

Map of hiking trails in the municipality of Bar with the basic information about cycling, canyoning and sport climbing opportunities.

shores magical between HIKING

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Important telephone numbers

Police 122	Fire department 123	Ambulance 124
Tourist call center Montenegro 080/001-300	Post 033/301-305	19807
Help on the road 020/655-183	Railway station Bar 030/301-615	Railway station Sutomore 030/301-692
Bus station Bar 030/346-111	Hospital "Blažo Orlandić" 030/342-333	Auto Moto Association of Montenegro 19807 / 020/234-999

Hiking: Sportski planinarski klub Rumija, tel: +382 69/979-090, +382 69/066465 (Viber, WhatsApp)
 e-mail: plkmijajar@gmail.com
<https://www.facebook.com/planinarski.klubrumijajar>

Biking: AMSK Sutorman, tel: +382 68/031-659, e-mail: trifkeracing@t-com.me

Kanyoning: Black stone, canyons Montenegro, tel: +382 69/979-090 (Viber, WhatsApp), +382 68/984-958 (Viber, WhatsApp), e-mail: blackstonemc@gmail.com, <https://www.facebook.com/blackstonecanyons/>

Sport climbing: Climbing team "Kunora" tel: +382 68/123-498, e-mail: pk.kunora@gmail.com

Hiking trails

- hiking trails
- hiking trail - Coastal - Mountain Transversal (PPT)
- start / end of one or more hiking trails
- number of hiking trail

LM 763 Trail code and difficulty level in Mountaineering association of Montenegro register
 NM 771
 LM 786 blue=easy red=moderate black=difficult

← distance ↗ ascent ↘ descent ↖ high point ↗ low point

- kanyoning trails
- kanyoning trail starting point
- the starting point of the bike path
- sport climbing sites

