one and only Una river.

CAPACITY

Our sport club trains at beautiful river Una, which provides all conditions for both training and adventure, thanks to its rapids and waterfalls. Rafting and kayaking are the most exciting and most popular sports and recreational activities on the waters of Una National Park and canyon Kostela-Grmuša. Several well-organized rafting agencies will arrange unforgettable moments of sailing on the most attractive part of the river Una.



The Una area of the National Park is located in the extreme western part of Bosnia and Herzegovina, in the area of the city of Bihac, and belongs to the Una-Koran plateau, and includes the valley parts of the Une and Unac rivers and the orographic slopes of Plješevica, Grmeč and Osječenica mountains.

DESTINATIONS

In the area of Una National Park there are two sections for kayaking and rafting. The most attractive is the section starting at Štrbački buk to the Lohovo area, which goes along the National Park and it's 15 km long.

Difficulty of Una river during the high water level during the month of April and May, is 3 to 5 degrees. The first part of the route is long, violent, unpredictable, full of rapids with lots of waves and whirlpools. During the medium water levels, difficulty is 2-4 degrees, the path is complex and powerful with turbulent water around rocks, currents and curves and the adrenaline surprises are possible and desirable, in order to gain the full experience of sailing on the river.

Depending on the weather conditions during a given year, the rafting season at the Una river lasts from March to October.



Samir Solaković and **Adnan Drnda** are diving instructors, multiple award-winning professional underwater photographers, Mares Worldwide ambassadors, members of Bosnia and Herzegovina's underwater photography national team. The team is intensively engaged in diving, underwater photography and education for many years. They participated in several international and domestic expeditions, such as diving, speleo-diving, canyoning, documentary filming, focusing on topics of environmental protection in Bosnia and Herzegovina. They dived in deep blue waters all over our planet, from the Egyptian Red Sea, Mediterranean Sea, Adriatic Sea, from Prevlaka to Savudrija, to waters of BiH. They did a large number of expeditions and diving in lakes and rivers of Bosnia and Herzegovina, like Boračko lake, Malo Plivsko lake, Prokoško, Jablanica, Rama Lake. They explored and documented BiH caves: Mokranjska Miljacka, Govještica, Tamna, Vjetrenica, as well as the rivers Bosna and Una. Adnan Drnda will lead us through the beautiful depths.

REMARKS

Diving in Bosnia and Herzegovina is a beautiful and unique experience, especially in mountain glacial lakes and fairytale caves. Unsustainable nature, clear water and rich flora and fauna take the breath away for those who dive into the lakes of Bosnia and Herzegovina.

CAPACITIES

Increased number of diving clubs such as "Bosna", "Scuba Swimming School", "Sepet" from Sarajevo, "Neretva" and "Leut" from Mostar, "Eko grupa" from Lukavac, "Panteri" from Bjeljina and many others gathering and educating a large number of new divers, is an indicator of the expansion of this sport in

BiH. With an increased interest that tourists traveling to domestic and exotic destinations have, more citizens are turning to diving clubs for a diving education, which will give them a chance to enjoy 70% of the surface of our planet that is covered in water. There is still plenty of room for promotion of diving in BiH, in order to reach the level that it has in the immediate environment. Regulation of legislation and the introduction of laws on diving at the state level would regulate and improve diving. Divers from Bosnia and Herzegovina are extremely active in preserving the environment and educating citizens about it, through a series of eco-actions to clean the rivers and lakes in BiH, film documentaries and underwater photo exhibitions.



Lake ambience



Malo Plivsko lake



Neum waters



Flora and fauna of BH lakes

DESTINATIONS

Places like Prokoško Lake on Vranica Mountain, Borac Lake below the "Bosnian Himalayas", Prenj Mountains, the magical Malo Plivsko lake with it's unique mills and waterfalls, Ramsko Lake with the island of Šćit and many other lakes in BiH are unavoidable. Canyoning in combination with diving in rapids on fast mountain rivers that reflect the purity and beauty of their canyons such as Rakitnica, Ljuti, Konjička Bijela, Hrčavka, is extremely popular. Diving into our green emerald - Una is always a unique experience, as well as guaranteed refreshment due to low water temperature, even in the summer months.

ADVICE

If you want to experience the underwater beauty of Neum waters or hidden beauties of our lakes and caves, contact one of the local diving clubs, where you can arrange diving trips and adventure combined expeditions (diving, caving, canyoning). For all these diving trips, of course, it is necessary that visitors are certified divers, and for those who never dived before, it is possible to arrange "Try Scuba", ie a test dive at the pool or open water with professional diving instructor who will care about your safety and take you into the magical world of deep blue waters.

