

FROM CAVE TO CAVE

Nature, culture,
hospitality.
**For the trip of a lifetime
exploring the wonderful cave
network of the Adriatic region.**
Hidden treasures waiting to be discovered.

Interreg 
ADRION **ADRIATIC-IONIAN**
European Regional Development Fund - Instrument for the Pre-Accession II Fund

Adriaticaves



FROM CAVE TO CAVE

Far from the surface, a world apart. Deep underground, shrouded in darkness, mysterious places wait to be discovered. A real adventure leading to the exploration of amazing caves, approaching the beauties of the underground world with the support of experienced and passionate local guides. A broad choice of cave tours along the countries facing the Adriatic Sea. Different countries, different languages, different caves all linked together by a European Project: the Interreg ADRION – Adriaticcaves. A unique opportunity to take an “underground” journey that will open you up to amazing geological formations and life-forms incredibly adapted to live in these dark environments. A real caving experience will allow you to discover these extremely fragile environments and their importance using a respectful and sustainable approach. A plunge into the cave world you will never forget.



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MAJELLA NATIONAL PARK - ITALY

Mountains in the Majella National Park are mainly made of limestone, witnessing a fascinating geological history started at least 140 million years ago in an environment like the present-day Bahamas Sea. Due to karst phenomena, the Park hosts more than 115 caves, many of which are found in Majella Massif. This mountain group is the second highest relief of the Apennine Chain with its 2,783 m a.s.l. (Mt Amaro), located just 30 km far from the Adriatic Sea! This massif is an important aquifer too: every second 8,000 litres of crystal-clear water flows from its springs. All these features have favoured a flourished natural and wild environment associated with a high-quality cultural framework, famous for bears, wolves and hermitages which can be experienced while visiting caves.

The Cavallone Cave and the Bove Cave

The Cavallone cave lies at an altitude of 1475 a.s.l. on the eastern slope in the eastern part of the Majella National Park. It was generated by karstic phenomena, and it stretches along for more than 1.5 km with a main tunnel and three secondary branches. The visiting path is 1360 m long and ends in a room called "Anfiteatro" (Amphitheatre), provided with a wonderful vault all covered in stalactites. Nearby, at 1450 m of elevation in the same valley (the Taranta Valley) the Bove cave is found. Its path goes mostly downwards, losing about 70 m in elevation from the entrance to the bottom, but with no particular difficulties along the way. Nevertheless, the Bove cave is suitable only for speleotourism (specific equipment and training are required) accompanied by a speleoguide. Both caves are geosites.

1 Day proposal

- ◆ SEASON: from May to September
- ◆ TOUR PACKAGE LENGTH: 9 hours
- ◆ MINIMUM/MAXIMUM VISITORS: 10 - 15
- ◆ EQUIPMENT: trekking shoes, long pants, t-shirt, sweater, long socks. Recommended hiking sticks, ropes, karabiners, frontal lamps, helmet (this equipment can be provided by the guides)
- ◆ DIFFICULTY/AGE: medium, adults only
- ◆ ACCOMMODATION: none
- ◆ INFO AND BOOKING: info@majexperience.it
08722222199 - 3291570466

2 Days proposal

- ◆ SEASON: from May to September
- ◆ TOUR PACKAGE LENGTH: 2 days
- ◆ MINIMUM/MAXIMUM VISITORS: 10 - 15
- ◆ EQUIPMENT: trekking shoes, long pants, t-shirt, sweater, long socks. Recommended hiking sticks, ropes, karabiners, frontal lamps, helmet (this equipment can be provided by the guides)
- ◆ DIFFICULTY/AGE: medium, adults only
- ◆ ACCOMMODATION: hotel; dinner, breakfast and packed lunch
- ◆ INFO AND BOOKING: info@majexperience.it
08722222199 - 3291570466

The Praje Cave and the Scura Cave

The Praje Cave is an example of how water, flowing through tunnels and fractures inside the limestone rock, can create peculiar phenomena of erosion and accretion. The cavity stretches along two branches: the lower one, very narrow, can be visited only by crawling and is not open to the public; the upper one, provided with peculiar concretions, is wider and easier to walk (accompanied by a speleoguide and well equipped). The Scura Cave keeps important prehistorical remains, mainly from the Neolithic. The Cave develops mostly horizontally and is made of a main corridor, which leads side galleries, and wonderful natural windows on the Orta Valley. Both caves are geosites.

Weekend proposal 3 days 2 nights

- ◆ SEASON: from April to October
- ◆ TOUR PACKAGE LENGTH: 3 days
- ◆ MINIMUM/MAXIMUM VISITORS: 8 - 15
- ◆ EQUIPMENT: comfortable leisure clothing, trekking shoes, long pants, backpack with wide shoulder straps, water, energy food, k-way or cloak, hat, wind proof jacket, helmet and frontal lamp (the latter two can be provided by the guides)
- ◆ DIFFICULTY/AGE: easy, for everybody
- ◆ ACCOMMODATION: hotel; dinner and breakfast
- ◆ INFO AND BOOKING: info@majambiente.it
085922343

Proposal 4 days 3 nights

- ◆ SEASON: from April to October
- ◆ TOUR PACKAGE LENGTH: 4 days
- ◆ MINIMUM/MAXIMUM VISITORS: 8 - 15
- ◆ EQUIPMENT: comfortable leisure clothing, trekking shoes, long pants, backpack with wide shoulder straps, water, energy food, k-way or cloak, hat, wind proof jacket, helmet and frontal lamp (the latter two can be provided by the guides)
- ◆ DIFFICULTY/AGE: demanding, cat. E
- ◆ ACCOMMODATION: hotel; dinner and breakfast
- ◆ INFO AND BOOKING: info@majambiente.it
085922343



