

A woman with blonde hair, wearing a pink jacket, black pants, and a backpack, is hiking on a dirt path through a dense forest of tall, thin trees. She is using two white trekking poles. The forest floor is covered with fallen leaves and branches. The lighting is soft, suggesting a sunny day with some shade.

**SA VISIT
SARAJEVO**

TURISTIČKA ZAJEDNICA KANTONA SARAJEVO
TOURISM ASSOCIATION OF SARAJEVO CANTON

OUTDOOR SARAJEVO

The road less traveled

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TURISTIČKA ZAJEDNICA KANTONA SARAJEVO



climbing on Mt. Trebević



The Road Less Traveled...

Sarajevo is well-known for its cultural heritage. The Sarajevo Film Festival draws crowds from every corner of the globe every summer. Visitors from east and west flock to this tiny but fascinating city chock full of culture and history.

The recent events have forced us to slow down and rethink how we do things, including travel. In this day and age we live in a fast-paced world. But Sarajevo has always been a place where we embrace the philosophy of sabur, where people take the time to appreciate friends and family, take long walks to talk about everything under the sun, to contemplate life and our role in it, and enjoy the blessings of Mother Nature that surround this small European capital city on all sides. Sabur is about being

mindful of oneself and others. It is an age-old tradition here to slow things down by just a notch.

This unique and genuine hospitality is even more emphasized in the rural, mountainous areas of Sarajevo. Even with the new reality of avoiding big crowds and being weary of travel it's no time to stay home. It's time to do things differently. It's time to embrace the art of slowing down, taking time for ourselves to enjoy the benefits of being in nature. To eat organic, homemade food. To sit and chat with a local about life. To sip coffee while absorbing the stunning views around you in every direction. It's time to visit Sarajevo...and enjoy the rich natural bounties that bring us closer to ourselves and to each other...not further apart.



Nature Parks

The Sacred Gardens of Sarajevo...

This city is surrounded by lush green mountains in almost every direction. The heart of the city lies in the narrow valley of the Miljacka River with neighborhoods sprawling up the hillsides to the north, south, and east. Whereas most capitals require a significant drive to the countryside, one doesn't have to travel very far to reach pristine natural areas around Sarajevo. To the south, accessible by car – both cable and motor – is Trebevic Mountain. The thick evergreen forest provides not only fresh air but a perfect place

to beat the heat in the summer months. This protected area has a plethora of hiking and easy walking trails... and when it's time for a break there is no shortage of café's, restaurants, hotels and mountain huts scattered throughout the lush forest.

If one heads due north from the city center it's only a 20 minute drive before reaching the outskirts of Sarajevo's most wild and pristine nature parks – Skakavac. The park is named after Bosnia's largest all-year round waterfall where a small stream plunges 96 meters from



Skakavac Nature Park

a karst rock face. The hiking and walking in this area is superb and due to its isolated location and lack of human infrastructure, it is generally less crowded than the other parks in Canton Sarajevo. Skakavac is home to brown bears, wolves, deer, wild boar, grouse, fox, and more bird species than we can list here.

In the suburb of Ilidza is Sarajevo's most urban protected area. The Vrelo Bosne Park, meaning the source of the River Bosna, is a set of crystal clear water springs that are the starting point for one of the country's main waterways which traverses far north into the Sava and

Danube Rivers and eventually spills into the Black Sea.

The fourth nature park in Canton Sarajevo is about a 40 minute drive from the city center. Bijambare Cave is a karst complex completely engulfed in a sea of evergreen forest. From the parking area at the main entrance it is a pleasant walk to the cave complex or you can hop on a motorized tourist train that takes you near the main entrance of the cave. It's a great day trip from Sarajevo and yet another superb place to beat the heat on a hot summers day and enjoy this unique opportunity to dance in belly of the earth.