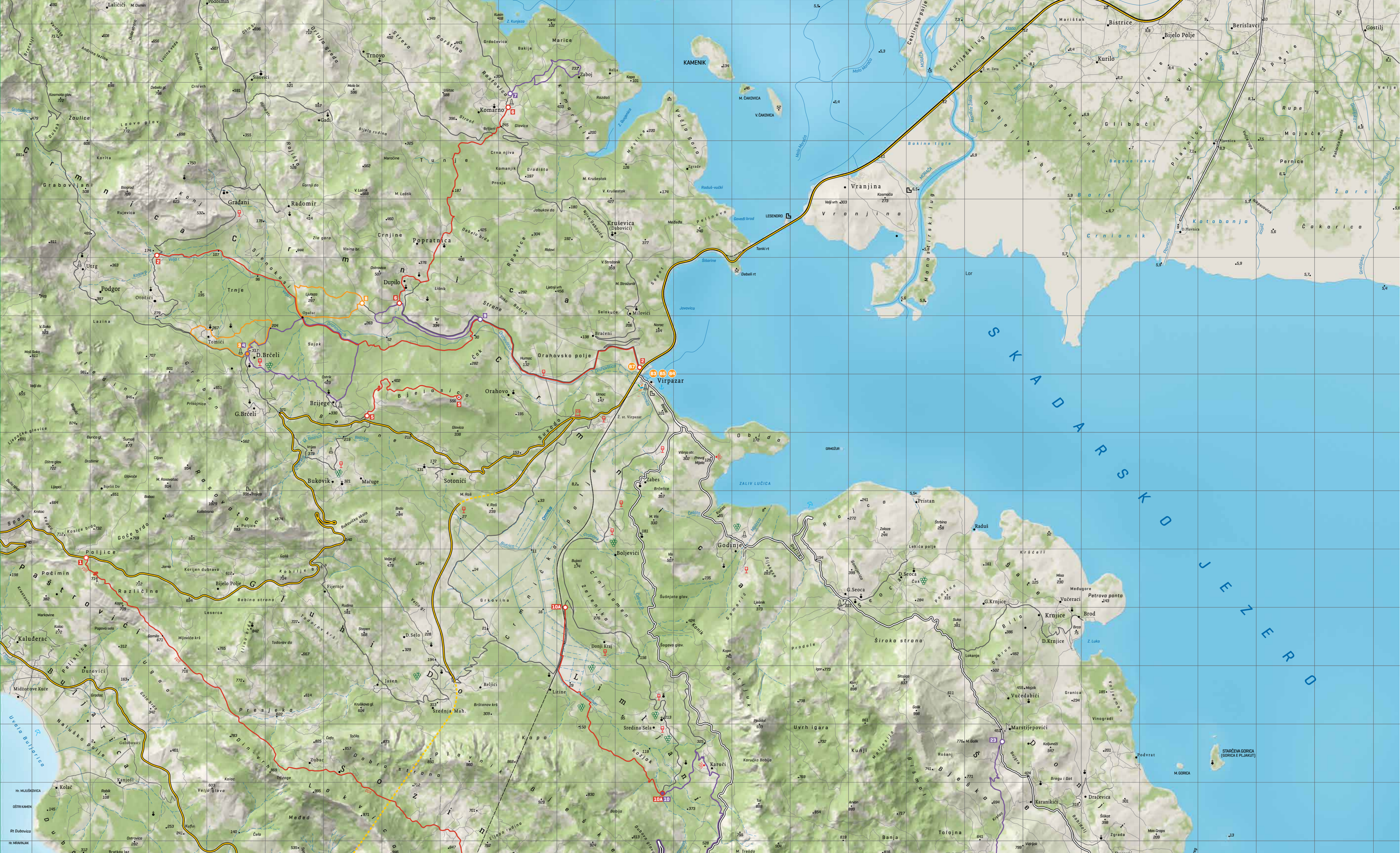
Road network

- main roads
- local roads
- other roads
- streets
- paths
- tunnel
- railway line
- railway tunnel
- church; mosque
- fortress
- monument
- mountain peak
- lookout
- vineyards
- winery
- post office
- port, dock, marina
- beach
- petrol station
- Info point TO Bar

Surfaces

- build up areas
- forests/grasslands
- rockier/bare soil

Scale
 1:33 000 1cm = 333m
 0 1 km



Hiking and trekking between two magical shores

Due to its unique position between the lake and the sea, the Bar municipality offers exceptional hiking trails. The natural and cultural landscape, wine and gastronomic offer and endemic mountain flora complete the mountaineering experience.

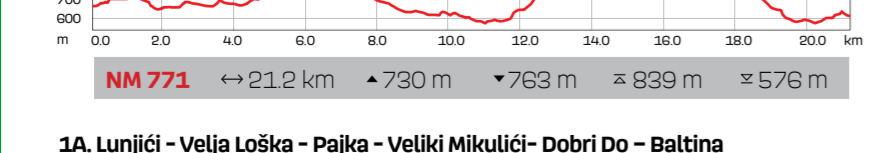
All trails listed in this map are properly marked and maintained so that they can be followed without the assistance of a guide. The trails are classified by difficulty into three categories: blue=easy, red=medium and black=difficult. All trails, except for some shorter sections at higher altitudes, are covered by the GSM network. Local mountaineering clubs regularly organize guided hiking tours - information can be found on their websites and social networks. They also offer the services of a licensed guide by arrangement. Visits to the canyons are not possible on your own.

Use the trails at your own risk!
 Every activity in nature carries with it a certain danger. Approach the tour prepared, behave according to the rules and follow the marked trails.

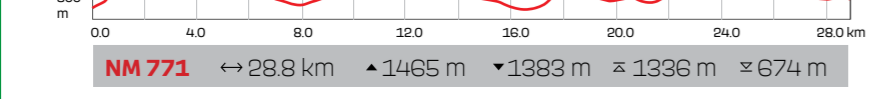
Coastal-Mountain Transversal

These two trails are part of the Coastal-Mountain Transversal (Primorsko planinska transferazla-PPT) which extends to mountain ranges along the entire Montenegrin coast. From Herceg Novi to Bar. Due to the length and significant height differences that are needed to be overcome, they are among the most demanding trails in the territory of Bar Municipality. Whether you choose them as part of a multi-day adventure on the PPT or as independent sections, they will provide you with an exceptional trekking experience: fantastic views of the sea and lake coasts, mountain passes, pine and hornbeam forests with endemic flora at the points where the Mediterranean and the continent meet. Several trails in the area of Bar are connected to the PPT.

1. Paštrovačka gora - Kapa 709 mnv - Gomila 671 mnv - Preseka - Tri roge - Sozina - Popov Do - Doleza - Sutorman (pass)



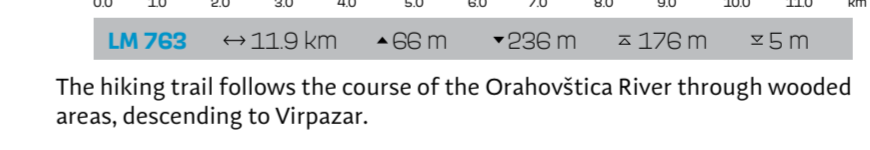
1A. Lunjići - Velja Loška - Paljka - Veliki Mikulići - Dobri Do - Baltina - Bijela Skala - Čukuljleri - hunting lodge - Sutorman (pass)



Around the Orahovštica River

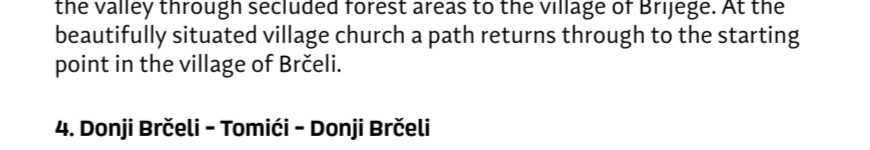
North of the Crmnica valley there are several easy trails that branch from the valley of the Orahovštica River. The whole area, rich in forest and water, is characterized by the unique picturesque landscape of the Crmnica region. This area is well known for its wine but also for its rich cultural heritage. Several old monasteries with frescoed churches are located in the immediate vicinity of the trails.