ENTE DI GESTIONE
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"CA' CARNÈ" REFUGE
AND VISITOR CENTRE
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"LA CASA DEL FIUME"
VISITOR CENTRE
Borgo Tossignano, BO

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"EX-CAVA DEL MONTICINO"
Brisighella, RA

GALLERY OF "EX-CAVA MARANA"
Brisighella, RA

ONFERNO NATURE RESERVE
VISITOR CENTRE
Gemmano, RN

...opening soon

KARST DOCUMENTATION
CENTRE CASA CANTONIERA
Borgo Rivola, RA

GEOLOGICAL MUSEUM
OF PALAZZO BARONALE
Tossignano, BO

CAVES OF ROMAGNA - ITALY

Gypsum is the main karst rock outcropping in the Romagna area. A unique geological history, starting about 6 million years ago, lead to the deposition of this evaporite rock. Steep gypsum cliffs surrounded by gentle clay hills characterise this land, deeply influencing local culture and traditions.

Water started carving gypsum at least 600.000 years ago, leading to the formation of an intricate network of karst systems. About 250 caves have been explored and mapped in this region, but only three are open to the public, giving you the opportunity to explore the underground world of the moonstone.

Tanaccia, Re Tiberio and Onferno Caves

In case Re Tiberio Cave will not be visitable when booking, it can be replaced with a visit to the lapis specularis Roman quarry Ca' Toresina. Further information will be provided at the time of booking.

From the most south-eastern portion of the Romagna messinian gypsum geological formation, to the deep heart of the Romagna Gypsum Vein. This tour will allow you to discover the beauties of Onferno Cave, travelling along the incredible landscapes of the Romagna area, discover the archaeological findings of Re Tiberio Cave and live a real caving experience with local caving guides in Tanaccia Cave. A four days full immersion in nature, culture, art, history and traditional food will surprise you with the varieties of activities and landscapes of this region.

- ◆ **SEASON:** from April to October
- ◆ **TOUR PACKAGE LENGHT:** 4 days
- ◆ **MINIMUM/MAXIMUM VISITORS:** minimum 10
- ◆ **EQUIPMENT:** hiking shoes and a sweater/jacket (temperature inside the caves: 12.5/13°C), comfortable clothes and rain coat according to weather conditions
- ◆ **DIFFICULTY/AGE:** easy to medium/ minimum age 8 years old for the speleological visit, maximum age according to physical conditions - no restrictions for the remaining activities
- ◆ **ACCOMMODATION:** 1 night and 1 meal in a local tavern - 1 night and one meal in a farmhouse - 1 night and 1 meal in a refuge
- ◆ **INFO AND BOOKING:** Imola Faenza Tourism Company
info@imolafaenza.it; +39 0546 71044

Re Tiberio and Tanaccia Caves

In case Re Tiberio Cave will not be visitable when booking, it can be replaced with a visit to the lapis specularis Roman quarry Ca' Toresina. Further information will be provided at the time of booking.

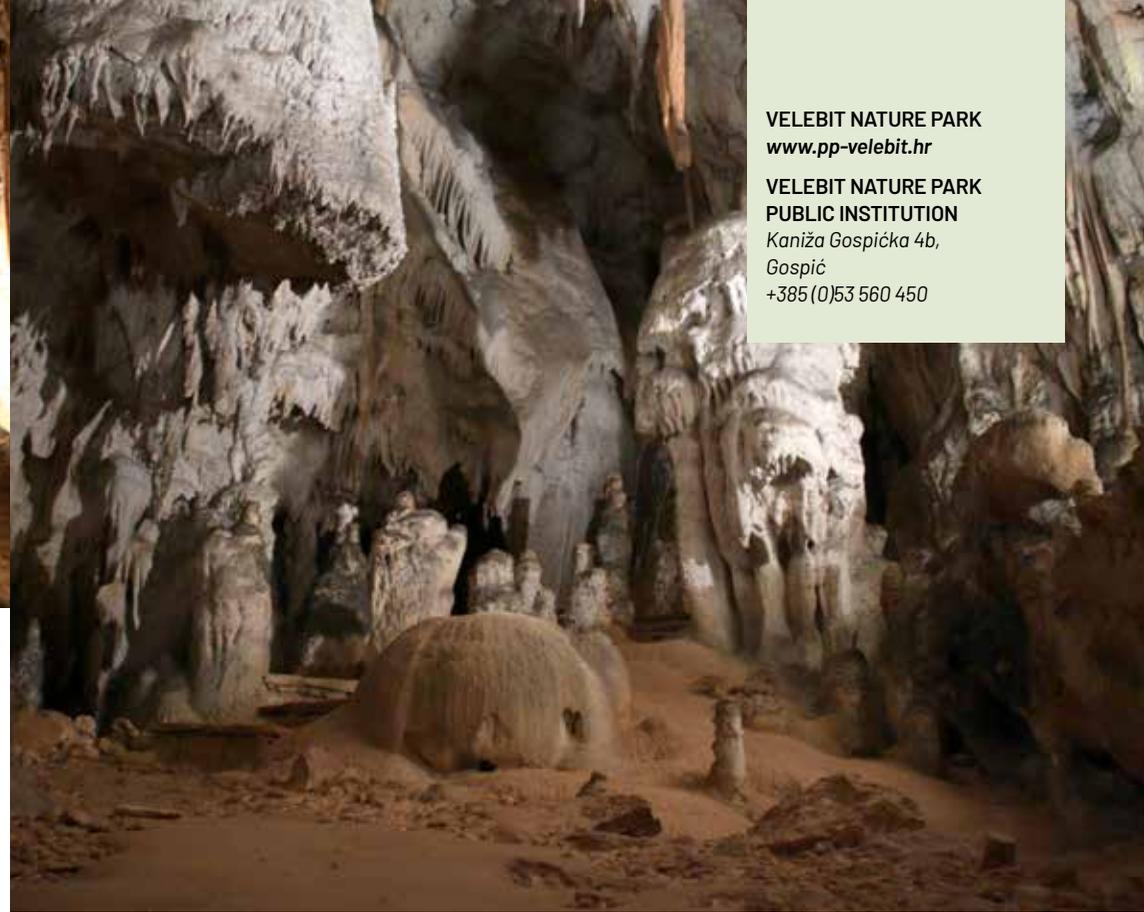
A two days adventure will bring you back to more than 6 million years ago discovering ancient landscapes and life-forms. Nature, exploration, history and local food and traditions will fully adsorb you in a restoring weekend which will give you relief from the hectic pace of everyday life. A real caving experience will give you the opportunity to visit two gypsum caves and explore this magic world with experienced caving guides. You will discover the amazing shapes and ancient history of this fragile underground world safely guided in a real adventure you will not forget!