Mt. Trebević

Sarajevo's backyard playground

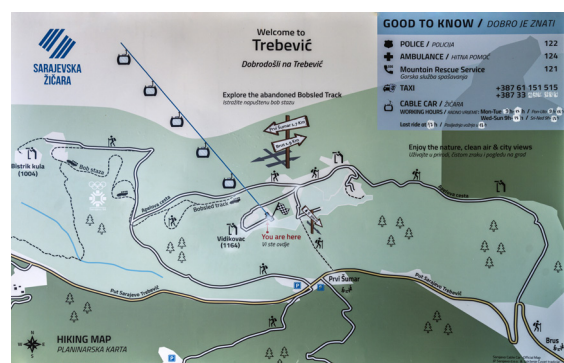
Mt. Trebević at 1,629m hovers over the city as its guardian. The steep slopes are a challenging trek from the city center but with the addition of the reconstructed zicara, or cable car, one can traverse up the mountain in a matter of minutes. As the natural backdrop to Sarajevo it would ill advised to miss the chance to see the magnificent views from one Sarajevo's most popular outing areas. At the top station is a restaurant and café with scenic viewpoints from the roof.

From the cable car station at the top it's a gentle and pleasant walk in either direction to restaurants, hiking trails, a handful of hotels, and the famous abandoned bobsled track that was used during the 1984 Winter Olympics. The ruins are a funky, graffiti ridden

remnant of the glory days of Olympic times. They are now popular with youth for skating and riding mountain bikes on the largely intact run.

There are several sport and recreation centers very near the cable car station where there are plenty of activities for all, including a small animal farm, rides, playgrounds, ziplines and lovely outdoor restaurants. There are dozens of great hiking and biking trails that zig-zag throughout the mountain for both novice and pro's alike.

Although not that high in altitude, the peak of Trebević is a robust and enjoyable two-hour climb along a well-marked trail through a lush evergreen forest with stunning views in every direction. Near the top is a mountain hut favored by hikers and a more rustic crowd. Many of the dirt tracks are used by mountain bikers as well.





Bijambare Cave

Sarajevo's largest cave complex

The area of the Bijambare Caves is a one of four protected zones in the Sarajevo Canton. Bijambare is 40 kilometers north of Sarajevo on the road to Olovo and Tuzla, just after the Nišićka Plateau. This 340-hectare park is well organized for visitors. There is parking for guests along the main road, a large picnic area, and a mountain lodge that offers accommodation and serves food.

The approach to the cave is lined with tall white pines. A thick forest carpets most of the park's territory. The Bijambare Caves are a small pocket of the large karst fields that cover most of Bosnia and Herzegovina, are part of the world's largest karst field. They extend for 420 meters into the belly of the earth. The ac-

cess is safe, well lit, and has a good path leading all the way to the end of the cave. There are four main halls with domed caverns reaching up to 30 meters in height. There is, it should be noted, a colony of bats within the cave. Luckily bat is never on the menu in this part of the world.

The tour of the cave doesn't last much longer than half an hour. Most still decide to make a day of it and enjoy the fresh air. Just to the right of the cave's main entrance is a small, short path leading to a shallow cave on the side of the hill. There is a picnic table and a fabulous view above the tree line. Most visit on warm summer days and are surprised at the drastic change in temperature inside. Be sure to bring a fleece or a jumper.

Vrelo Bosne

The Springs of River Bosna

Sarajevo's most urban protected area is the Vrelo Bosne park, which is the source of the River Bosna that traverses far north into the Sava and Danube Rivers that eventually spill into the Black Sea. The park, located in the suburb of Ilidza, is accessible by tram, car, bike, bus, foot or *fjaker* – one of the few places in Europe where horse and carriage are the preferred mode of transport. The Romans discovered this place thousands of years ago and has been a popular spot ever since. The spacious green area is perfect for long walks, picnics, chilling on the grass with a good book, or having fresh trout for lunch from the local fish farm. The crystal clear water is an accumulation from the vast karst fields of Bjelašnica and Igman Mountains above where it is all channeled into this amazing spring. Vrelo Bosne is a favorite spot for families with children as well as couples looking for a quiet, romantic stroll along the shade covered alley leading to the springs.