DESTINATIONS FOR THE BRAVEST

For those more courageous, adventurous and experienced, there is a large number of caves to enjoy, either as a cave experience, or in combination with scuba diving in the caves. Some of the most beautiful caves that tourists can enjoy are Mokranjska Miljacka near Sarajevo, with more than 7.5 km of explored canals and unique cave jewelry, the world-famous Vjetrenica near Ravno village, with fossil remains, daring fish and beautiful halls, Govještica, Mračna, Orlovača and many others. Adventurous experiences are also diving in the "mountain eyes", the glacial lakes of Zelengora, Treskavica and Maglič mountains.

EQUIPMENT

The "SCUBA" (Self contained underwater breathing apparatus) equipment of the diver is complex and ensures the diver's safety under all conditions. Basic equipment is a diving mask, snorkel and fins, and almost everybody is familiar with this equipment, because it's also used for the so-called snorkeling. For thermal protection, we use dry or wet diving suits, hats, boots and gloves, and for diving control we use a BCD buoyancy compensator. As a breathing apparatus in recreational diving, we use a two-stage regulator attached to a dive tank, which can have the capacity of 10, 12, 15 or 18 l. In addition to this, we need diving instruments for controlling air consumption (gauge), depth control (depth gauge), diving computer, clock. Accessories include lamp, compass, knife, etc.



Ethno or rural tourism is increasingly popular in Bosnia and Herzegovina, and there are more and more places where domestic and foreign tourists enjoy natural beauties, clean air, rural culture and local specialties. But for this edition of the Guide we opted for a completely different one - the one in which the dragon turned into stone!

The legend says that the dragon came from the depths of the **Rakitnica canyon**, intending to feed on cattle of villagers from **Bjelašnica** once again. After crossing between the **Obalj and Orlovac peaks**, its tail left a trace in the valley. This is a short story about how the unreal flows of the **Studeni stream** in Bjelašnica appeared. This is really a breathtaking scene - a stream that runs down the valley like a snake. But the story of the dragon does not end there. Villagers were tired from the daily terror of the dragon, which started to eat people too. The villagers took shelter on a Pošiljak hill and hodza began to pray that dragon disappears. Prayer has been successful, a dragon has been petrified in the rock. Because the villagers prayed for the disappearance of the dragon, the village was named



Umoljani village



Rakitnica canyon

Umoljani (*umolili - prayed*).

This is the complete legend that tourists and mountain guides love to talk to visitors who come to visit this interesting mountain village in Bjelašnica.

Umoljani are located at 1,353 meters above sea level in the field of so-called **Zabjelašnica** which is, in fact, a plateau situated in the triangle Bjelasnica, **Treskavica and Visočica** mountains.

In this vast area are the villages of **Lukavac, Milišići, Kramari, Brda, Šabići, Rakitnica,**



Watermills near Umoljani

Bobovica, Ozimina, Pervizi, Sinanovići and a little further away **Lukomir and Čuhovići**. Lukomir is special because it is at the highest altitude, at 1,472 meters, and Umoljani because they have the largest number of inhabitants of the listed villages. All these villages, especially Umoljani and Lukomir, were known as an isolated and remote area before the war, especially in winter, when members of Mountain Rescue Service brought food and meals in the village. By building roads, electricity, water ...they have become open to great tourist tours.

Tourists have a lot to see - a touch of old times and mountain life, beautiful landscapes and interesting material monuments.

In addition to the legend of the name of the village, it is interesting to mention the story about the mosque in Umoljani, whose minaret is made of metal to withstand all weather conditions. The mosque is the only building that has not been demolished in recent war, and many legends are scattered



Barley soup



Stećci near Umoljani



around it. Locals say it was built on one of the tombstones.

This is not impossible because there is a small tombstone necropolis on the way to Umoljani, and on the hillside there are wooden watermills. This is an inevitable place for all tourists. Apart from the listed attractions, all visitors have the opportunity to visit the **Gradina** village, which is located near Umoljani and on the way to Studeni potok. There are also hiking tours to the **Observatory** 2,067 meters above sea level, **Krvavac** 2,062 meters, **Vlahinja** 2,005 meters, **Obalj** 1,896 meters, **Lovnica** 1,856 meters and **Visočica** at 1,960 meters. Particularly attractive tour is through the Rakitnica canyon to Lukomir. In the village you can see the folk costumes, buy a pair of authentic knitted socks and try the local specialties.