2. Podgor - Senokos - Opačac bridge - Virpazar



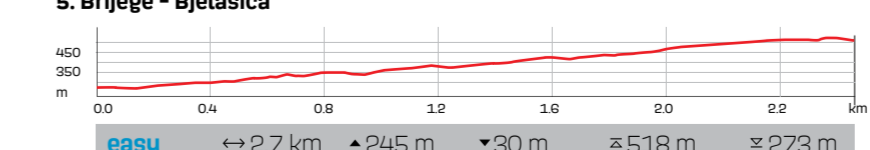
The hiking trail follows the course of the Orahovštica River through wooded areas, descending to Virpazar.

3. Donji Brčeli - Opačac bridge - Brijege - Ojnhici - donji Brčeli



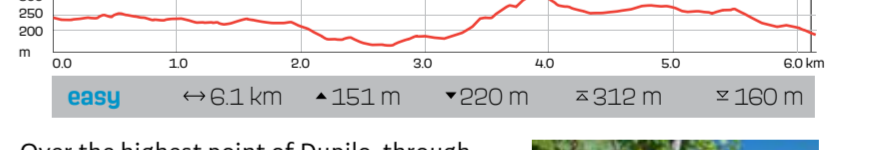
Circular hike from Brčeli Monastery to Opačac. The path leads out of the valley through secluded forest areas to the village of Brijege. At the beautifully situated village church a path returns through the starting point in the village of Brčeli.

4. Donji Brčeli - Tomići - Donji Brčeli



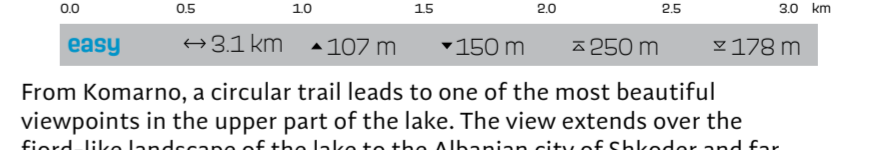
A short, leisurely, circular route from the village of Brčeli to the neighboring village of Tomići. Past the beautifully framed Vrelaza springs in Tomići, you take the narrow road back to Brčeli.

6. Duplo - Popratnice



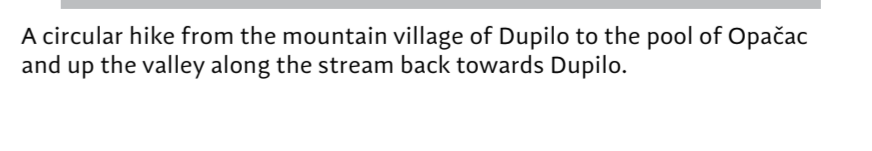
Over the highest point of Duplo, through the settlement of Popratnica, the path leads into a wooded area towards the village of Komarno, which itself lies high above Skadar Lake. The view towards the lake opens up from impressive karst rock slabs, that make up the surrounding area. From there, it is possible to continue towards the mill village of Posejani and Rijeka Cnojevića at the beginning of the lake.

7. Komarno - lookout Zabož



From Komarno, a circular trail leads to one of the most beautiful viewpoints in the upper part of the lake. The view extends over the fjord-like landscape of the lake to the Albanian city of Shkoder and far into the mountainous regions of the north.