Skakavac Nature Park & Waterfall

*A hidden nature
oasis...*

Sarajevo is one of the rare European cities where such pristine nature can be found just a hop, skip, and jump away. Bosnia and Herzegovina's largest, continually flowing waterfall is just 12 kilometers due north of the city center. Skakavac Vodopad, or Grasshopper Falls, plunges 96 meters down a slippery limestone cliff.

The two-hour walk from the small village of Nahorevo (take local bus number 69 from Sutjeska Road to the end of the line) is a pleasant and easy one. The walk is marked with an occasional map and resting spots. At the halfway mark, there is a rustic café operated by a friendly man named Dragan. He serves coffee, herbal tea, and local spirits and a decent assortment of local food. From his place, there is a beautiful and well-marked circuit walk to just below the waterfall and then a steady climb above it for a birds eye view as well.

The source of the stream that creates Skakavac is only a few hundred meters away from the waterfall. The picnic area with tables and benches is a perfect resting spot for a break. The waterfall is deep in the forest and is home to an abundance of wildlife such as bears, wolves, deer, wild boar, fox, and many other creatures. There is a special energy in this park so be sure to tread lightly and to respect the "leave no trace" policy.



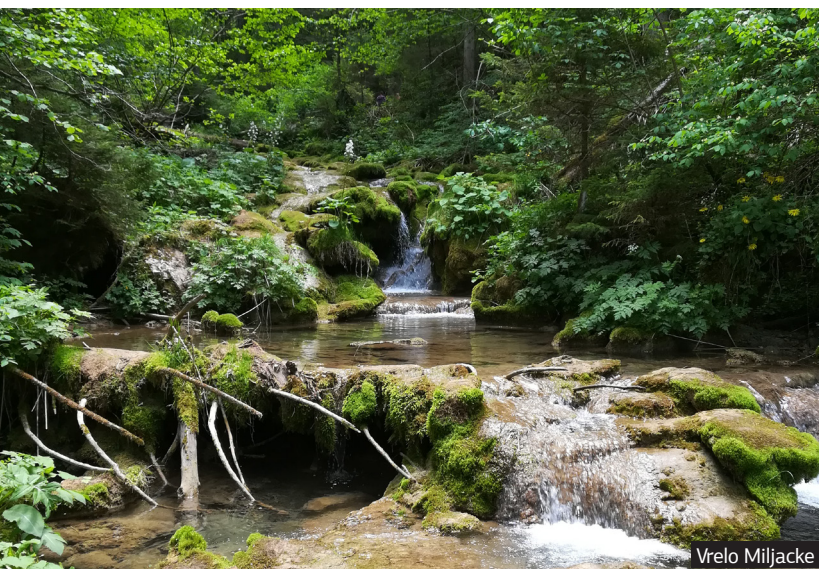




highlands



Mountain Hut



Vrelo Miljacke



Crepoljsko





Visočica Mountain



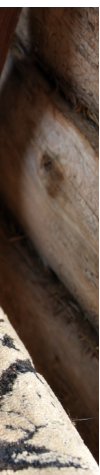
local handicrafts



Mt. Bjelašnica



Donje Biosko



Studeni Potok



Bjelašnica



The Via Dinarica Trail

Sarajevo's world-class hiking and mountain biking

The Via Dinarica is the world's newest long distance trail that extends the entire length of the Dinaric Alps from Slovenia to Albania. There are three trails – the White, Green, and Blue - all linked by world class hiking, biking, and rafting routes, offering a multitude of adventure flavors for adrenaline seekers and nature lovers alike. While the Green and Blue Trails are still under development, the main White Trail follows the highest spine of the Dinaric's as it weaves through a large part of the Western Balkans.

