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2023

NIŠ ADVENTURE

NEW EXPERIENCE

DREAM / DISCOVER / ADVENTURES

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DREAM TO DISCOVERING

The city of Niš, extraordinary and authentic, occupies an extremely favorable geographical position, which offers a magical experience to all who love being in nature.

It is located 237 kilometers southeast of Belgrade on the river Nišava. Niš was one of the administrative, military, and trade centers of various states and empires to which it belonged during its long history. Roman emperors Constantine the Great and Constantius III were born in the area of today's Niš, in the ancient city of Nais. The geographical position of Niš made it a strategically important and thus an attractive city for many invaders. In the course of history, the Dardanians, Thracians, Illyrians, Celts, Romans, Huns, Avars, and then the Byzantines, Serbs, Bulgarians, and Ottomans passed through the

territory where today's city is located. The influence of different people who lived on the territory of today's city of Niš can be seen in the cultural heritage, and its architectural diversity.

The traffic infrastructure on the territory of Niš makes it a crossroads of land and air traffic in the Balkans, which is why the international airport Constantine the Great is located on the territory of Niš, which bears the international designation INI.

If you are curious and eager for adventure, Niš and its surroundings have so many hidden and amazing landscapes that you have not discovered yet.

It is located in the Nišava basin, embraced and protected by the ridges of Suva Mountain in the east, the gentle hills of Seličevica in the south, Kalafat and the ridges of the Svrljiške mountains, in the north and northeast. The river Nišava, which dominates this basin, flows calmly through the city, while the beautifully decorated quay is a place for recreation and enjoyment.

This brochure will guide you through many ideas on how to explore the surroundings of the only city in Serbia, that offers in the immediate vicinity opportunity to spend quality outdoors in nature and enjoy adventures according to your interests. Explore the hiking trails and enjoy the breathtaking view, be active with your children, indulge in adrenaline during paragliding, pass through the underground kingdom of caves or rock climbing, enjoy kayaking and the benefits of water, and feel the power of canyoning and waterfalls. Indulge in incentives and authentic experiences of southern Serbia, during team building and corporate events.



FLYING BEHIND THE OPENING DREAM

The 16th FAI European Paragliding Championship 2022 was held from July 25 to August 6 in Niš, Serbia. Thermal activity, wind strength, and direction are atmospheric conditions that adorn the Niš region and are necessary for pilots to manage paragliding.

The organizer of the event is the Aviation Association of Serbia in cooperation with the Grunf Paragliding Club from Niš, with the support of the Ministry of Sports, the City of Niš, and the Municipality of Pantelej. The organizers have established state-of-the-art security measures such as live tracking, and reporting back as well as cooperation with the airport flight control in Niš, in order to provide safe airspace for flying during the competition.

The event successfully completed 6 cross-country tasks ranging in length from 73 to 101 km on the height of 800 to 2500 m. 132 pilots from 30 countries participated, of which 23 countries are included in the European ranking, and 7 countries from other continents (India, South Africa, Japan, Cuba, Ecuador) competed in the European Open Championship.

The competitive overflight discipline was conducted from the airfields Višegrad in the Svrljiške mountains and Koritnjak hill above Niš Spa in the directions towards Knjaževac -Zaječar, Pirot - Dimitrovgrad, Leskovac - Vranje, which were potential target points.

Having won the team, individual, and women's competitions, the competitors from France showed their dominance. On their fields in the period 20.05-03.06.2023. the World Championship in the overflight discipline will be held.

In addition to the sports part, this competition was marked by a ceremonial opening and a parade of competitors through the city, as well as numerous entertainment events and tourist tours of the city.



PARAGLIDING TANDEM FLIGHTS

Enjoy flying

Adrenaline adventure
you'll remember



EXPERIENCE YOU'LL REMEMBER

- ✓ You'll make a man's unattainable dream of flying come true
- ✓ The bird's eye view seems unreal
- ✓ A fifteen-minute charge of adrenaline
- ✓ You'll have fantastic photos
- ✓ After a safe landing, there are no more insurmountable obstacles

Best time to do it:

From spring to autumn.
Generally throughout the year
if the weather condition permits.

Technically level: 1/7

Fitness level: 1/7

DESCEND INTO THE UNDERGROUND WORLD OF NATURE

One of the longest caves in Serbia, patiently created and skillfully modeled by nature for over two million years, is still an enigma for scientists and explorers of different profiles because they know where it starts but nobody knows where it ends.