8. Duplo (Šupija stijena) - Opačac - Vrelaza - Duplo



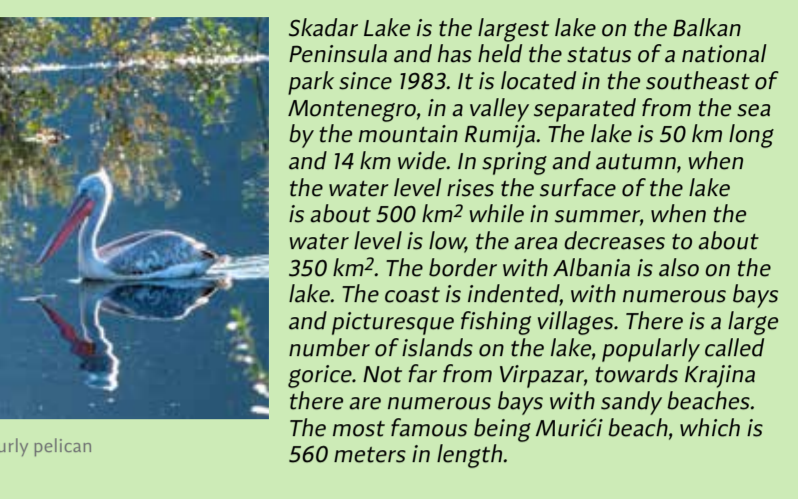
A circular hike from the mountain village of Duplo to the pool of Opačac and up the valley along the stream back towards Duplo.

9. Babin most - Duplo - Babin most



A circular hike on the south-facing side of the valley to the mountain village of Duplo. A detour down into the meadow leads to a beautiful naturally-formed pool with a waterfall.

Skadar Lake and National Park



View of Virpazar and Skadar Lake

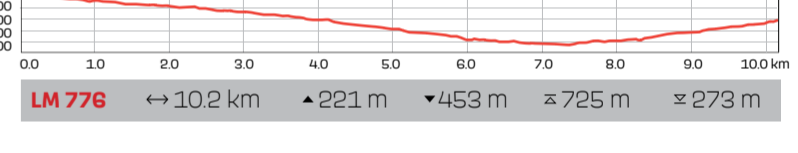
Skadar Lake is the largest lake on the Balkan Peninsula and has held the status of a national park since 1983. It is located in the southeast of Montenegro, in a valley separated from the sea by the mountain Rumija. The lake is 50 km long and 14 km wide. In spring and autumn, when the water level rises the surface of the lake is about 500 km² while in summer, when the water level is low, the area decreases to about 150 km². The border with Albania is also on the lake. The coast is indented, with numerous bays and picturesque fishing villages. There is a large number of islands on the lake, popularly called goric. Not far from Virpazar, towards Krajinja there are numerous bays with sandy beaches. The most famous being Murići beach, which is 560 meters in length.

The Lake has a unique ecosystem with a large percentage of wetlands. 280 species of birds live, nest or spend winter on the Lake, so it has the status of an Area of International Importance for the State of Birds (IBA) and is on the World List of Aquatic Habitats of International Importance (RAMSAR). The Park is home to 48 species of fish, 50 species of mammals, numerous amphibians, reptiles and insects. Skadar Lake has rich culture and history, as backed up by numerous archaeological sites, medieval monasteries and churches, fortifications and rural architecture (fishing villages, old bridges, mills and wells). The main and starting point for visiting the lake and the national park is Virpazar, 28 km from Podgorica and 30 km from Bar. At the info point of the tourist organization of Bar in Virpazar you can get all the necessary information to organize your visit.

Following The Route of the Narrow-Gauge Railway

From the Sutorman pass, there are two inter-connecting paths. The first one follows the route of the old railway line that once connected Virpazar with Bar and in the second stage, it traverses a wooded area and reaches the upper part of the village of Limljani. From there, the second, less challenging path separates from the local road and descends the northern slopes of Sozina to the railway station in the center of the Crmnica Valley. There are several sources of drinking water on the trail and in Limljani there are numerous wineries that, in addition to wine, also offer local food.

The north-western slopes of Sutorman and the village of Limljani



10. Sutorman - Karući - The middle of the village - Limljani - Litine



10A. Litine - Limljani - Railway station Crmnica

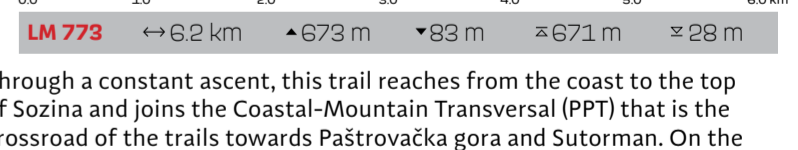


Coastal side of the Rumija mountain massif

From the beach to the top and back

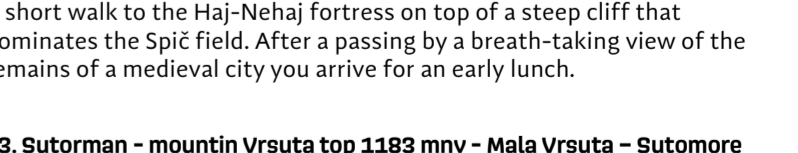
Several extraordinary trails are located in the central part of the Bar municipality, with the mountains Sozina and Vrsuta as the main destinations, that can be approached from several directions. They differ in difficulty from very light, half-a-day tours to those that require a significant investment of energy and time.