The natural wonders of the Via Dinarica are some of the most diverse, beautiful, and unexplored in Europe. The Dinaric Alps may be Europe's best kept secret for those drawn to the call of Mother Nature. The Via Dinarica mega trail links seven countries in the world's newest long distance adventure route through these

majestic mountains that National Geographic Traveler has named as a Best of the World in 2017.

On the Sarajevo region section of the Via Dinarica, both White and Green, the natural meets culture in enchanting ways. The still-thriving highland communities prove that no matter how remote you go, you're never terribly far from an adventure or a hot and hearty meal with a friendly local. Invading armies may have failed to conquer these mountains over the region's sometimes turbulent past, but the Via Dinarica will lead you along footpaths that take you right to the heart of their magic, aided by the expertise and hospitality of the still thriving highland communities. One of the most remarkable traits of the Via Dinarica, which sets it apart from other mega trails, is that it offers a rare glimpse into ancient cultures that have survived the manifold tests of time.



WHERE?



★★★ 3 TRAILS ★★★



WHITE
TRAIL



BLUE
TRAIL



GREEN
TRAIL

WHAT TO DO?



WHAT TO SEE?

THE VIA DINARICA TRAIL HAS:

AT LEAST
112
SECTIONS

2-7 HOURS
TO WALK EACH
SECTION

200
MOUNTAINS

240 PEAKS HIGHER THAN
2,000
METERS

20
NATIONAL
PARKS

OVER
2,200 km
OF RIVER FLOWS

19
WORLD HERITAGE SITES
UNDER UNESCO PROTECTION

**WHEN
TO VISIT?**
JANUARY - OCTOBER

www.viadinarica.com



Olympic Beauty...

Powdery excitement that reignites the Olympic Spirit

These two adjacent mountains – about 25 kilometers southwest of Sarajevo – were unable to avoid fighting during the last war. That's the downside. The upside: the centers are again running full tilt. At both, infrastructure is improving or built anew on a yearly basis. And, like their cousin Jahorina to the east, each provides a slightly retro – yet completely safe and modern – skiing experience. For year-round nature lovers, it is important to note that Bjelašnica and Igman are within the boundaries of a new national park that will soon be unveiled.

Bjelašnica, which kept world-

wide TV viewers on the edge of their seats with the men's alpine events in 1984, is arguably the gnarliest of all Sarajevo's mountains with regard to sheer grade. The 2,067-meter mountain has six runs and six lifts. And, like Jahorina, Bosnian hospitality and great lunchtime or après-ski grub make this worth the trip alone. Its highest peak, capped by Opservatorija, reaches 2,067 meters. It is the oldest meteorological station, built in 1894, in the Balkans. Bjelašnica got its name – bijelo means white – because of the white stone that can be seen in the summer...and because of its snowy summit in winter.

A typical day at Bjelašnica will have you cruising down the groomers for a few warm-up runs before hooking up with locals for back-country-esque rides in and out of the trees. When you need a break, bump runs in light powder await. After, pita, beans and sausage, and beer will have you refueled for night skiing.

During the winter, which lasts from November until May, there is usually several meters of snow on Bjelašnica. New slopes have been added and with a new ski lift the mountain once again attracts Sarajevans and ski lovers from around Europe to revisit its old glory.



Cruising from 2,000 meters to the 1,200-meter base is a spine-tingling experience on her steep slopes. Ski lift tickets are extremely cheap compared to some other ski centers in Europe. Ski lifts – six total – have almost no lines. The crowds are even thinner for night skiing. There are many apartments for rent as well as a handful of excellent hotels and restaurants to round off the offer. The summer also has a lot in store for nature lovers of all kind. It is great hiking and mountain biking terrain with a plethora of fun attractions in the vicinity.

Of the two places, the 1,502-meter Mount Igman is gentler. This is a good place to test out your coordination if you are a beginner or get your legs back in shape if it has been a while since you strapped on the boards. There are children's lifts and bunny slopes. If a cardio workout is what you are after, this is the prime spot for cross-country skiing.