- ◆ **SEASON:** from April to October
- ◆ **TOUR PACKAGE LENGHT:** 2 days
- ◆ **MINIMUM/MAXIMUM VISITORS:** minimum 10
- ◆ **EQUIPMENT:** hiking shoes and a sweater/jacket (temperature inside the caves: 12.5/13°C), comfortable clothes and rain coat according to weather conditions
- ◆ **DIFFICULTY/AGE:** easy/minimum 8 years old for caving visit, maximum age according to physical conditions - no restriction for the remaining activities
- ◆ **ACCOMMODATION:** 1 night in hotel/farmhouse - meals in local taverns
- ◆ **INFO AND BOOKING:** Imola Faenza Tourism Company
info@imolafaenza.it; +39 0542 25413

Onferno Cave

A deep plunge into the Onferno Nature Reserve. A full discovery of this small karst area will lead you to explore both the underground and the surface environment. Experienced guides will introduce you to the gypsum cave world, where you will experience the real dark and discover the incredible hypogean fauna. You will then feel the contrast with the surface world where you will have the possibility to admire the local vegetation, fauna and amazing landscapes with lookouts reaching the Adriatic Sea. This adventure in nature will end tasting the amazing traditional food in a local tavern.

- ◆ **SEASON:** all year - for further details, please contact IF tourism company
- ◆ **TOUR PACKAGE LENGHT:** 1 day
- ◆ **MINIMUM/MAXIMUM VISITORS:** minimum 15
- ◆ **EQUIPMENT:** hiking shoes and a sweater/jacket (temperature inside the caves: 12°C), comfortable clothes and rain coat according to weather conditions
- ◆ **DIFFICULTY/AGE:** easy to medium/minimum 3 years old/maximum age according to physical conditions
- ◆ **ACCOMMODATION:** none
- ◆ **INFO AND BOOKING:** Imola Faenza Tourism Company
info@imolafaenza.it; +39 0546 71044



VELEBIT NATURE PARK
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VELEBIT NATURE PARK
PUBLIC INSTITUTION
 Kaniža Gospička 4b,
 Gospić
 +385 (0)53 560 450

CROATIA

Cerovac Caves, located in the south part of the Velebit Nature Park, are one of the best known and most important speleological sites in Croatia. The complex is comprised of three caves (Lower, Middle and Upper Cave) containing a total of 7 kilometres of explored passages.

The first 700 meters of Lower and Upper Caves. Cerovac Caves abound in finds from the ancient past. In addition to being an important archaeological locality, the caves are also one of the largest cave bear sites.

Cerovac Caves

Tourist package will be organized in a manner which emphasizes natural and cultural heritage of Velebit mountain. Cerovac caves – Upper and Lower Cave – are the main points for visiting. Cerovac caves – the longest cave system in Croatia – are rich in cave ornaments and other speleological structures. Along with tasting of local products, visitors will be able to enjoy natural phenomena of Krupa canyon and listen to the romantic story of Kuda's bridge.

- ◆ **SEASON:** recommended from April to October
- ◆ **TOUR PACKAGE LENGTH:** 3 hours (each cave 1h 30')
- ◆ **MINIMUM/MAXIMUM VISITORS:** maximum 30
- ◆ **EQUIPMENT:** obligatory sport shoes, t-shirt and long sleeved shirt/light jacket
- ◆ **DIFFICULTY/AGE:** medium, 10-70 years old
- ◆ **ACCOMMODATION:** none – lunch provided
- ◆ **INFO AND BOOKING:** velebit@pp-velebit.hr +385 53 560450

Barać Caves – Grabovac Caves – Cerovac Caves

Tourist package consists of visiting three (3) caves which represent the karst area in the Lika-Senj, Karlovac and Zadar County. Along the route, visitors will pass near Velebit, mythical Croatian mountain. Structure of tourist visit contains visit to the show caves with professionally organised guides for tourists. During the visit of Barać, Grabovac and Cerovac caves, tourist will experience rich speleological ornaments and get information about geological history of caves.