Sutjeska National Park is the oldest and largest national park in BiH, which is by its natural values and beauties the pearl of Bosnia and Herzegovina. Thanks to the outstanding natural values and their preservation, since 2000, NP Sutjeska has been included in II category of IUCN (UN Department of Nature and Natural Resources). It covers the area of Sutjeska with strict natural reserve Perućica in

the very heart of the Park- the most well-known and the biggest rainforest in Europe, parts of the mountains **Maglić** (2386 m – the highest peak in BiH), **Volujak, Vučevo** and **Zelengora**. The entire area of the park is distinguished by the exceptional beauty and diversity of landscape shapes – from pitiful valleys, dense forest complexes, mountain pastures to high mountain massifs. On Zelengora there are eight glacial lakes – “mountain eyes”, and what also characterizes this area are the deep canyons of Sutjeska, Hrčavka and Jabučnica, clear mountain rivers rich in river trout. In the territory of the national park Sutjeska there are numerous monuments of older and recent history.

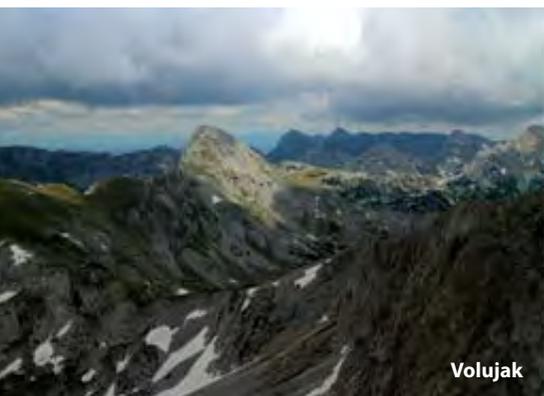
CAPACITY

The National Park Sutjeska starts the season every year with a great effort with new and attractive contents that was not offered in the previous period. The park has many types of accommodations, from hotel units, newly built villas, bungalows to mountain houses and cottages. This year, two new villas have been opened with apartments, which have 30 beds. The villas Silver One and Silver

two are located at the foot of the Battle of Sutjeska Monument and are equipped with modern bathrooms with jacuzzis and saunas. The villas were built next to the national cuisine “Komlen”, opened last year.

MOST ATTRACTIVE HIKING TRAILS

For nature, hiking and mountaineering lovers, there are hiking trails, and depending on the level of their activity the guests can



Volujak



Perućica



Zelengora



Trnovačko lake on Maglić

choose the track by difficulty and length of climbing. Some of the most attractive trails are:

I Tjentište (559 m.n.v.) – Borovno – Dragoš Sedlo – Lokva Dernečište – Maglić (2386 m.n.v.) Length: 22km, Category: heavy trail

II Prijedor – Maglić, Length: 2km, 3 hours of hiking without breaks. Category: alpine and very difficult

III Prijedor – Trnovačko lake, Length: 4km, 1,5 h without breaks on average walking speed, Category: easy

IV Prijedor – Suha, Length: 6km, 2h of walking on average, Category: easy

V Dragoš Sedlo- Suha, through the rainforest Perućica, Length: 11km, on average 3h



Sutjeska monument

without breaks, Category: easy, used solely for scientific-educational tourism

VI Suha – Volujak, Length: 11km, 4h without breaks, Category: heavy

VII Suha – Trnovačko lake, Length: 14 km, 4h on average, Category: easy

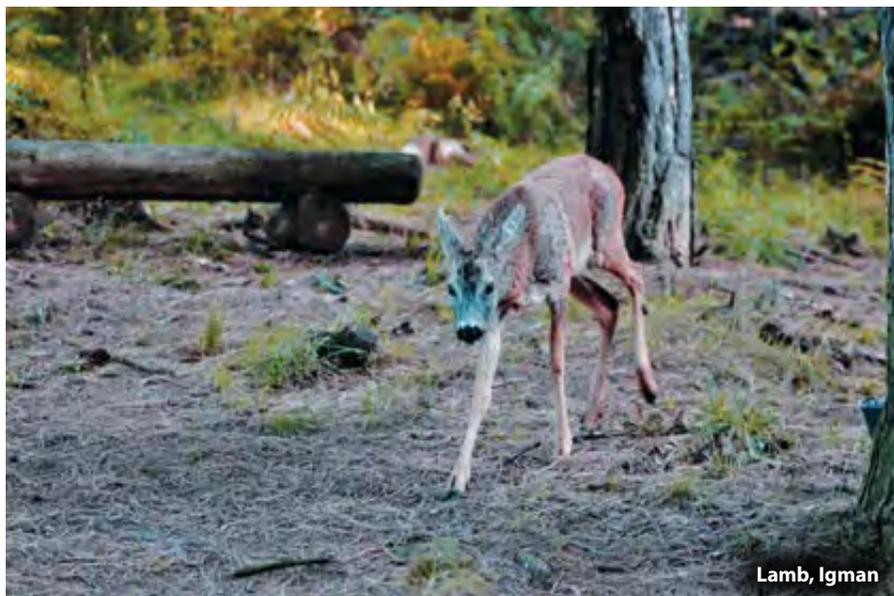
VIII Kovačev panj- Donje Bare- Gornje bare- Uglješin vrh- Bregoč- Orlovačko lake Length: 21 km, 6h on average, Category: easy.

