

MONTENEGRO

BAR 55+





BAR

With time, we learn to appreciate certain experiences that may have formerly been unimportant to us. We care more about comfort and practicality and make much more rational decisions when choosing a holiday destination. The diversity, accessibility and quality of tourism offer increasingly gain in importance.



Also, as we become increasingly concerned about our health, the climate, cuisine and recreational possibilities often take priority. Sensitivity to subtle values, which comes with life experience, opens up the possibility of experiencing the already seen places in a new light – more richly, fully and deeply.





For those seeking complete body and mind relaxation, for adventurers craving an exciting, active holiday, but also for people keen to enjoy cultural or spiritual offer of a place or wishing a little bit of all this, Bar offers numberless attractive possibilities.

Feel the gentle warmth of the Mediterranean sun at sunset on one of the local beaches, experience the

bay of Bar from the walls of Old Bar, visit the churches on Lake Skadar, take a stroll through centuries-old chestnut forests, savour the fine Crmničko wine.

Rent a bike or kayak or simply walk to the Old Olive Tree and meditate in silence in its ancient shade. For anyone who knows the true and lasting values of a tourist experience, Bar is an ideal destination.





Bar is unique in many ways. It is not a quintessential coastal town, with the old town centre and narrow streets. On the contrary, Bar is a new, modern town with modern infrastructure. It is located at the very coastline and municipal beaches and public promenades next to the sea are in the closest vicinity of all town amenities – services, transportation, cultural and sports facilities, which makes Bar a superbly comfortable place to be in.

Another distinction of Bar is its two facets – the mountain ridges to the north separate the town's equally attractive shores, the lakeshore and the seashore. Thus, visiting Bar entails meeting two entirely different natural environments.

Bar also stands out for its mild climate, extremely favourable for human health. It is especially noticeable in autumn and in winter, with

unusually high average temperatures and crisp, dry and clean air which make the subjective feeling of warmth even more pronounced. This is why Bar is attractive all year round – it can provide you with a shelter from cold, rain, snow, humidity and north wind as it is an oasis with mild and pleasant climate throughout the whole year. Even in the midst of winter, you can't help feeling that the scent of spring is just around the corner.





Bar is well-connected by major highways to Podgorica and other towns along the Coast. Both Montenegrin airports are at relatively short distances, and a railroad connects the town to the Balkan mainland. Bar is also a ferry port, from which it is easy to reach the Italian side of the Adriatic.



1

CULTURAL HERITAGE

Although the town itself is new, its history is long and turbulent. It existed for centuries as an urban and administrative centre, but on a completely different location – The Old Town of Bar, a fortified settlement built on a prominent rock under the slopes of Mount Rumija, which served as a natural shield.

As the centre of the area, Bar was always appealing to conquer-

ors and over centuries it changed hands many times: it was ruled by Byzantium, medieval Serbian state, Venice and Ottoman Empire. When the times of constant danger of war were over, Old Bar lost its appeal to conquerors and made way for the emergence of a new settlement in the broad field along the coastline – today's modern Bar.

THE TALE OF VLADIMIR AND KOSARA

The informal patron of Bar and a prominent personality in the tradition of the region is Saint Jovan Vladimir, distinguished for his legend recorded in the Chronicle of the Priest of Doclea, a famous 12th century chronicle from the Slavic South. The legend has it that there was a romance between the young

prince Vladimir (980 - 1016) and the Macedonian princess Kosara.

When Emperor Samuilo captured and imprisoned Vladimir in 997, the Emperor's daughter Kosara fell in love with the young prince and set him free. Soon after, the couple got married and settled in a castle near the Prečista Krajinska monastery at Lake Skadar. Nevertheless, not long

2 OLD BAR

Today's Old Bar stands as a tribute and a testimony to the changes of civilizations and cultures it witnessed over centuries: different cultural layers are noticeable in its massive walls and architectural remains. Numerous churches and palaces, some of which have been restored and some still in ruins, testify to the life of the town in old times. Narrow streets meander through tiny squares.

The renovated buildings of hammam, gunpowder warehouse and clock tower speak of the old ways of life within the town walls. There is a unique monument there – an aqueduct, which used to provide the town's water supplies. All of these edifices are overshadowed by the citadel, the fortified defence tower giving a spectacular view of the surroundings. Old Bar serves a different, new purpose now, standing as a tourist attraction and space for cultural events.

after, Vladimir was tricked and beheaded in Prespa by Samuilo's heir. In the moment of death Vladimir held a wooden cross he was, eventually, buried with. His wife took his body to the Prečista Krajinska monastery, where she took monastic vows and upon her own death, was buried alongside her husband.





Each old town has its surrounding settlement teeming with real-life, everyday activities. Old Bar is no different: streets under Old Bar are crammed with restaurants, gift shops, lively little shops and street life.

It is very lively here, not only during summer season but throughout the whole year, and especially so during winter festivals.