11. Sutomore - Sozina - Popov Do - connection to PPT



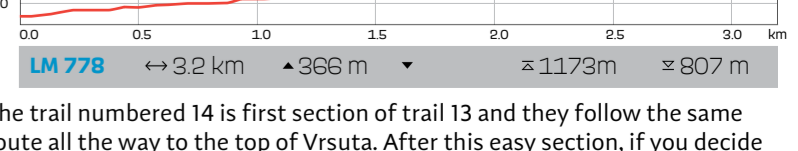
Through a constant ascent, this trail reaches from the coast to the top of Sozina and joins the Coastal-Mountain Transversal (PPT) that is the crossroad of the trails towards Paštrovačka gora and Sutorman. On the very top of Sozina you will find a water cistern and a Second World War memorial, as well as an exceptional view of the Adriatic coast.

12. Sutomore (Zagrade) - Nehaj Fortress



A short walk to the Haj-Nehaj fortress on top of a steep cliff that dominates the Spil field. After a passing by a breath-taking view of the remains of a medieval city you arrive for an early lunch.

13. Sutorman - mounin Vrsuta top 1189 mnv - Mala Vrsuta - Sutomore



The trail numbered 14 is first section of trail 13 and they follow the same route all the way to the top of Vrsuta. After this easy section, if you decide to continue, there will be a more demanding descent to the sea shore. An extremely picturesque landscape with a view of the Adriatic coast and the endemic flora of Vrsuta make it one of the most attractive trails.



Boats in Virpazar



Vineyards in Crmnica



"On two magical shores" Panoramic route

For those who want to get to know the attractive hinterland of the Bar municipality by car, the panoramic route "On two magical shores" is the right choice. It leads through the picturesque landscapes of the southern shore of Skadar Lake, over mountain passes and through the town of Bar. You will move mainly through local, less frequent roads that allow a unique experience of an authentic natural and cultural landscape. At several prominent points there are lookouts with tourist signage and relevant information. The lookouts have been built in places that offer an impressive view of the natural sights of the rugged shores of Bar: in Godinje, Murici, Livari, Stegava, Tudemili, Sutorman and Limjani. You can start your adventure on this 115 km long circular route at any point and in any direction. Heading from Bar in the southeast direction, it takes you on a local road through Pečurica to Vladimir, from where it climbs to the Stegava pass on the border with Albania and then follows the lake shore all the way to Virpazar, from where it climbs over the Sutorman pass and descends into Bar.



Staged lookout

Cycle paths

Trails on local roads
Several bicycle paths, of different lengths and demands, lead through the picturesque landscape of the Bar hinterland using roads that are not congested with traffic. The mild climate allows the use of most trails throughout the year. The routes of these trails mostly follow the tourist panoramic route and are not specifically marked on the map.

- B1.** River Crnojevića - Virpazar - Ckla 65 km | ascent 470 m
- B3.** Virpazar - Crmničko polje - Virpazar 17.5 km | ascent 260 m
- B4.** Virpazar - Limjani - Bojčevići - Virpazar 20 km | ascent 375 m
- B5.** Virpazar - Sutorman - Bar 34 km | ascent 730 m

Off-road biking

The biking path in the valley of the river Orahoštica follows hiking trail number 2 from Virpazar to the Opačač Bridge. The trail on Sutorman has an exciting downhill stretch that will test everyone's cycling skills. Every year a mountain biking competition is held here.



Sutorman descent

- B7.** Virpazar - Orahoštica - Opačač bridge 8 km | ascent 120 m
- B8.** Sutorman 1.7 km | downhill 263 m

Canyons

The offer of canyoning in the hinterland of Bar is relatively new and increasingly popular, especially considering that the canyons are located in the immediate vicinity, which makes the southern slopes of Rumija the densest canyoning zone in the region. According to their characteristics and requirements, they are very high on the list and are reserved only for organized access accompanied by a licensed guide whose services and equipment you can obtain through local mountaineering clubs.