- ◆ **SEASON:** recommended from April to October
- ◆ **TOUR PACKAGE LENGTH:** 2 days (Barać cave – 1h, Samograd cave 1h 30', Cerovac caves 3h)
- ◆ **MINIMUM/MAXIMUM VISITORS:** 30 – 45
- ◆ **EQUIPMENT:** obligatory sport shoes, t-shirt and long sleeved shirt/light jacket
- ◆ **DIFFICULTY/AGE:** medium, 10-70
- ◆ **ACCOMMODATION:** hotel in Gospić + 2 lunches and dinner
- ◆ **INFO AND BOOKING:** velebit@pp-velebit.hr +385 53 560450



**CANTONAL INSTITUTION
FOR PROTECTED AREAS**
Bijambare bb, Nisici,
Canton Sarajevo
Bosnia and Herzegovina
Contact person: Ms Harita
Čolaković, Forest Engineer
+387(0)33 201-112
[www.zppks.ba/bijambare/
o-podrucju](http://www.zppks.ba/bijambare/o-podrucju)

BOSNIA AND HERZEGOVINA

Bijambare Speleological Area is a protected natural site located approximately 40 km northeast of Sarajevo on Sarajevo-Tuzla Highway. It is a speleological complex surrounded by thick conifer forest, two brooks, small lakes, several springs and a great variety of mushrooms, medicinal herbs and some rare endemic species. The area is ideal for outdoor picnics, hunting, fishing, hiking and speleological research.

The complex is comprised of several caves but only three are open to visitors, allowing to explore this interesting underground world rich in wildlife and archaeological findings. The most popular cave is Srednja Bijambarska pećina also known as Middle Bijambare Cave which is over 400 m long with four chambers ornamented with stalactites, curtains and stalagmites.

An exciting day on Bijambare

Starting from Sarajevo, you will be transferred to the Bijambare protected landscape parking where we will reach the market place in the heart of the Bijambare protected area thanks to a characteristic eco train. After a Coffee/tea break at the Bijambare mountain house you will be guided to discover the natural and historical features of Bijambare Caves. Then, a short hike will allow you to explore the protected natural area in a mixture of untouched nature and witnesses of a distant past like the monumental tumble stones. After the tour in the protected natural area we will leave in direction of the old city Dubrovnik – Historical place.

A light walk will lead you to experience the Old town Dubrovnik. Tourist will have the opportunity to get to know the history of this place and the tradition of such a town.

- ◆ **SEASON:** from April to November (recommended from May to September)
- ▼ **TOUR PACKAGE LENGTH:** 1 day
- ▲ **MINIMUM/MAXIMUM VISITORS:** 15 – 50
- **EQUIPMENT:** it is recommended to wear sneakers or hiking shoes
- ◆ **DIFFICULTY/AGE:** easy
- ▲ **ACCOMMODATION:** hotel
- ▼ **INFO AND BOOKING:** Invictatravel
Ćumurija 5, Sarajevo 71000
9 AM-5 PM Monday-Sunday
WApp: +387 61 360 236
WApp: +387 61 770 598
info@invictatravel.com

Nature meets history multi-day tour to Bijambare area

Day 1.

Starting from Sarajevo, you will be transferred to the Bijambare protected landscape where you will be guided to discover and explore the natural and historical features of Bijambare Caves and the natural area in a mixture of untouched nature and witnesses of a distant past like the monumental tumble stones. A traditional lunch will wait for you in a rural household on the road to Vareš (Mountain Zvijezda) and the journey across the Zvijezda Mountain will allow you to discover the hidden forest Obelisk Balići, the bridge on the River Olja and the famous Ponikve tunnel and Očevije the oldest village of the area, to end up in a rural household for overnight stay.

Day 2.

A tour of the Old Town of Vareš will surprise you with its historical and sacral buildings. Next destination will be the Old Town Bobovac – Royal City of Bobovac (central Bosnia), a historical place mentioned since 1350 AD and raised by Stjepan II Kotromanić in the first half of the 14th century. In this place three of the most crucial Bosnian kings are buried: Stjepan Ostoja, Tvrtko II Kotromanić and Stjepan Tomaš. The seat of the Bosnian rulers remained from Ban Stjepan II Kotromanić, through all the kings of Bosnia, until the end of Bosnian independence and Turkish occupation 1463.

- ◆ **SEASON:** from April to October (recommended from May to September)
- ▼ **TOUR PACKAGE LENGTH:** 2 days
- ▲ **MINIMUM/MAXIMUM VISITORS:** 10 – 30
- **EQUIPMENT:** it is recommended to wear sneakers or hiking shoes
- ◆ **DIFFICULTY/AGE:** need good physical readiness
- ▲ **ACCOMMODATION:** Rural household
- ▼ **INFO AND BOOKING:** Funky tours,
Besarina Čikma 5, 71000, Sarajevo,
Bosnia and Herzegovina
+387.62.612.612
info@sarajevofunkytours.com
sarajevofunkytours.com



CITY OF CACAK
DEPARTMENT OF LOCAL
ECONOMY DEVELOPMENT
Župana Stracimira 2
32000 Čačak, Serbia
www.cacak.org.rs

SERBIA

Between the steep slopes of Ovčar and Kablar mountains a 19 km long gorge is made by the West Morava River. As an area of exceptional features, untouched environment and cultural and historical heritage, Ovčar-Kablar gorge, provides a unique experience to the lovers of natural and historical values. On the right bank of the West Morava the Kadjenica Cave is found. Baptism and flaunted wall at the cave entrance, the name of the cave and its interior, indicate the starvation occurred here more than two centuries ago.