As a natural asset of exceptional importance, in 1998, by the Decree of the Republic of Serbia on the Protection of Natural Monuments, Cerje Cave was classified in the 1st category as a Natural Monument with an area of 63.96 ha. Cerje cave consists of erosive tectonic karst speleological objects located about 14 km from the center of Niš, in the northern regions of Kalafat, near Kamenički Vis hill, in the region of the villages of Cerje and Kravlje. The protected system consists of several speleological objects:

- ✓ The Chasm cave "The Precipice" (Provalija)
- ✓ The abyss "Demise of Cerje" (Propast)
- ✓ Occasional siphon spring near Kravlje
- ✓ Karst pit above Kravlje spring

The total length of the cave channels examined so far is 7,149 m, making this the second longest investigated cave system in Serbia.

The cave reveals a wonderful underground world woven from corridors and halls with an average height of 15 to 40 m, which hide hundreds of morphological and hydrological forms, the most diverse shapes, sizes, and colors, cave jewelry - stalactites, stalagmites, helictites, wavy draperies, cave corals and crystal flowers, which can only be seen here in Serbia. The helictites found here represent a special type of cave jewelry that, contrary to physical laws and the earth's gravity, are formed and extend in all directions like electrified hair.

The "Cerje cave" visitor center, which is located right next to the cave, was opened in May 2019, as a place where all visitors, tourists, and fans of adrenaline sports will be able to get information about the site.



CERJE CAVE EXPERIENCE

Journey to the center of the Earth



EXPERIENCE YOU'LL REMEMBER

- ✓ You will feel the power of nature in a cave about 2 million years old
- ✓ The entrance to the cave is a real adventure, you dive into the center of the Earth
- ✓ You make your way through the canals and climb to the unique halls
- ✓ You will see a fiery salamander
- ✓ You will be amazed by helictites that defy the laws of physics and gravity

Best time to do it:

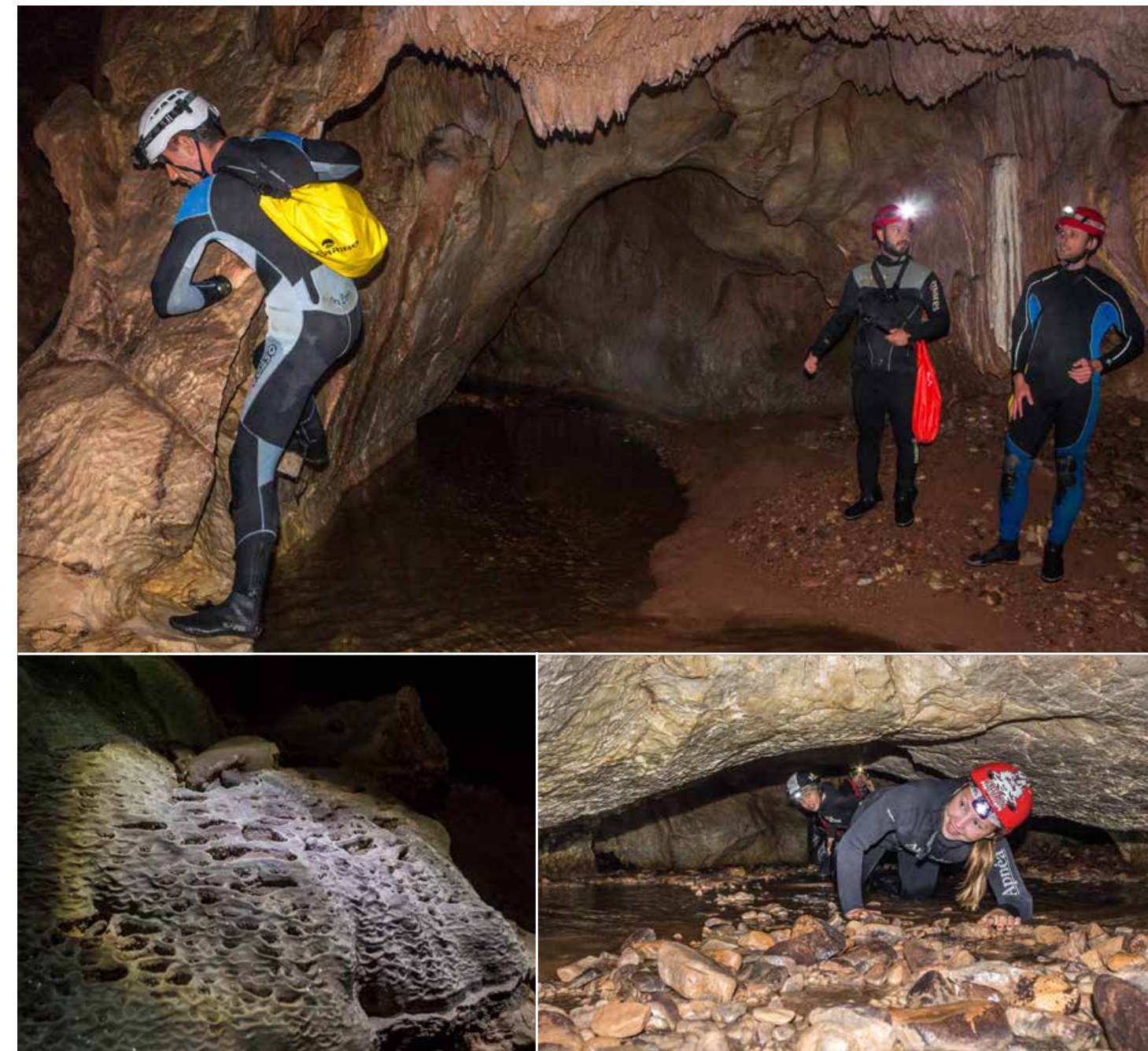
From spring to autumn.
The passage through the cave is conditioned by the amount of precipitation.
It is forbidden to enter without expert guides.