Medurječje canyon

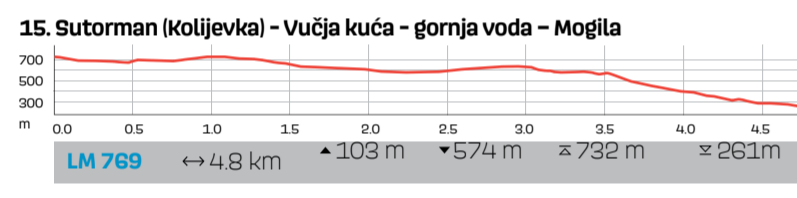
- K1. Bunar/Rikavac**
In the immediate vicinity of Stari Bar is the source of the river Bunar (Rikavac). At about 800 meters of the most attractive part of the canyon with a height difference of 380 m, you will find 7 exciting verticals up to 10 m high. After several smaller waterfalls and pools, the last part offers bigger challenges and a stronger waterfall. Real enjoyment for all nature lovers, the possibility of trekking for all ages and family groups. It is possible to pass throughout the year. The time required for the passage is 1:30-3h.
- K2. Suva rijeka**
The beginning of the Suva rijeka Canyon is located near the village of Mali Mikulčić. In the second part of the canyon, there are several exciting verticals to end at the old dam and bridge on the Suva rijeka. The canyon, about 3 km long, is less demanding than Vruća rijeka and Medurječje, but it is also very attractive. Due to its basin configuration (it dries up early), passage through the canyon is possible only in early spring.
- K3. Vruća Rijeka**
The Vruća Rijeka Canyon is certainly one of the most impressive canyons in the area. Visible from the city center, to the entrance to the canyon leads the old macadam road through Veliki Mikulčić. The starting point is from the village of Gornji Mikulčić where there is a parking lot for vehicles, just above the entrance to the canyon. It takes 9 to 12 hours to cover 6 km of the canyon.
- K4. Međureč**
Medurječje is located in the village of the same name on the southern slopes of Mount Rumija, on the border of the municipalities of Bar and Ucinj and is the most attractive location for canyoning in Montenegro. It is two kilometers long, during which it is necessary to overcome more than 12 verticals, the largest of which is 30 meters. The time required for the trip is between 3:30h to 7h.

Between Sutorman and Rumija

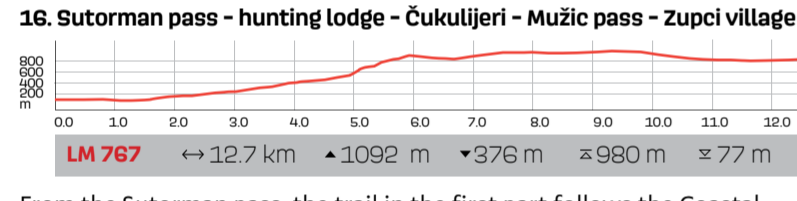
Bounded by Sutorman, Kunora and Rumija, this area is full of interesting and diverse contents that make all the offered trails very attractive. The richness of forests and water, scattered villages, streams, bridges and churches. Olive groves on the lower elevations crown the beautiful view in all directions throughout the trail.



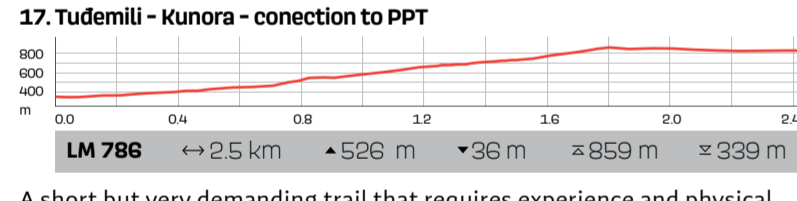
The central part of the massif of Rumija above the village of Tudemili



An easy hiking trail that descends from the slopes of Sutorman to Sušanj. The exceptional view of the coast and the shade of the hornbeam forest through which it passes for the most part make it suitable for everyone.



From the Sutorman pass, the trail in the first part follows the Coastal-Mountain Transversal, and after 6.5 km from the Mužić pass, which offers a magnificent view of the coast, it separates to the south, descending towards Bar. The trail passes through beech and pine forests, next to old villages, the Ribnjak monastery and the church of St. John.



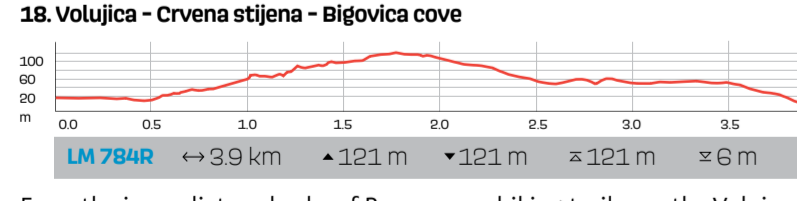
A short but very demanding trail that requires experience and physical readiness that climbs steeply over exposed cliffs from the village of Tudemili to Kunora, connecting to the Coastal-Mountain Transversal. The possibility of replenishing water along the way does not reduce the difficulty of this trail.