On the cliffs of Kablar, Turčinovac cave, another witness of the same historical period, attracts eyes and arouses curiosity from a height of 40 m! Hidden and remote from the civilization, the Kadjenica and Turčinovac caves keep searing stories from the distant past, contributing to the cultural and historical wealth of the Ovčar-Kablar gorge.

One day program

Departure of the group in the morning from Ovčar spa. Walking along the coast we reach the Kadjenica cave. In addition to the unsettling story more than two centuries old, we will visit one of the oldest underground branches in Serbia. Then, entering in the canyon Stream of the Spa (Banjski potok). A short break for enjoying in the unusual surroundings of this uncommon right tributary of the West Morava. Over the walking path, through the thick forest, we walk to the monastery of the Holy Trinity, by its architecture, the most beautiful in the gorge. After visiting the monastery complex, return to Ovčar spa.

- ◆ SEASON: from April to October (recommended from May to September)
- ◆ TOUR PACKAGE LENGTH: 1 day

- ◆ MINIMUM/MAXIMUM VISITORS: 15 – 50
- ◆ EQUIPMENT: it is recommended to wear sneakers or hiking shoes
- ◆ DIFFICULTY/AGE: easy
- ◆ ACCOMMODATION: none
- ◆ INFO AND BOOKING: TA "Lazena" - Jezevica, Cacak, 063 55 98 08

Two day program

Day 1.

Departure of the group in the morning from Ovčar spa. An easy walk will lead to the Kadjenica Cave first and then to the canyon Stream of the Spa (Banjski potok) surrounded by an uncommon and beautiful landscape. A walk in the forest will lead to St. Trinity, one of the most beautiful monastery of this gorge. After visiting the monastery complex, return to Ovcar spa.

Day 2.

After visiting the Blagovestenje monastery (Ovcar Spa) in the morning, we will reach the top of Kablar mountain, where a unique landscape will open up over the Western Morava while being surrounded by the atmosphere of an untouched environment. You will be amazed by the sight over Shumadija, the Jelica mountain, Cacak and Ljubic hill. Back to the Ovcar Spa, we will visit the Nikolje monastery. A scenic ride on a catamaran across the Western Morava meanders will be the perfect closure of this 2 days trip.

- ◆ SEASON: from April to October (recommended from May to September)
- ◆ TOUR PACKAGE LENGTH: 2 days
- ◆ MINIMUM/MAXIMUM VISITORS: 15 – 50
- ◆ EQUIPMENT: it is recommended to wear sneakers or hiking shoes
- ◆ DIFFICULTY/AGE: easy
- ◆ ACCOMMODATION: Wellness Center
- ◆ INFO AND BOOKING: TA "Lazena" - Jezevica, Cacak, 063 55 98 08

Three day program

Day 1.

A scenic but easy walk along the river starting from Ovcar Spa, will lead you to Kadjenica cave first and to the beauties of the "Stream of the Spa" Canyon (Banjski potok) then. A visit to the Holy Trinity, the most beautiful monastery of the area will follow.

Day 2.

After visiting the Blagovestenje monastery (Ovcar Spa) in the morning, we will reach the top of Kablar mountain, where a unique landscape will open up over the Western Morava while being surrounded by the atmosphere of an untouched environment. A visit to Nikolje monastery will follow to end up in a scenic ride on a catamaran across the Western Morava meanders.

Day 3.

Adventure day! From Ovcar Spa we will reach Turcinovac Cave walking a challenging hike and a "Via Ferrata" for the bravest and the most curious, hanging on a fixed rope surrounded by an amazing view. On the way back, there is another adventure: ZIP LINE down to the Morava basin... a triumphant finish!

- ◆ SEASON: from April to October (recommended from May to September)
- ◆ TOUR PACKAGE LENGTH: 3 days
- ◆ MINIMUM/MAXIMUM VISITORS: 15 – 50
- ◆ EQUIPMENT: it is recommended to wear sneakers or hiking shoes (necessary equipment for climbing to the Turcinovac cave is provided by an alpine team)
- ◆ DIFFICULTY/AGE: need good physical readiness and lack of fear of height
- ◆ ACCOMMODATION: Wellness Center
- ◆ INFO AND BOOKING: TA "Lazena" - Jezevica, Cacak, 063 55 98 08



MONTENEGRO

Lipa Cave is the first show cave in Montenegro offering a charming diversity of karst features, able to provide visitors a unique experience of the underground world. Lipa Cave is one of the largest cave monuments in Montenegro. The cave, with its beautiful and wild system of 2.5 km of galleries and halls is a place you must visit on your Montenegro tour. Its beauty was recognized by King Nikola I and Petar II Petrović-Njegoš, who played a very important role in the Montenegrin history. Various recognized explorers from 19th century left written documents on cave formations and its existence, explorations continued in 20th and 21st century.