1. Entrance to the city - gate XIV-XVI c.
2. Customs house XV c.
3. Church of St. Nicholas XIII c.
4. Barutana - lapidarium XVIII c.
5. Citadel X-XIX c.
6. Aqueduct XVIII c.
7. Gate XI-XIV c.
8. Church of St. John XX c.
9. Palace XV c.
10. Church of St. Venerande XIV c.
11. Cathedral of St. George XI – XV c.
12. Church of St. Catherine XIV c.
13. Clock Tower XVIII c.
14. Hammam XVIII c.
15. Prince's Palace XV-XVI c.
16. Episcopal Palace XV-XVI c.



3

CULTURAL AND HISTORICAL HERITAGE

It is the Benedictine Abbey of Our Lady of Ratac that the Chronicle of the Priest of Doclea, a document significant in studying the early history of the Slavs in this part of the Balkans, was most probably written. The monastic abbey is in ruins now, but a number of small convents have been restored and revived on little island hillocks - islets on Lake Skadar which used to be home to monastic scriptoria and important cultural centres.

Numerous fortresses, some of which have been renovated and are very attractive to visitors, testify to the turbulent history of the region where imperial borders were constantly renegotiated between great empires.

Many interesting artefacts that testify to the history of Bar can be found in the National Heritage Museum, located on the very coast, in a former villa of the last Montenegrin ruling dynasty, the Petrovićs.

THE OLD OLIVE TREE The old olive tree is the oldest tree in Europe and one of the oldest in the world – is a witness to a 2 400-year-old history. It is located in a place called Mirovica (Peacemaking site) since this has traditionally



been a site for making peace between conflicted parties. There are several legends about the olive tree, one of which is based on the custom that before entering into marriage a couple to be wed is to plant an olive tree. Since 1957 the old olive tree has been under state protection as a natural monument and one of the town's landmarks. Today it hosts the traditional Gatherings under the Old Olive Tree.

4

CLEAN SEA WATER AND BEACHES



While the town of Bar, as the economic and transportation centre of the Montenegrin Coast, lives a vibrant life all year round, numerous tourist villages at the Bar Riviera are mostly alive only during the tourist season, from May to October. It is these settlements that are the centre of Bar's summer "sea & sun" tourism offer. The sea in Bar is clean, and almost all the beaches are varied in size, type and the colour of sand.



Numerous tourist villages dot the coastline towards the southeast, each of them with their own peculiarities:

ČANJ with its vast gravel beach, hotels and resorts is suited for tourists who want a vacation in a relaxing environment.

SUTOMORE is a famous resort preferred by younger people as it has an exciting nightlife to offer, after a day spent swimming and sunbathing. Several modern hotels, old and new, are located at the most beautiful locations in Sutomore. Between Sutomore and Bar there are a number of small, sheltered, gravel beaches for visitors who prefer more intimate surroundings. In the town itself, two famous beaches – **ŽUKOTRLICA** and Town Beach, are separated from the town centre by nothing but sports grounds and the main town promenade – it is only in Bar that you can encounter something like this.



Towards the southern part of the Bar Coastline, you will first encounter the **VELIKI PIJESAK** gravel beach accompanied by numerous tourist attractions in the hinterland, with several modern hotels among them.

Further down south, there is **UTJEHA** or **VAL MASLINA**, a small cove with a huge olive grove close by and a stony beach facing south-west.





5

TOURIST ACCOMMODATION

The offer of tourist accommodation in Bar is a good combination of quality and price. It can be said that the overall price/quality ratio is among the best on the Montenegrin coast. This is not only because of its moderate prices of accommodation and services, but also because of the general comfort and numerous amenities Bar has to offer.

That is why Bar is an ideal destination for a rational tourist who wants

to get great value for money. Bar is certainly not a place where you can expect an over-hyped and over-priced offer. However, that's not to say there aren't places for those who opt for the most luxurious accommodation offered by new modern hotels and villas; it simply means that those who prefer staying in guest houses can easily find an accommodation as well - surprisingly comfortable and at affordable prices.





Crnica region is reached after only a few-minute drive through the Sozina tunnel, which is the shortest distance between two Bar shores. The Mediterranean blue gives way to the warm and green light of the lake, and olive groves to lake sedge. Crnica is rich in water and is a famous agricultural and wine producing region.

Numerous villages sitting alongside the edge of Crmničko Polje safeguard rich cultural heritage – old monasteries, churches, a fortress and the like. The centre of this region is a small settlement of Virpazar, an intersection of old roads which can lead you – on foot, by bike or by car – towards an adventure of discovering the beauties of the picturesque area. The easiest path to take from Virpazar is that

over the lake – on a tourist boat, a boat or a canoe. In Virpazar, you can get all the necessary information and services on the activities on the Lake and around it.



NATIONAL PARK

Lake Skadar is a unique biodiversity reserve. It is home to hundreds of species of lake flora and fauna, many of which are endemic. This is why some parts of the lake have been declared a national park. Birdwatching, particularly observing protected, rare and endangered species such as the great cormorant and the Dalmatian pelican, attracts more and more visitors and nature lovers.



The tourist accommodation offer in the area consists largely of apartment rentals and village tourism, mostly of very good quality and at affordable prices. Discover Lake Skadar from the perspective of the locals, enjoy a unique gastronomy and taste the finest wines – numerous local restaurants and wineries will make you spoilt for choice.



