



LAKE SKADAR NATIONAL PARK/IMAGE: NTO MONTENEGRO



PERAST/IMAGE: NTO MONTENEGRO

Montenegro: A paradise for adventure and serenity

Set in the heart of the Mediterranean, Montenegro is a hidden gem for culture and nature, with breathtaking landscapes ranging from forest-cloaked mountains to a stunning Adriatic coastline

BRIMMING WITH BEAUTIFUL BEACHES

Though small, Montenegro is home to an impressive 117 beaches along a coastline stretching over 180 miles. Ranging from the spectacular Bay of Kotor and the iconic Sveti Stefan to the hidden coves near the charming coastal towns of Bar and Ulcinj, the country's beaches are lapped by the crystal-clear Adriatic waters, and the diverse range of beaches offer endless opportunities to sunbathe, swim, snorkel, dive and sail.

From secluded shores lined by aromatic olive groves to honey-hued sandy beaches ideal for relaxation or watersports, there's a beach for everyone. Those looking to unwind should visit the shores of the Budva Riviera and swim in the azure-blue waters at Sveti Stefan and Miločer, the most picturesque beaches in the Balkans. For wild beauty and expansive stretches of sand, head to Velika plaža, also known as the "Long Beach", an impressive

eight-mile-long beach in Ulcinj that's also perfect for kite surfing and watersports.

FIVE BREATHTAKING NATIONAL PARKS

Montenegro's natural wonders extend beyond its stunning shores, and the small Balkan country has five national parks, comprising around 8% of its total territory. These distinct parks boast staggering beauty, towering mountains, deep canyons and mirror-like lakes surrounded by flora and fauna.

For nature lovers and anyone seeking an adventurous off-grid retreat, Durmitor National Park offers a tranquil escape into the mountains. Formed by glaciers and shaped by rushing rivers and underground streams, it's been a certified UNESCO Heritage Site since 1980. Within the park lies the Tara River Canyon, the deepest canyon in Europe and the second deepest in the world. For an instant

adrenaline rush, raft or kayak along the forest-lined river and marvel at the steep and dramatic rock formations above.

A must-visit for those seeking tranquility is Lovćen National Park, home to the mausoleum of famous Montenegrin ruler, poet and philosopher, Petar II Petrović-Njegoš. The park's serene atmosphere encourages reflection and a sense of peace, as do its temperate, dense forests. Mount Lovćen, rises to a spectacular altitude of 5,738 feet and travellers can drive or hike to the top and enjoy the panoramic views overlooking the Adriatic Sea.

Head to Lake Skadar National Park for another calming experience, home to around 280 bird species, including the endangered Dalmatian pelican. Kayak or take a boat tour along the freshwater lake of the same name and delight in the nature ahead. Anyone seeking serenity will also be captivated by Biogradska Gora, the country's smallest national park. Despite its size, it features an array of wondrous sights, including six glacial lakes and a primeval forest reserve, one of only three in Europe.

More daring travellers can venture to *Prokletije* (meaning "Damned"), a rugged mountainous wilderness that forms a border with Albania and Kosovo. Home to challenging peaks with summits rising 8,202 feet above the sea, it's a must-visit for daring hikers in search of an exhilarating climb.

ENCHANTING, HISTORIC CITIES

Culture lovers can also experience Montenegro's diverse natural landscapes through its picturesque



BAY OF KOTOR/IMAGE: NTO MONTENEGRO



LUŠTICA BAY/IMAGE: NTO MONTENEGRO

towns, all steeped in history and boasting natural beauty.

Along the majestic Bay of Kotor, discover the Old Town of Kotor, a magnificent UNESCO World Heritage Site. This fortified medieval town is a labyrinth of cobbled streets, fortresses and churches. Climb the Old Town's famous city walls by ascending the steps that wind up the hillside, eventually taking you to St John's Fortress where you can soak in spectacular panoramic views of Old Town Kotor and the Bay of Boka.

Be sure to visit the other towns dotted along the bay, too. From the hidden gem of Herceg Novi, also known as the "City of the Sun" which mesmerises visitors with its plentiful mimosa trees, to the tiny town of Perast, often featured in boat tours that include a visit to the artificial island of Our Lady of the Rocks and the famous natural Blue Cave.

A LUXURY DESTINATION

A known destination amongst the premium holidaymaker, Porto Montenegro, Luštica Bay and Portonovi offer modern luxury, untouched beauty and

unique cultural and gastronomic experiences. The choice of luxe lodgings ranges from palatial five-star hotels to the first One&Only resort in Europe, based in the idyllic marina village of Portonovi.

Perhaps most impressive is the bustling town of Tivat, home to Porto Montenegro, a former military harbour that's now lined with lavish mega yachts. A place of contrasts, visitors can enjoy prestigious resorts while also experiencing the authenticity of Montenegrin coastal life with its relaxed lifestyle and rich maritime history. Nearby, Luštica Bay is a year-round hotspot with scenic beaches and a relaxed coastal vibe, full of sleek bars, boutiques, restaurants and Montenegro's first 18-hole golf course. The culinary scene is first-class, too; don't miss the chance to sample divine local produce, including the region's famous olive oil, cheese, prosciutto and seafood in abundance.

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PROKLETIJE NATIONAL PARK/IMAGE: NTO MONTENEGRO