



# Montenegro



THIS EDITION WRITTEN AND RESEARCHED BY

**Tamara Sheward, Peter Dragicevich**

## PLAN YOUR TRIP

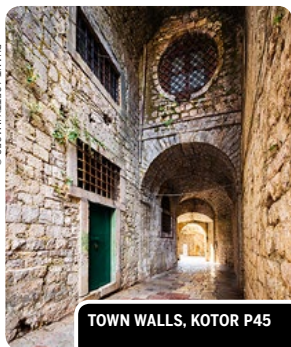
Welcome to Montenegro...	4
Montenegro Map .....	6
Montenegro's Top 16 ....	8
Need to Know .....	16
What's New .....	18
If You Like.....	19
Month by Month.....	21
Itineraries .....	24
Outdoor Activities .....	28
Regions at a Glance.....	31

## ON THE ROAD

<b>BAY OF KOTOR .....</b>	<b>34</b>	<b>ADRIATIC COAST ...</b>	<b>63</b>
Herceg Novi .....	36	Budva .....	65
Around Herceg Novi .....	39	Around Budva .....	71
Morinj .....	40	Bečići & Rafailovići .....	72
Risan .....	41	Pržno .....	73
Perast .....	42	Sveti Stefan .....	74
Dobrota .....	44	Rijeka Reževići .....	76
Kotor .....	45	Petrovac .....	76
Prčanj .....	50	Bar .....	79
Stoliv .....	51	Stari Bar .....	82
Lastva .....	51	Ulcinj .....	84
Tivat .....	52	Velika Plaža	
Around Tivat .....	56	& Ada Bojana .....	88
Luštica Peninsula.....	56		



JAZ BEACH P71



TOWN WALLS, KOTOR P45



# Contents

## UNDERSTAND

### CENTRAL MONTENEGRO ..... 90

Lovćen National Park	92
Cetinje	93
Lake Skadar National Park	97
Podgorica	101
Danilovgrad	106
Ostrog Monastery	107
Nikšić	107
Around Nikšić	109

### NORTHERN MOUNTAINS ..... 110

Morača Canyon	112
Kolašin	112
Biogradska Gora National Park	114
Mojkovac	115
Durmitor National Park	115
Pljevlja	119
Bijelo Polje	120
Rožaje	121
Plav	121
Gusinje	123
Piva Canyon	123
Prokletije National Park	125

### DUBROVNIK (CROATIA) ..... 126

Montenegro Today	140
History	142
Montenegro's People	152
Art & Architecture	155
The Montenegrin Kitchen	158
National Parks & Wildlife	160

## SURVIVAL GUIDE

Directory	164
Transport	172
Language	178
Index	186
Map Legend	191



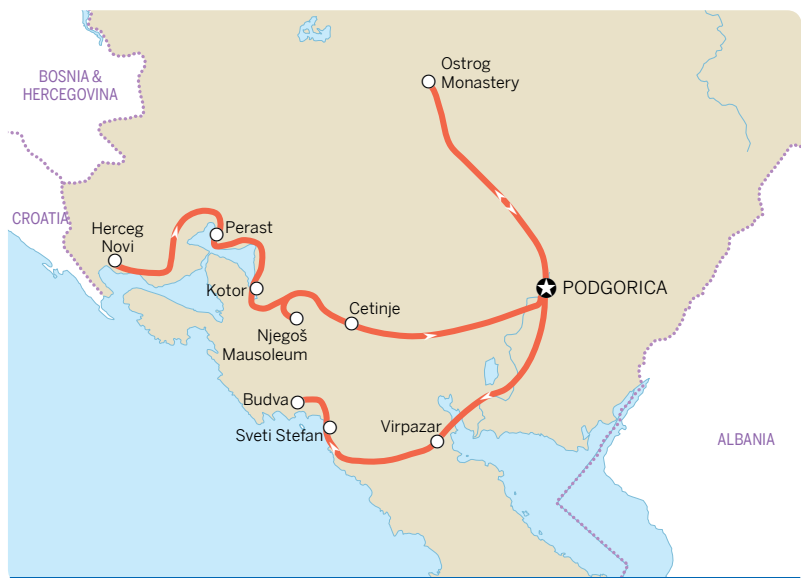
PERAST P42

## SPECIAL FEATURES

Naturally Gifted ..... 59



# Itineraries



5  
DAYS

## A Taste of Montenegro

This 325km trip zigzags from the coast to Montenegro's heartland then back to the beaches again, taking in some of the country's most emblematic sights. It requires a car.