MOUNTAIN BIKING TRAILS

Tjentište – Milinklade - Hrčavka - Donje Bare – Hrčavka - Dobri Do-Ljubin grob - Crno lake-Stari katun Videž- Zavidež- Džafer potok- Orlovačko jezero. Length: 48km. Possible to rent a bike on Tjentište.

ADVICE

-It is important to say, from previous experience, that reporting and checking in to the Park Administration (reception, info center) is mandatory, as well as the engagement of the guide. Staying in the protected area in the presence of guides is important, more efficient and certainly more secure. Number of visitors to the strictly protected reserve of the Perućica rainforest is limited and the permission of the Park Administration is required.



Lamb, Igman

In this edition of PRO B&H ADVENTURE we present the potentials of the Sutjeska National Park. Therefore, we have also decided to present its hunting and fishing capacities within this section.

CAPACITY

Due to the wide variety of natural factors, such as climate, geological and pedological

characteristics, terrain exposures, altitude, plant cover, hydrological conditions as well as peace in the hunting ground ... fauna in Park is very rich and varied. Butterflies (Lepidoptera), amphibians, reptiles and fish, 36 species and 18 mammals, and many species of birds particularly stand out. Internal security and control tasks are currently carried out by 12 professional guards. Professional



Rabbit, Prenj, Tise



Trout, Neretva, Glavatičevo



Chamois, Kozije strane, Zelengora

ADVICE

Management of these resources is necessary, primarily to take care of the conservation of the species 's richness in the Park's space. The park defines "behavioral rules" for hunting and fishing as well as permanently supervising and controlling compliance with these rules.

hunters are doing their job successfully, and there are no serious problems with the illegal hunting and other illegal activities in the park and hunting grounds.

HUNTING GROUND

A special "Zelengora" hunting ground within "Sutjeska" National Park covers an area of 53,240 hectares. Its main purpose is to preserve habitat for valuable, rare and endangered indigenous wildlife species, and the protection, cultivation and limited use of wildlife inhabiting this hunting ground. The number of species decreases with rising altitude. The largest number of species is recorded in the forests of beech and fir trees at the altitude of 1150-1600m, and the smallest number is on rocky habitats with a high altitude, although there are species limited in the vertical rocks



Bear, Bijelo lake, Zelengora

with specific requirements (Tichodroma muraria). In the area of the National Park and the Special Hunting Park, the most common wildlife species are:

- deer (buck and deer)
- wild chamois
- wild boar
- brown bear
- grouse
- rabbit
- unprotected fur animals (fox, marten, wild cat, wolf, badger, etc.)
- permanently protected animals (eagles, hawks, buzzards, owls, squirrel, otter).
- Capercaillie

FISHING

The rivers Sutjeska, Hračvka and Jabušnica, as well as some Zelengora lakes, are rich in fish. There are five species of fish from two families (Salmo giardneri) that have been transmitted from California, while the other four species naturally occur in this area, namely Salmo trutta, Salvelinus alpinus, Tymallus tymallus (Salmonidae) and Phoxinus phoxinus (Cyprinidae).

EQUIPMENT

The necessary equipment for the successful use of hunting grounds are: means of transportation, means of communication, weapons, field equipment and optics, video cameras, cameras etc. Appearance of the equipment/uniforms of the guardians/supervisors is in accordance with the legal regulations.



Dr. sci. **Dražen Kotrošan**, is employed in the National Museum of Bosnia and Herzegovina as an ornithologist. He performs the duties of the Head of the Department of Natural Sciences. He is also the founder of the Ornithological Society Naše ptice. Author and co-author of more than 300 scientific, professional and popular articles, monographs and other publications. Author and co-author of several exhibitions. Associate on several documentary films about birds. More than 35 projects. Team Coordinator who won the First Quarry Life Award in Bosnia and Herzegovina in 2012. Dražen is our guide through the world of birds and bird lovers.