Bjelašnica Highlands

A window to an ancient past

This area is actually a meeting point of three mountains. It is commonly referred to as Bjelašnica but in reality it is where Visočica and Treskavica Mountains merge with Bjelašnica near the entrance to the Rakitnica Canyon.

Just 30 years ago, the highland villages of Mt. Bjelašnica, Visočica and Treskavica were populated by some of the last trans migratory populations in Europe. The semi-nomadic shepherd lifestyle practiced here since pre-Roman times abruptly came to end with the war in the early 1990s. All but one of the 20 precious medieval villages were razed to the ground, drastically transforming a continual highland culture of over 2,000 years. Some of these ancient traditions

have survived, however, offering a unique window to an ancient indigenous past.

Today, they offer a blossoming eco and village tourism movement in many areas. Umoljani and Lukomir are the most attractive of Bjelašnica's villages. Other settlements like Sinanovići, Šabići, Brda, Bobovica and Ledići are also popular destinations either as a base for a hike to the surrounding peaks or for a pleasant walk and a meal. The villagers are exceptionally hospitable. Visitors will find the modest and traditional lifestyles and customs representative of Europe's ancient past.

Nearly nowhere is the symbiosis of cultural and natural heritage as predominant as in the high alpine meadows these shepherds and small-scale agriculturalists call



home. The natural landscape of the Bjelašnica highlands is no less than astounding. The terrain is great for hikers, walkers, and mountain bikers. With stunning vistas in every village and well-established hiking trails, spending time on Bjelašnica suits visitors of all types. The seemingly endless maze of gravel roads makes it an ideal destination for mountain biking as well. For that reason National Geographic Traveler named this area as a top 10 mountain bike destination in the world in 2017, Whether you're simply up for a beautiful drive and a traditional meal in the mountains or looking for something more adrenaline-filled – Bjelašnica will not disappoint.



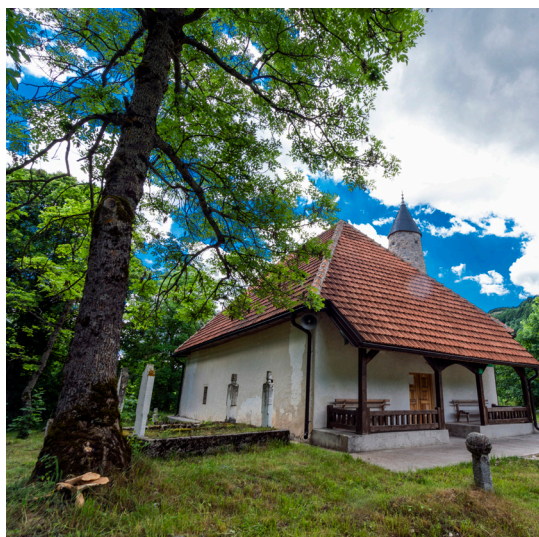
Umoljani

The Dragons Den

Umoljani apparently got its name from an old legend. Legend has it that a dragon was terrorizing the local shepherds and attacking their sheep. The serpentine stream called Studeni Potok, just over the hill from present-day Umoljani, was supposedly carved out by the dragon's tail. When the holy man went out to confront the dragon, he asked the villagers to pray. On his way towards Studeni Potok, he confronted the dragon and, with a prayer, froze the dragon in the stone. A red-tail-like swirl can be seen on the rock faces near Gradina, the summer shepherd village in Studeno Polje just above Umoljani. One translation of Umoljani is "in prayer."