Panoramas of Montenegro and Lipa Cave

Walking tour in Cetinje town enriched by sightseeing at different nearby locations, enriched by a visit to Lipa cave and its magnificent underground world and to the wonderful Skadar lake. In one day, the "Panoramas of Montenegro and Lipa cave tour" will allow you to enjoy the heart of the The Royal Capital of Montenegro Cetinje accompanied by a full immersion in local gastronomic pleasures of the famous Ivanova Korita restaurant in the Lovćen National Park. We will visit Mausoleum, the resting place of Petar II Petrović Njegoš, located at the hilltop of mount Lovćen. Crossing areas of incredible beauty, on the way to Podgorica we will stop at Lipa Cave, which is the first show cave of our country and one of the ten

biggest attractions in MNE. Here you will experience the underground world safely guided by experienced guides. In less than an hour from Lipa Cave you will enjoy in the last panorama of the day while having lunch in a fish restaurant along the shore of Skadar lake. The tour concludes returning to Cetinje from Karuč.

- ◆ **SEASON:** whole year excepted bad weather days
- ◆ **TOUR PACKAGE LENGTH:** 1 day
- ◆ **MINIMUM/MAXIMUM VISITORS:** 12 - 18
- ◆ **EQUIPMENT:** sneakers
- ◆ **DIFFICULTY/AGE:** all ages (children accompanied)
- ◆ **ACCOMMODATION:** none - brunch and lunch provided
- ◆ **INFO AND BOOKING:** Cetinje 4you agency
Balšića Pazar building 2
Location: Cetinje, 81 250
+382 67335559 (Viber, WApp)
+382 69334270 (Viber, WApp)
office@cetinje4you.com



LIPA CAVE LTD
Lipa Dobska no.nb.
81250 Cetinje - Crna Gora
info@lipa-cave.me
www.lipa-cave.me

Best of Montenegro

A five days full immersion into Montenegrin villages, local museums and the magnificent Lipa cave, enriched by a breathtaking daily cruise in Kotor bay and Skadar lake. A perfect mixture of local culture and natural heritage will leave its mark on any visitor. On the first day you will be transferred to the tourist complex in Njeguši, visiting the birthplace of all leaders from the Petrović dynasty, as well as the homeland of the traditional dish "prosciutto and cheese". On the second day you will visit Boka bay, UNESCO-heritage Old Town of Kotor and Perast village, where a small boat will wait for you for a cruise to the island "Our Lady of the Rocks", Budva and St. Stefan. On the third Day you will visit the town of Cetinje, its museums and the amazing natural heritage of Lipa Cave, which is one of the major attractions of Montenegro. A short hike to the

Mausoleum in Lovćen National Park will conclude this day. On the fourth day, after visiting the small village of Rijeka Crnojević, a boat cruise on Skadar lake will leave you stunned. Relaxing and free time in Karuč village on Skadar lake will make you experience local culture and traditions. On day five we organize a return to the airport.

- ◆ **SEASON:** whole year excepted bad weather days
- ◆ **TOUR PACKAGE LENGTH:** 5 days
- ◆ **MINIMUM/MAXIMUM VISITORS:** minimum 30
- ◆ **EQUIPMENT:** sneakers
- ◆ **DIFFICULTY/AGE:** all ages (children accompanied)
- ◆ **ACCOMMODATION:** 4 nights in a hotel + 4 lunches, breakfast, dinners and tasting
- ◆ **INFO AND BOOKING:** Cetinje 4you agency
Balšića Pazar building 2
Location: Cetinje, 81 250
+382 67335559 (Viber, WApp)
+382 69334270 (Viber, WApp)
office@cetinje4you.com



ADMINISTRATA E ZONAVE
TE MBROJTURA, SHKODËR
Facebook: AdZMShkoder
Instagram: adzm_shkoder
www.akzm.gov.al

ALBANIA

The Albanides represent the central portion of the Dinaric – Hellenic belt, which is an Alpine collisional belt extending from Slovenia to Southern Greece.

The combination of local tectonics, rock composition and climate conditions have created favorable conditions for the development of karst phenomena in the Upper Triassic and Middle and Lower Jurassic geological formations. The most characteristic karst morphologies are dolines, sinkholes, caves and karren, shaping a pristine and wild environment. Caves are generally found at high elevations (over 600 m a.s.l.), while at lower altitudes flysch deposits dominate the landscape. These cavities are characterised by intricate underground pathways and are generally dry. Stalactites, stalagmites and columns increase the beauty and attractiveness of this underground world. Here visitors can enjoy the natural beauties of the National Park “Thethi” and the territory “Bjeshjet e Namuna” which will soon become a cross-border Park.

Tour of Razma, Dhenve Cave and Moho Cave

Mountains reaching the altitude of 1.500 m a.s.l, like Veleçik, Kunore and Zagora alternates with valleys and plains (Razma, Troshan, Fusha and Zeze) offering a unique and spectacular landscape which will amaze visitors exploring this region. Mountains in the surrounding of Razma are made of carbonate rocks which have been shaped and dissolved by water through time leading to the development of an amazing karst landscape. Several caves develop in this area. Two of them, Dhenve Cave, located at an altitude of 1280 m a.s.l. and Moho Cave at 1.350 m a.s.l. represent the perfect destination for the adventurous visitors who will be surrounded by dense forests and a wonderful karst landscape.