Start in **Herceg Novi** and slowly wind your way towards **Kotor**, allowing at least an hour in **Perast** en route. All three are ancient bayside towns filled with old churches and marbled squares. The next morning, take the dazzling drive to the historic Montenegrin capital **Cetinje** through Lovćen National Park, stopping to visit the **Njegoš Mausoleum** on the way. Explore Cetinje's museums and galleries by day, its lively cafe-bars by night.

Next day, head up to the dramatically positioned **Ostrog Monastery** before sweeping south to **Podgorica** to roam the small capital and sample its up-and-coming bar scene. On day four, continue to **Virpazar** for a chilled-out two-hour cruise on Lake Skadar. Carry on down to **Sveti Stefan**, check into somewhere with an island view and head to the beach. Spend your last day in **Budva**, splitting your time between exploring the Old Town and lazing on the sand.



## The Full Monte

Most of Montenegro's big-hitting beauty spots are covered in this almost-800km itinerary.

Base yourself in **Herceg Novi** and take a boat or kayak trip to Rose, Mamula Island, the Blue Grotto and the beaches of the Luštica Peninsula. Stop at Morinj and Risan on your way to **Perast**, and don't miss the boat trip to Gospa od Škrpjela island. Continue to **Kotor** and use the walled town as a base to visit Dobrota, Prčanj and Stoliv. Then head through Lovćen National Park to **Cetinje**, making time for a quick tour of **Lipa Cave** before stopping in **Ostrog Monastery**. Carry on north though the Piva Canyon to **Šćepan Polje**, the main staging point for rafting trips down the Tara River. Stay the night at one of the rafting camps, and take on the river on a half-day trip. Hop back in the car and take the scenic road east from Plužine through Durmitor National Park to **Žabljak**. Allow some time to enjoy the park and, at a minimum, make sure you hike around the Black Lake.

Follow the road along the Tara River to the isolated Dobrilovina Monastery then continue on to **Biogradska Gora National Park** – you can stay in the cabins here or continue on to the upmarket hotels in **Kolašin**. Stop at the **Morača Monastery** on your way to **Podgorica**, then hang out in the capital for a day. Continue down to **Virpazar** for a morning's cruise on Lake Skadar. Skirt the Rumija Mountains until the road shies away from the Albanian border and hooks down to the buzzy beachside town of **Ulcinj**. Be sure to visit Velika Plaža before continuing back up the coast. Stop to check out the charming ruins of **Stari Bar** before you get to the beach town of **Petrovac**. Continue along the coast, stopping at the beaches of **Sveti Stefan** and **Pržno** before finishing up in **Budva**, with its walled Old Town and busy promenade.

If you're travelling by bus, you'll need to pare back the itinerary a little. From Kotor, the easiest way to Cetinje, Ostrog or rafting is on a day tour. Swap the Plužine-Žabljak road for a Nikšić-Žabljak bus. To get from Žabljak to Kolašin, you'll need to go via Pljevlja or Podgorica. From Virpazar, take a train to Bar followed by a bus to Ulcinj.



## The Coast

Spend a day in **Herceg Novi** and consider a kayak tour or a boat trip to the beaches on the Luštica Peninsula. The following day, make your way slowly to Kotor, stopping to view the Roman mosaics at **Risan** and the baroque beauty of **Perast**. Base yourself in **Kotor** on day three; climb the fortifications, hike the Vrmac Ridge, explore neighbouring coastal villages or just hang out in the fascinating Old Town.

If you've got a car, take the serpentine road up to **Lovćen National Park**, then spend the rest of the day exploring the museums and galleries of **Cetinje** before heading to **Budva** for the night. If you're travelling by bus, head straight to Budva and save Cetinje for another day.

For the following two days, base yourself anywhere on the stretch of coast between Budva and Petrovac. Budva is the easiest place to arrange a day tour to Ostrog Monastery and Lake Skadar, or a rafting trip on the Tara River, while **Petrovac** is more family-friendly, with a relaxed vibe and great beaches nearby. Close neighbours **Pržno** and **Sveti Stefan** also have excellent accommodation options, great restaurants and striking coastal views.

No matter where you put down roots, make sure you take the walk through the woods from Sveti Stefan to Pržno. A car or bike will get you to hidden bays such as Drobni Pijesak and Rijeka Reževići, and there are several monasteries to explore, including Podmaine and Podostrog, near Budva, and Reževići and Gradište, near Petrovac.