Umoljani certainly hasn't lost its magic. This tiny highland settlement sits between the rough, raw and arid valley of Dugo Polje and the conifer rich forests that line Studeno Polje towards the great gorge of Rakitnica. It is perfectly situated on the tripod of Bjelašnica, Visočica and Treskavica Mountains. The hiking and snow shoeing is superb with circuit trails that give you a little bit of everything year round – alpine meadows lined with wildflowers, the serpentine topography of Studeni Stream, the 22 cascades where the stream tumbles 400 meters into the Rakitnica Canyon. On the other side are the seven mills that are fed by an ever-flowing spring. The village is one of the few that has realized its potential as an oasis for nature lovers. So whether it's a pleasant walk in nature with your better half or a fun & safe day trip with the kids, you can't go wrong in Umoljani.

Being only a 45 minute drive from Sarajevo's city center makes it even more special. The stunning beauty of this true wilderness at 1,350m is matched with the warm hospitality of the Bosnian highlanders. There are four traditional eateries and two B&B establishments in Umoljani. It is best to order food (especially homemade pita) before you go on your hike/walk so it's ready for you upon your return.









Lukomir

The last of the Indigenous highland lifestyles

There aren't adequate words to describe Bosnia and Herzegovina's highest and most remote permanent settlement. Lukomir, literally translated, means oasis of peace. Teetering on the edge of the awe-inspiring Rakitnica Canyon, this was the only village on Bjelašnica's Sarajevo area spared from the war. The traditional architecture here has largely been preserved and with the new declaration by the Commission for the Protection of Cultural and Historical Heritage, Lukomir may have a chance to preserve and protect its unique medieval structure. Lukomir is part of the last few remaining trans migratory cultures in Europe, where semi-nomadic highland shepherds would move throughout the high Alpine plains with their flocks for summer grazing. Dozens of permanent settlements in the high mountains around Sarajevo are a result of this ancient practice. With much of that culture well-preserved, it offers an exceptionally unique opportunity to see, feel and taste what a medieval European highland village would resemble.

In Lukomir, the women still wear the traditional attire their mothers and grandmothers wore. The lifestyle is humble and hard. These highland shepherds spend most of the non-winter seasons caring for their flocks, working the land and preparing for the long and difficult winters. Most things here, including farm tools, are handmade. The homes are built from stone with hand-carved, wood-shingle roofs where the attics are used to store food supplies for the long and harsh winters.

Even just getting there is an adventure in itself. The long drive through Dugo Polje to reach Lukomir is one of the most beautiful mountain roads in the country. Winter access is not possible by car and the roads are often blocked well into spring. The most attractive way to enter the village, though, is by foot. The Via Dinarica trail from Umoljani offers just that.



Food Glorious Food

The best way to a Bosnian's heart is through their stomach. Sarajevans love good food and although the menu in the rural and mountain areas isn't sophisticated, you can be rest assured that it's natural and more often than not organically grown. Menu items such as veal stew and fritters with cream cheese are favorites almost anywhere you visit in the mountains.

The pita, or pies from cheese, spinach, potato or meat are also high on the list of most sought after meals. The clean air, lush forests, and great drinking water definite wets one appetite when visiting the mountains around Sarajevo. So even if you've gone for the day for a good hike, be sure to leave yourself time to sit and enjoy the delicious and hefty delights of highland cuisine.