Tecnically level: 3/7

Fitness level: 2/7

SAMAR CAVE EXPERIENCE

Feel the spectacular experience in Milutin's cave



EXPERIENCE YOU'LL REMEMBER

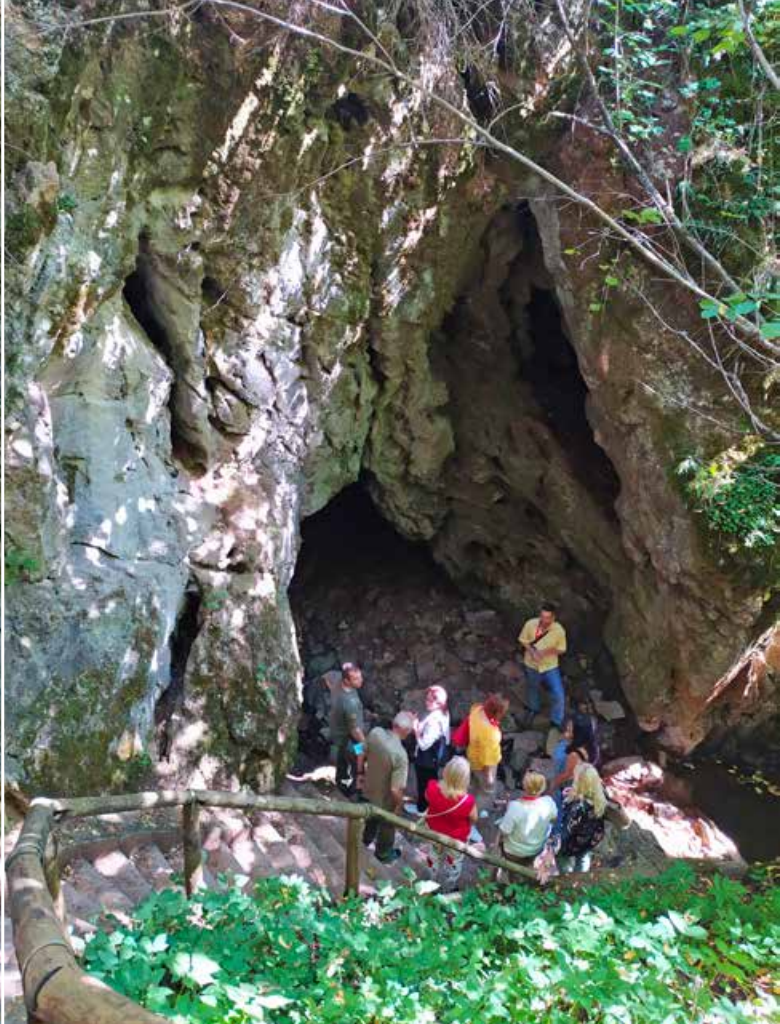
- ✓ Guinness world record
- ✓ 464 days underground bivouacking
- ✓ World famous speleologist
- ✓ Significant paleontological discoveries
- ✓ Museum of Milutin Veljković

Best time to do it:

From spring to autumn.
The passage through the cave is conditioned by the amount of precipitation.
It is forbidden to enter without expert guides.