Continue south until you get to the Sozina tunnel near Sutomore, and drive through it to **Virpazar**, gateway to Lake Skadar, to take a boat cruise and enjoy a village-style meal in one of Montenegro's top restaurants. Retrace your steps back to the coast, and head southeast to visit the ruins of **Stari Bar** on your way to **Ulcinj**. The atmosphere of this largely Albanian town is quite different from anywhere else in Montenegro and there's a palpable buzz on the streets at night. The succession of rocky coves heading east from the crowded town beach are great for snorkelling. Nearby is the 12km continuous stretch of sand known as **Velika Plaža** and just across the Bojana River there's a further 3km of beach on the nudist island **Ada Bojana**.

1  
WEEK

## The Hidden North

This mountainous 650km loop combines some of Europe's most beautiful drives with visits to isolated monasteries and ample opportunities for wilderness hiking. You won't be able to tackle this route in winter, as snows close the Plužine–Žabljak road.

Spend the morning exploring the nation's capital and biggest city, **Podgorica**, and then head through Danilovgrad to the extraordinary **Ostrog Monastery**. Continue on through Nikšić where the highway passes through farmland before reaching **Piva Monastery**, with its sumptuous frescoes, and the start of the Piva Canyon. From here the road passes through tunnels cut into the canyon walls until you reach the Bosnian border at **Šćepan Polje**, the main rafting base. Check yourself into one of the rafting camps for the night.

Start day two with a half-day's rafting on the Tara River and then jump in the car and double back through the canyon as far as Plužine. From here, take the scenic mountain road through Durmitor National Park to **Žabljak**. Spend the rest of this and the next day hitting the park's hiking tracks.

On day four, drive east to the Tara Bridge and head north to **Pljevlja** to visit Montenegro's most beautiful mosque and a picturesque Orthodox monastery. Double back to the Tara Bridge and continue southeast along the river road. Consider making Eko-Oaza Suza Evrope your pit stop for this leg; from here you can walk to the secluded **Dobrilovina Monastery** and to a swimming hole on the river.

Continue to **Mojkovac** and head north around the Bjelasica Massif and down through Berane to Plav. Base yourself nearby for a day's hiking in **Prokletije National Park**; make sure you fit in a visit to the Ottoman town of **Gusinje**. The next day, take the awe-inspiring back road through Andrijevica to **Kolašin**, Montenegro's best mountain resort. Spend the rest of the day tackling the tracks through **Biogradska Gora National Park**.

The road back to Podgorica follows the Morača Canyon and is just as extraordinary as any on this trip. At the start of the canyon, call in to admire the exquisite frescoes and icons at peaceful **Morača Monastery**. You might also like to offer a prayer for your safety on the scenic but treacherous road ahead.

# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

*Note: Not all symbols displayed above appear on the maps in this book*





## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Tamara Sheward

**All Montenegro chapters, Plan Your Trip, Understand, Survival Guide** After years of freelance travel writing, rock'n'roll journalism and insalubrious authorship, Tamara leapt at the chance to join the Lonely Planet ranks in 2009. Since then, she's worked on guides to an incongruous jumble of countries including Montenegro, Australia, Serbia, Russia, the Samoas, Bulgaria and Fiji. She's written a miscellany of travel articles for the BBC, *The Independent*, *Sydney Morning Herald* et al;

she's also fronted the camera as a documentary presenter for Lonely Planet TV, Nat Geo and Al-Jazeera. Tamara's based in far northern Australia, but you're more likely to find her roaming elsewhere, tattered notebook in one hand, the world's best-travelled toddler in the other.



### Peter Dragicevich

**Dubrovnik (Croatia)** After a successful career in niche newspaper and magazine publishing, both in his native New Zealand and in Australia, Peter finally gave in to Kiwi wanderlust, giving up staff jobs to chase his diverse roots around much of Europe. Over the last decade he's written literally dozens of guidebooks for Lonely Planet on an oddly disparate collection of countries, all of which he's come to love. He once again calls Auckland, New Zealand his home – although

his current nomadic existence means he's hardly ever there.

### Published by Lonely Planet Global Limited

CRN 554153

3rd edition – June 2017

ISBN 978 1 78657 529 6

© Lonely Planet 2017 Photographs © as indicated 2017

10 9 8 7 6 5 4 3 2 1

Printed in China

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: [lonelyplanet.com/ip](http://lonelyplanet.com/ip).

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'