From the City

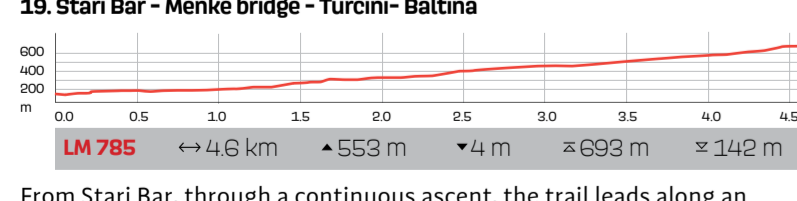
Several easy or moderately demanding trails start in the immediate vicinity of the town of Bar and Stari Bar. They alternate natural attractions with cultural and historical heritage. Easily accessible and relatively short, so if you are already in Bar, they are suitable for last minute departures.



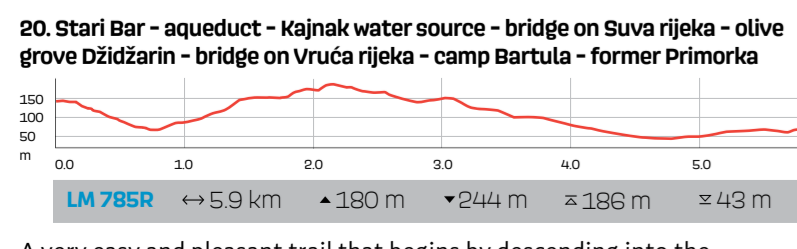
Stari Bar and Rumija mountain massif



From the immediate suburbs of Bar, an easy hiking trail over the Volujice hill descends to two main attractions: Red beach and Bigovica Cove.



From Stari Bar, through a continuous ascent, the trail leads along an attractive route, partly through the Bunar riverbed itself. Here, the visitor will come across old bridges, whirlpools and waterfalls. The end of this trail is on the local road from where several other trails begin in the direction of Rumija and Bijela skala and further towards the lake shore.



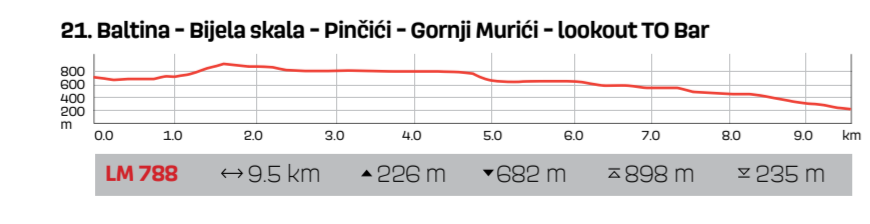
A very easy and pleasant trail that begins by descending into the spectacular canyon of the river Bunar on the west side of Stari Bar. Across old bridges and through thousand-year-old olive groves, next to the Kajnak spring and the Bartula camp, the trail follows the slopes of the hill, descending towards the valley of Bar. Also along the way, you will find there a unique natural monument - a two and a half millennia old olive tree.

From one shore to the other

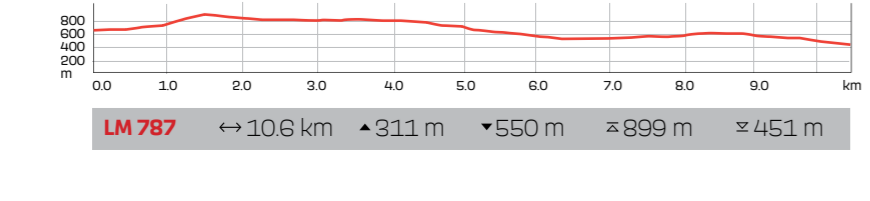
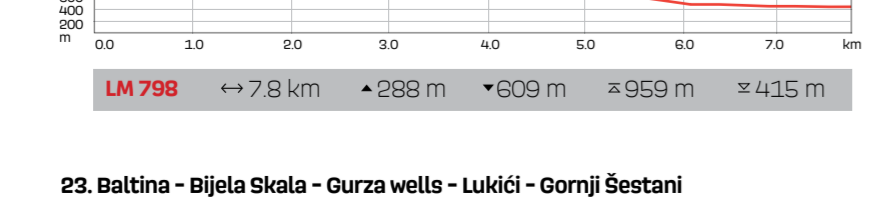
Three trails connect the sea and lake shores of Bar across the White Rock pass, bypassing the peaks of Rumija. It is possible to use them from both directions. On the seaside, all three trails start from Baltina, from the point where trail no. 19 ends so there is a possibility to include this trail in the itinerary and extend the adventure for another 4.6 km. All three trails offer an experience of the complete Bar continental climate and natural features. Chestnut and hornbeam forests, numerous passes and lookouts, as well as rural architecture - anything can be found along these trails. The experience can be complemented by local specialties in the villages on the lake side.