Tecnically level: 3/7

Fitness level: 2/7



DISCOVER KALAFAT ON FOOT

This area, geographically not very large, is distinguished by many cultural and historic sites, and by the protected natural wealth of great significance. Walking through the villages around the northern part of Niš, you will discover the hilly-mountainous area of Kalafat.

Get to know part of the richness of this area through one of the three trails marked by PARK Nature within the project - Eco Trails, with the support of the Local Foundation of Niš.

The highest peak bears the same name as the mountain and is located at 887 m abv. Although Niš is very close, when you start the trails of Kalafat, you will have the impression that you are in the wilderness. At the same time, you will have the opportunity to enjoy untouched nature. The favorite place of the youngest all year round is Kamenički Vis Hill, only 12 km from the city.

The cultural and historical monuments that dominate the area of Kalafat are the Čegar monument, dedicated to the fallen Serbs who died in fighting for liberation from the Turks, the Latin church dedicated to the Holy Trinity, built in the first half of the 11th century, during the Byzantine rule which belongs to the group of rarely preserved buildings from the period before dynasty Nemanjic. Walking the beautiful forest path through a picturesque canyon leads

to the 14th-century St. Jovan monastery. In the village of Miljkovac there are the remains of the medieval town of Železnik, which dates back to the second half of the 14th century.

Kalafat is characterized by a multitude of caves of exceptional importance that are under the protection of the state. Cerje Cave, an occasional siphon spring near Kravlje, and karst pit Kravlje make up a system of caves. The Popšica cave, classified in the III category of protection, is one of the first explored caves in Serbia, which can be visited in its entirety. It is known for paleontological discoveries, the remains of a cave bear, and a large, and long-winged bat. Samar Cave in the village of Kopajkošara classified in the I category of protection is a true beauty of southeastern Serbia, where the famous Serbian speleologist Milutin Veljković spent 464 days, studying its vastness, and thereby entered the Guinness Book of Records for bivouacking underground. Also found here paleontological remains of a cave bear. Together with other caves in the area, it forms a unique cave system and can be visited in its entirety.

Trail 1:

Visitor center Cerje - Ljuti Vrh - Visitor center Cerje. The length of the trail is 5 km, and the walking time is 3 hours. The altitude of the starting point is 550 m, and the highest point is 783 m. Fitness level: 2/7; technical level: 1/7.

Trail 2:

Visitor Center Cerje - Gorunjak - Visitor Center Cerje. The length of the trail is 4 km, and the walking time is 2 hours. The altitude of the starting point is 550 m, and the highest point is 720 m. Fitness level: 1/7; technical level: 1/7.

Trail 3:

Visitor center Cerje - Speleological objects - Visitor center. Cerje. The length of the trail is 18.5 km, and the walking time is 6 hours. The altitude of the starting point is 550 m, and the highest point is 580 m. Fitness level: 4/7; technical level: 2/7.





Beauty of SIĆEVO GORGE

The 17 km long Sićevo gorge is an imposing part of the Nišava canyon. Only 14 km away from Niš, it is a paradise for adrenaline adventures, wine lovers, and cultural tours. Located here are the monastery of the Holy Mother of God from the 14th century, the monastery of Saint Petka Iverica, and the hydropower plant "Saint Petka" - which belongs to the European cultural route "Tesla Ways". The cave "Mala Balanica" in Sićevo is a paleontological and archaeological site, where a partially preserved hominin jaw was found, which is considered evidence of the presence of Heidelberg Man in Europe during the Middle Pleistocene.

The legend of Saint Sava, the Serbian archbishop which dates back to the 13th century, says that on his way to Constantinople, on the road that leads over the cliffs of the Sićevo gorge, he got tired and stopped at a village surrounded by vineyards. He asked a housewife for water, and she replied that there was no water in the village, only wine, and handed him a pitcher. When Saint Sava tasted the divine drink from the slopes of Sićevo, he blessed the village and the vineyards.

DISCOVER TEAM BUILDING CHALLENGE

Nothing brings people and teams together as well as original motivational programs, fun and good food!