- ◆ SEASON: from May to October
- ◆ TOUR PACKAGE LENGTH: 3 days
- ◆ MINIMUM/MAXIMUM VISITORS: minimum 10
- ◆ EQUIPMENT: mountain boots and a sweater / jacket, comfortable clothes and rain coat according to the weather conditions (temperature inside the caves: 12.5 / 13°C)
- ◆ DIFFICULTY/AGE: easy age for middle / minimum 18 years old for speleological visits, maximum age according to physical conditions. No restrictions on remaining activities
- ◆ ACCOMMODATION: 2 nights at Razma Hotel, breakfast, dinner at the hotel. Other packaged meals
- ◆ INFO AND BOOKING: Preval travel & tours
+355632029031
info@prevalcenter.com
Facebook: natyralrazmaresort
Instagram: natyralrazmaresort
www.natyralrazmaresort.com

Tour of Prekali Cave

Located in the southern part of the Albanian Alps, Prekal Cave (also known as Zhylë) develops in the karst massif Cukali where intense neotectonic activity has deeply shaped the landscape. Surface karst morphologies, caves and also nivo-karst morphologies can be discovered by the most curious visitors during one of the most beautiful bicycle trips in the entire Shkodra region! After gazing the Middle Bridge, a paved road along the Kir River will lead visitors to Prekal Cave.

- ◆ SEASON: from April to October
- ◆ TOUR PACKAGE LENGTH: 2 days
- ◆ MINIMUM/MAXIMUM VISITORS: minimum 10
- ◆ EQUIPMENT: walking shoes and a sweater / jacket, comfortable clothes and rain coat according to the weather conditions (temperature inside the caves: 12.5 / 13°C)
- ◆ DIFFICULTY/AGE: easy age for middle / minimum 15 years old for speleological visit, maximum age according to physical conditions. No restrictions on remaining activities
- ◆ ACCOMMODATION: 1 night in a hotel in Shkodra, 1 meal in a local tavern
- ◆ INFO AND BOOKING: Administration of Protected Areas, Shkodra
Facebook: AdZMShkoder
Instagram: adzm_shkoder
www.akzm.gov.al

(*) In case Prekal Cave will not be visitable during the reservation, it can be replaced with a visit to the medieval Castle of Drishti. Here we visit the museum and at the same time contemplate the wonderful landscape around the castle. Further information will be provided at the time of booking.

Tour of Thethi – Arapi Cave

Located at an altitude of 1.300 m a.s.l in Triassic–Jurassic carbonate rocks, Arapi Cave can be reached following the gravel road from the Shala river to Kroj Shtraza (Cherry Springs). From here, a hiking trail will lead you across a wooded area to the cave entrance, which is found on a rock wall of the Arab Mountain. Thethi village, which will be visited during this journey, will surprise tourists with its unique alpine setting. Interesting detours to Grunas Waterfall, Isolation Tower and the Blue Eye will immerse visitors into the wild and pristine environment of this hidden region.

- ◆ SEASON: from June to September
- ◆ TOUR PACKAGE LENGTH: 4 days
- ◆ MINIMUM/MAXIMUM VISITORS: minimum 10
- ◆ EQUIPMENT: alpine shoes and a sweater / jacket, comfortable clothes and rain coat according to the weather conditions (temperature inside the caves: 12.5 / 13°C)
- ◆ DIFFICULTY/AGE: easy age for middle / minimum 15 years old for speleological visit, maximum age according to physical conditions. No restrictions on remaining activities
- ◆ ACCOMMODATION: 3 nights in local hostels in Thethi, breakfast in the hostel. Other packaged meals
- ◆ INFO AND BOOKING: Administration of Protected Areas, Shkodra
Facebook: AdZMShkoder
Instagram: adzm_shkoder
www.akzm.gov.al

CREATE YOUR OWN INTERNATIONAL TOUR!

Start your adventure from home while planning your trip! Take the opportunity to explore the hidden treasures of the Adriaticaves network while travelling across the amazing countries bordering the Adriatic Sea. Along less known itineraries you will discover unique natural beauties wedged in fascinating cultural settings. You can combine two or more local tour packages presented by each partner of the Adriaticaves Project according to your needs and will, finding the travelling style that most suits you! You can choose to travel by car, plane, ferry or train using the closest transfer stations to the Adriaticaves locations! In the following pages you can find contacts and information which can help you in the organisation of a customised trip you will never forget!



Contacts for visiting the Adriaticaves Project karst areas

Majella National Park (Italy):

www.parcomajella.it

info@parcomajella.com

BOOKING INFO: info@majexperience.it

+39 08722222199

+39 3291570466

+39 085922343

Authority for the management of Parks and Biodiversity – Romagna (Italy):

www.parchiromagna.it

promozione@parchiromagna.it

BOOKING INFO: Imola-Faenza Tourism Company

info@imolafaenza.it

+39 0546 71044

Velebit Nature Park (Croatia):

www.pp-velebit.hr

velebit@pp-velebit.hr

BOOKING INFO: velebit@pp-velebit.hr

+385 53 560450

Cantonal Public Institution for Protected Natural Areas (Bosnia and Herzegovina):

www.zppks.ba

info@zppks.ba

BOOKING INFO: info@invictatravel.com

+387 61 360 236 (WApp)

+387 61 770 598 (WApp)

Lipa Cave (Montenegro):

www.lipskapecina.me

info@lipa-cave.me

BOOKING INFO: Cetinje 4you agency

ADDRESS: Balšića Pazar building 2

LOCATION: Cetinje, 81 250

office@cetinje4you.com

+382 67335559 (Viber, WApp)

+382 69334270 (Viber, WApp)

City of Čačak (Serbia):

www.cacak.org.rs

BOOKING INFO: TA "Lazena" - Jezevica, Cacak
063 55 98 08

Regional Council of Shkodra (Albania):

www.qarkushkoder.gov.al

BOOKING INFO: Administration
of Protected Areas, Shkodra
akzm.gov.al

Facebook: AdZMShkoder

Instagram: adzm_shkoder



Major international airports and international airports closest to the Adriaticaves sites