The chestnut forests of the Krajina region

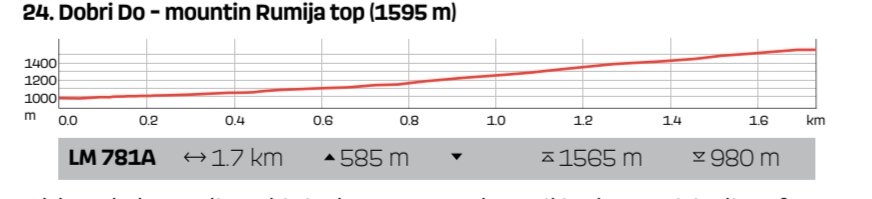


Although demanding, this is the most popular trail in the municipality of Bar. The reason for its popularity, in addition to the mentioned symbolic significance of Rumija, is certainly that it is the highest point of the entire mountain massif and the best lookout point in the wider area of Montenegro, which includes the entire coast and Basin of Skadar Lake. The trail begins with a gentle ascent through a sparse forest from Dobri do. Later the trails becomes increasingly steeper and reaches a pass on the east side of the peak followed by a rocky but relatively short section leading to the top.

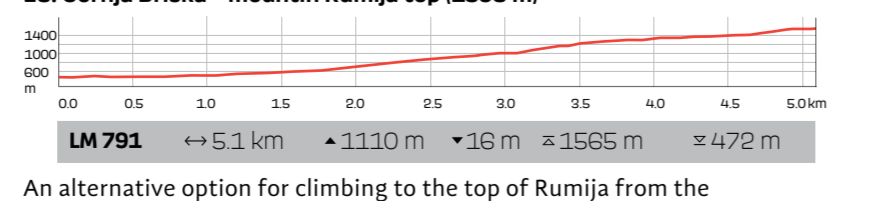


To the top of Rumija

Mount Rumija has a special status in the spiritual and cultural identity of the local people. This mythical mountain has long been a unifying symbol in the collective consciousness and cultural memory of the inhabitants of Bar. The ascent to Rumija is for many a special, almost ritual act of uniting with the spirit of this ancient Mediterranean location.



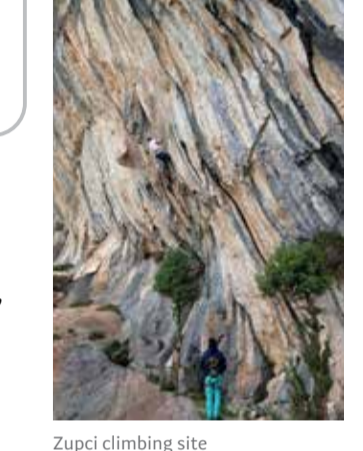
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An alternative option for climbing to the top of Rumija from the northeast from the direction of Krajina. The wooded and gentle landscape at the beginning of the trail is quite different from the exposed south side of the mountain. The trail starts from the picturesque village of Gornja Briska and the forest of sweet chestnuts. Through a steady climb of over 1000 m up to the top of Rumija your efforts are rewarded with a beautiful view of the Adriatic coast.

Sport climbing

There are currently 3 climbing areas and one bouldering zone in Bar. All three climbing areas are located just a few kilometers from the city and are easily accessible.



Zupci climbing site

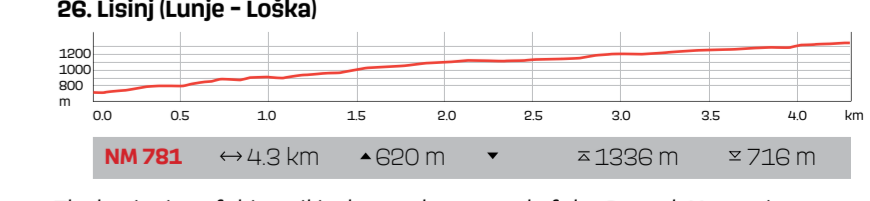
- F1** - Stari Bar climbing area with 29 directions from 5 to 9a, ideal for advanced climbers and professionals.
- F2** - Menke climbing area with 9 directions, grades 4 to 6b, ideal for beginners.
- F3** - climbing site Zupci with 15 directions from 3 to 9 suitable for everyone.
- F4** - bouldering zone Red Beach, with over 40 routes for bouldering.

On the very South

The southernmost part of the mountain massif of Rumija is the Lisinj Mountain, which dominates the view of Bar to the east. It is characterized by a harsh karst landscape. From the top there is a nice view to the south - to Ucinj, the river Bojana and further to the Albanian mountains.



Mount Lisinj



The beginning of this trail is the southern portal of the Coastal-Mountain Transversal (PPT). From the village of Lunje, the trail leads through a forest that very quickly gives way to the sparse highlands of Lisinj. The trail goes through rocky terrain on the south side of the mountain, which offers a beautiful view in all directions. The dramatic landscape of the southernmost Montenegro mountains is complemented by stone walls enclosing small grassy valleys.