Krajina spans an area southeast of Crmnica all the way down to the border with Albania. It is characterized by the karst landscape and pristine nature of the northern slopes of Rumija. The narrow local road running past the sleeping fishermen's villages offers a magnificent view of the lake. In fertile valleys under the mountain, surrounded by sweet chestnut trees, lie Krajina villages.

7

GASTRONOMIC AND WINE OFFER

Whatever food you eat in Bar is likely to have been grown locally - in the immediate hinterland of the town, on the slopes of Rumija or in Crmnica.

The favourable climate, fertile land and inexhaustible springs provide ideal conditions for agricultural production, which is largely organic. Local products are synonymous with quality, and the famous Bar Market is their representative stage.

At its best, Mediterranean cuisine is enhanced by the influence of both traditional Islamic and continental Montenegrin cuisines, with

the addition of seafood and lake fish specialties. It is exceedingly difficult to find such a diverse gastronomic offer in such a small area anywhere else.





Two leading agricultural products of the Bar area, its olive oil and Crmničko wine, are widely known. Tales have been told and poems have been written of them; they make up the cornerstone of the local tradition and identity. Ancient old olive groves with thousands of years old trees and Crmnica terraced vineyards, are recognizable visual symbols and the major landmarks of the Bar region.



8

RECREATION ACTIVITIES

Bar is a very attractive destination for both sports and recreation activities. In the very centre of the town, near the coast there are various facilities suitable for both professional athletes and amateurs who like to stay active. For those seeking an active vacation, there is a various range of options, both at the lake shore and at the seaside, ranging from adrenaline to relaxation, such as experiencing the lake in a two-seater kayak.

The hinterland is intersected by attractive mountaineering, hiking and biking trails.

As of late, the offer also includes canyoning. For those who want nothing but a simple stroll through the picturesque landscape, Crmničko Polje and



the surroundings of Old Bar are ideal hiking routes.

The variety of content and its appropriateness to every age and fitness level distinguish Bar from similar destinations.

Add to that very favourable conditions for combining recreational with cultural and gastronomic activities, and an active vacation in Bar turns into exactly the kind of adventure an experienced visitor who appreciates variety and quality seeks.



The panoramic route (65 km), encompassing almost entire municipality, passes through old olive groves and lake landscapes, alternating with picturesque villages and panoramic views of the bay. This whole-day excursion allows you to get acquainted with the entire area.





Bar's cultural offer, despite being the greatest during the tourist season, is diverse throughout the year. Unlike some exclusively tourist-oriented destinations, it is targeted not only at visitors but at large local audiences as well.

The most famous among the festival events is Barski ljetopis, with an over three decades long tradition, which includes programs in the fields of literature, theatre, art and music, among which every-



one can find something to their taste. In late autumn and early winter, three famous folk festivals are held to celebrate local produce. The festivals dedicated to olives in Old Bar, chestnuts in Ostros and wine and bleak in Virpazar are ideal reasons to visit Bar during this period. In addition to good entertainment and the opportunity to taste local produce, these festivals provide a glimpse into the ethnographic and traditional heritage of different regions in the municipality.

EVENTS 1st May – INTERNATIONAL ATHLETICS MEET, Bar
 May and September – MOTORIJADA – MOTORCYCLE GATHERING, Sutomore
 June – GAMES WITHOUT BORDERS, Bar
 July – August – BAR'S CHRONICLE FESTIVAL, Bar
 July – August – SUMMER WITH THE STARS, Bar
 14th August – THE NIGHT OF ŠUŠANJ, Šušanj
 August – THE NIGHT OF SPIČ, Sutomore
 August – THE NIGHT OF VELIKI PIJESAK, Dobra Voda
 September – GRAPE FESTIVAL, Virpazar
 November – MASLINIJADA – OLIVE TREE FESTIVAL, Stari Bar
 November – KOŠTANIJADA – CHESTNUT FESTIVAL, Ostros
 November – GATHERINGS UNDER THE OLD OLIVE TREE, Mirovica
 December – WINE AND BLEAK FESTIVAL, Virpazar

10 SPIRITUALITY



Bar is very interesting for both those wishing to complement their tourist stay with spiritual experience and those whose main reason of visit is spiritual. Several important spiritual centres of all three major religions in the country are located in the Bar area.

The newly-built Orthodox Cathedral of St. Jovan Vladimir, with its golden domes, dominates the townscape. It is one of the largest Orthodox cathedrals in the region and the centre of Orthodox spirituality on the Montenegrin coast.

Ribnjak Monastery, with its three churches, is located in a picturesque scenery just a few kilometres from the town centre.

Co-cathedral of Saint Peter the Apostle, with its two slender bell towers, marks the town centre from the southeast. It is the cathedral church of the Catholic population of the area. Bar also houses the seat of the Archdiocese of Bar, founded in the 11th century.

At the foot of Old Bar, there is a newly built Selimija mosque with an operating Islamic Centre.

TOURIST AGENCIES

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