Italy

Milan: www.milanomalpensa-airport.com
 Bologna: www.bologna-airport.it
 Rimini: www.riminiairport.com
 Ancona: www.aeropotomarche.it/en
 Pescara: www.abruzzoairport.com
 Roma: www.adr.it

Croatia

Dubrovnik: www.airport-dubrovnik.hr
 Split: www.split-airport.hr
 Zadar: www.zadar-airport.hr
 Lošinj: www.airportmalilosinj.hr
 Pula: www.airport-pula.hr
 Rijeka: www.rijeka-airport.hr
 Zagreb: www.zagreb-airport.hr

Ferryboat major lines

Italy – Croatia

Pesaro – Losinj
 Ancona – Split
 Ancona – Stari Grad
 Ancona – Zadar
 Bari – Dubrovnik

Italy – Montenegro

Bari – Bar

Italy – Albania

Ancona – Durres
 Bari – Durres

Bosnia and Herzegovina

Sarajevo: www.sarajevo-airport.ba

Serbia

Beograd: www.beg.aero/eng
 Kraljevo: www.kvo.aerodromisrbije.rs
 Niš: www.nis-airport.com
 Užice: www.aerodromponikve.rs

Montenegro

Podgorica: www.montenegroairports.com/en/podgorica-airport/
 Tivat: www.montenegroairports.com/en/tivat-airport

Albania

Tirana: www.tirana-airport.com

Useful websites

www.gstravel.eu
www.jadrolinija.hr/en/ferry-croatia
www.snav.it/en/
www.gomoviaggi.com
www.gnv.it/en
www.adriaferries.com/en/
www.ventourisferries.it



Train stations closest to the Adriaticaves sites

Italy – GYPSUM VEIN REGIONAL PARK

Faenza (RA); Brisighella (RA);
 Castel Bolognese (RA); Imola (BO)

Italy – ONFERNO NATURAL RESERVE

Cattolica (RN); Riccione (RN); Rimini (RN)

Italy – MAJELLA NATIONAL PARK

Sulmona (AQ); Scafa – S.Valentino (PE);
 Popoli (PE), Pescara, Chieti Scalo (CH),
 Lanciano (CH)

Croatia – VELEBIT NATURE PARK

Gospić; Gračac

Bosnia and Herzegovina – BIJAMBARE NATURE RESERVE

Sarajevo

Serbia – ČAČAK DISTRICT (KADJENICA CAVE)

Čačak

Montenegro

Podgorica

Albania

Scutari

Useful websites

Interrail: www.interrail.eu
 Italy: www.trenitalia.com
 Croatia: www.prodaja.hzpp.hr/en
 Serbia: www.serbianrailways.com
 Bosnia and Herzegovina: www.zfbh.ba
 Montenegro: www.zicg.me
www.zcg-prevoz.me
 Albanian railways: www.hsh.com.al

A photograph of a cave interior. The walls are made of rough, textured rock, illuminated by warm, golden light. A wooden walkway with a rope railing leads into the distance. Two people are visible on the walkway, one standing and one walking. The floor is dark and uneven.

The Adriaticaves project was born in the frame of the wider Interreg Project ADRION, which is a European transnational program investing in the promotion of cultural exchange, environmental sustainability and natural and cultural heritage protection in the Adriatic-Ionian Region. Adriaticaves is about karst environment conservation through the promotion of sustainable tourism and the diffusion of “good practices” of cave management. Caves are fascinating and extremely delicate environments. Far from the surface, they appear like a “world apart” with its own fragile ecosystem. Their scientific importance is enormous from both a biological and a geological point of view. These environments are extremely fragile and any artificial modification introduced in their delicate equilibrium can seriously threaten and destroy these important heritages.

This means that cave frequentation can seriously menace the conservation of these natural environments. However it is important to let people visit these places, allowing them to explore, discover their beauties and understand their importance and their fragility. Indeed opening a cave to the public can be a powerful instrument for cave conservation, raising awareness towards these environments among the wide public, contributing to a correct scientific divulgation while improving knowledge and respect towards these environments. Adriaticaves project is focused on this direction: creating a network of caves which have in common a series of “good practices” of sustainable management of these environments, raising awareness towards cave conservation and promote a more sustainable tourism.

ADRIATICAVES PROJECT PARTNERS

IT, ITALY

Majella National Park

via Occidentale 6, 66016 Guardiagrele (Chieti)
ph. +39 086425701
info@parcomajella.it • www.parcomajella.it

AL, ALBANIA

Regional Council of Shkodra

Nentori 28, 4001 Shkodër
www.qarkushkoder.gov.al

BA, BOSNIA AND HERZEGOVINA

Cantonal Public Institution for Protected Natural Areas

Branilaca Sarajeva 28, 71000 Sarajevo
www.zppks.ba

ME, MONTENEGRO

TC Lipa cave ltd

Lipa Dobrska bb, 81250 Cetinje
ph. +382 (0) 67 61 42 22
info@lipa-cave.me • www.lipa-cave.me

HR, HRVATSKA

Velebit Nature Park Public Institution

Kaniža Gospićka 4b, 53000 Gospić
ph. +385 053/560-450
www.pp-velebit.hr

RS, SERBIA

City of Cacak

Župana Stracimira 2, 32000 Čačak
www.cacak.org.rs

IT, ITALY

Authority for the Management of Parks and Biodiversity-Romagna

via Aldo Moro 2, 48025 Riolo Terme
ph. +39 054677404
www.parchiromagna.it

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