Accommodation

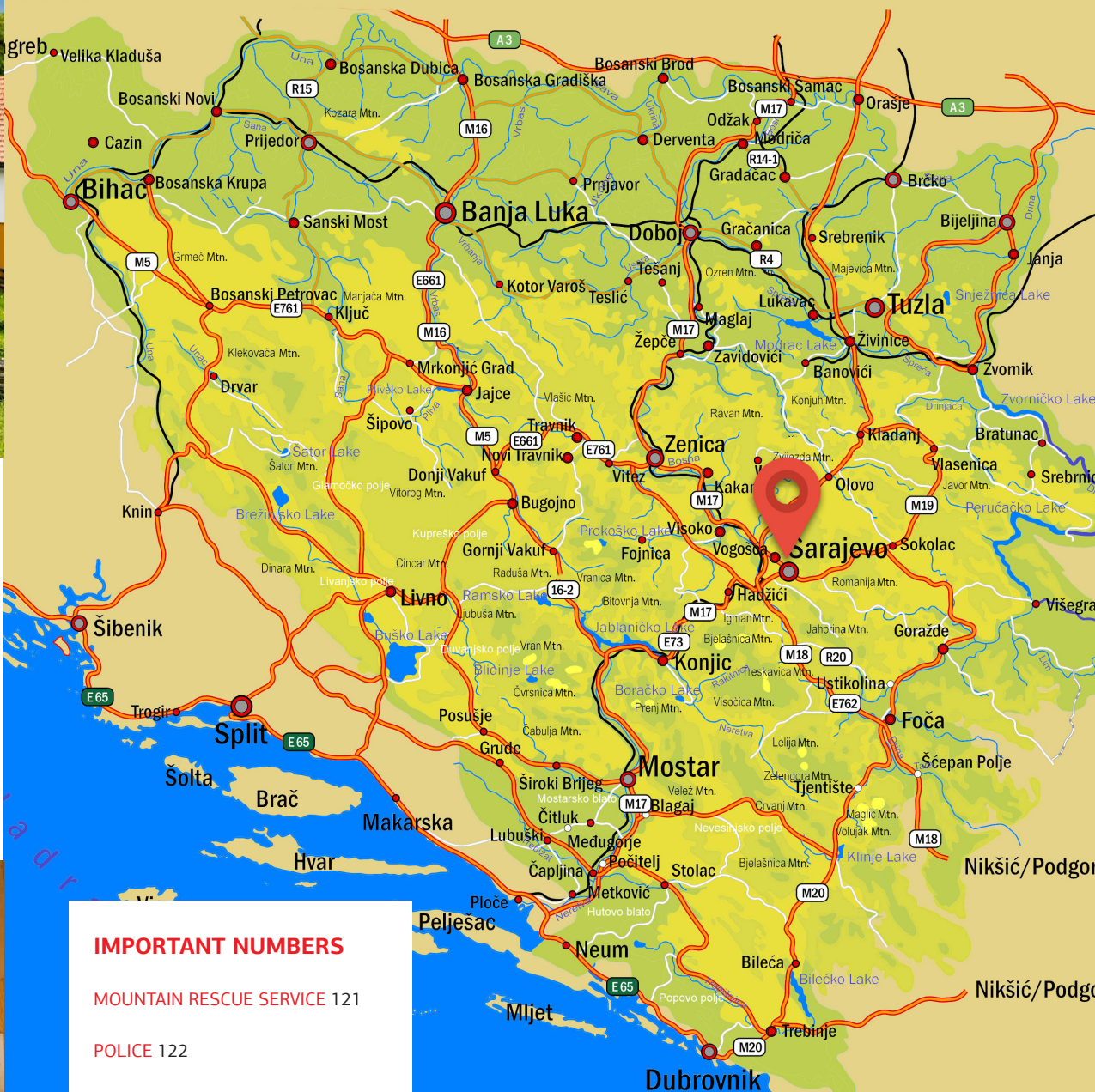
Finding your sweetest dreams

There is a wide range of accommodation facilities in mountainous areas around Sarajevo. Trebević and the Bjelašnica Ski Center have the best hotel accommodation facilities. Other areas have plenty of B&B's, small mountain lodges, and farmsteads that are usually basic but clean and cosy. Prices vary from location to location. Visitors are strongly encouraged to

support small, family-owned and operated B&B's for the most authentic experience. there are several higher end hotels with top-notch facilities to accommodate your every need. Most facilities can be found on [booking.com](https://www.booking.com) and please visit our website at www.visitsarajevo.ba for the most comprehensive information on Sarajevo and its surroundings.



Bosnia and Herzegovina



IMPORTANT NUMBERS

MOUNTAIN RESCUE SERVICE 121

POLICE 122

FIRE 123

EMERGENCY 124

ROADSIDE S 1282/1288

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