Ornithological Society "Naše ptice" is a non-governmental, non-profit, non-political and volunteer organization, founded in 2003 in Sarajevo, engaged in ornithology, ecology, marking and protection of birds and their habitats. Society's activities include an educational program, which is aimed at educating the public on the importance of protection of the birds and their habitats, bird watching trainings and practical ways to help birds, research and conservation programs, which includes a variety of actions and projects through which they collect data on significant areas for birds in Bosnia and Herzegovina, the state of populations of rare and endangered species, phenomena that endangers birds and their habitats, as well as publishing activity, which is reflected in the fact that since 2005 Society regularly publishes "Newsletter of observers of birds in Bosnia and Herzegovina", as well as a series of educational materials, monographs and other publications within various projects (www.ptice.ba).

REMARKS

Thanks to the exceptional diversity of habitats from sea level to the highest mountain peaks, a large number of bird species are encountered in the territory of Bosnia and Herzegovina, which represents an excellent basis for the

development of birdwatching as a tourist branch. Bird watching is becoming increasingly popular among young people in Bosnia and Herzegovina every year, but we are still far away from the countries nearby (Croatia and Serbia), and especially from more developed countries such as Great Britain, Germany, Czech Republic, Belgium... Although no tourist agency in Bosnia and Herzegovina offers bird watching as part of the arrangement, besides Denis Bohm and his agency Wild Herzegovina, the number of birdwatchers coming to us every year is increasing. Smaller groups of bird watchers are coming with individual guides from Slovenia and other countries, and guests from Arab countries



Beekeeper Merops apiaster
(Foto: Mirko Šarac)

also show a growing interest. It should be emphasized, however, that if we want to promote birdwatching, we need to preserve the karst fields, the swamps, the mountains and other habitats, and not just think of turning them into energy fields and wind farms.

CAPACITIES

Today, only Nature Park Hutovo blato allows boat tours and bird watching. However, thanks to the support of the MAVA Foundation and EuroNature, which supported several projects in the karst fields in Bosnia and Herzegovina, and with the support of the Ornithological Society "Naše ptice" and the "Naša baština" Association, our partner from Tomislavgrad, we built two bird watching towers on **Buško lake** and **Ždralovac** on the **Livno field**. Three rest-stations with information boards and tourist signaling were made in the **Duvanjsko polje**, which is the beginning of creating preconditions for launching birdwatching as a touristic activity. There are some other activities planned on **Blidinje** and **Vran**, and right now a manual we prepared for the needs of future tourist guides who will be specialized in bird watching is in process of publishing.

DESTINATIONS

Mostly everyone knows about **Hutovo blato** and **Livno field**, our ornithological pearls. **Bardača** used to be a pride in ornithological sense, but today it's dried up and almost completely destroyed. However, it is necessary to point out that all of our karst fields, from **Mostarsko blato**



ADVICE

Caution is the first thing we point out to everyone when they leave for field to observe the birds. Unfortunately, Bosnia and Herzegovina carries a burden of that time in the form of minefields and residual individual explosive devices that are present everywhere. Bird watching is extremely attractive and sometimes you forget about these deadly traps. Another tip is moderation and adherence to ethical principles, especially when it comes to bird photography. Many people are willing to take photographs at any cost, destroying habitats, endangering young and so on.

Duvanjsko polje, are still a real challenge for ornithologists, but they also tend to degradation. On the other hand, a few swamps like **Tišina** or ponds like **Saničani** are also extremely attractive bird watching destinations. Finally, the mountains that our county is famous for are a real challenge for bird watchers, and we can say that a real adrenaline test is waiting for you if you go looking for some species on any of them.

EQUIPMENT

The basic equipment for bird watching are binoculars, field notebooks and some of the type-specific manuals. The next step is to own a telescope, which is particularly useful for observing birds on water surfaces. Over the last decades, with the development of digital photography, there are more and more people dedicated to bird photography and there is almost no observer who doesn't own the camera. All other equipment is a matter of personal needs for more complex research. Of course, research like bird marking nevertheless represents a more professional approach to birds.



Wild horses, Livno



Eagle, Zelengora



River rock crab, Bregava



Bear, Zelengora Bijelo lake



Lubanja lisice, pečina Velika Kutlača, Miljevina



Viper, Treskavica



Hinge, Treskavica



Owl, Zelengora



Chamois on Zelengora

By conquering different mountain destinations in BiH, our photojournalist, **Mevludin Mekić**, was not distracted even when meeting with the dangerous inhabitants of these areas. Through the lens of his camera he recorded direct encounters with poskok snakes - the greatest, the poisonous and most dangerous European viper and šarka- a snake inhabiting crude regions and can be found above 2000 masl, bear cubs, eagles, wild horses, Photos are recorded carefully and with great respect.