Join a variety of programs and activities in nature. Shooting challenge, fun team building games, lots of adventure, hiking and incentive outdoor activities. Experience the Niš "merak" and gastronomy during lunch in traditional restaurants.

The purpose of every team building is to build a stronger community of employees. Team building has many benefits for companies. It improves productivity, increases employee motivation, encourages collaboration and builds trust and respect among employees.

Research has shown that employees who even ate together performed significantly better at work than their colleagues who preferred to eat alone. "Having a meal together over a conversation is a more inspiring act than just going over Excel spreadsheets and reports together."



SHOOTING CHALLENGE

Stay focused & calm



EXPERIENCE YOU'LL REMEMBER

- ✓ You'll feel like you're in a video game or a movie
- ✓ Divided into teams, you strengthen team spirit and collegiality
- ✓ You do your best for better results
- ✓ Get acquainted with the disciplines of sport shooting
- ✓ You get rid of the accumulated stress
- ✓ You will enjoy forest walking to the winery and wine tasting
- ✓ You'll laugh at vintage games of precision and endurance
- ✓ You will try your hand at medieval skills
- ✓ For smaller groups, a combination of games with jeep driving through the wine village of Sićevo (optional)

Best time to do it:

From spring to autumn.
All disciplines are performed in a specially arranged shooting area with expert guides

Tecnically level: 2/7

Fitness level: 2/7

Experience the gorge in an original way

NIŠ ADVENTURE IN JELAŠNICA GORGE



Best time to do it:

From spring to autumn.
All disciplines are performed with professional sports equipment and with expert guides.

Tecnically level: 3/7

Fitness level: 2/7

EXPERIENCE YOU'LL REMEMBER

- ✓ Adrenaline activities in the gorge
- ✓ Free climbing
- ✓ Abseiling
- ✓ Zip line
- ✓ Crossing the river with a rope system (traverse)
- ✓ Easy walking tour through the gorge
- ✓ An authentic Niš style lunch in a traditional restaurant

WHEN THE GORGE TELLS A STORY

Observing nature from the angle of a rocky window



EXPERIENCE YOU'LL REMEMBER

- ✓ A real little circular adventure near Niš
- ✓ You will get to know the beautiful Jelašnica gorge and its flora and fauna
- ✓ You might be lucky to see the fenix flowers Ramonda Nathaliae and Ramonda Serbica
- ✓ You will see beautiful rocks, cavities, drips and rocky windows
- ✓ You will hear the story of military fortifications from the Roman era
- ✓ You will have the experience of a real alpinist
- ✓ You will enjoy an authentic lunch in a Niš way

Best time to do it:

From spring to autumn. All disciplines are performed with professional sports equipment and with expert guides.

Tecnically level: 3/7

Fitness level: 2/7

SIĆEVO ADVENTURE

Enjoy the million dollar view



EXPERIENCE YOU'LL REMEMBER

- ✓ A beautiful view of the gorge and river Nišava from the viewpoint
- ✓ The Roman military road - Via militaris passed through this place
- ✓ Hiking along the edge of the rocks of Svrlijske mountains
- ✓ Entering the cave in an interesting way by descending down the rope
- ✓ You will enjoy the view that shows the hatch of the cave from one side
- ✓ And the view from the other side of the greenery and wilderness of this part of Sićevo Gorge

Best time to do it:

From spring to autumn. All disciplines are performed with professional sports equipment and with expert guides.

Tecnically level: 3/7

Fitness level: 3/7

FIVE SENSES EXPERIENCE

Taste, Sight, Sound, Touch, Smell.
Discover authentic gastro experience from southern Serbia.

EXPERIENCE YOU'LL REMEMBER

- ✓ You will experience the enjoyment of Niš „merak“ in traditionally decorated taverns - we love to call „kafana“. You will taste the best rakia with appetizers - we love to call „mezze“
- ✓ You will remember the smell of Niš barbecue - we love to call „pljeskavica“ and „ćevapčići“
- ✓ You will try and touch the most delicious traditional dishes of southern Serbia - we love to call „sukana pita“ and „lepinja“
- ✓ You will be surprised by the cheerful atmosphere in taverns with local music

In Niš, you can try old Serbian dishes that are already a bit forgotten, and the most delicious white cheeses with a taste and smell of the surrounding mountain pastures. Specialties of high-quality forest mushrooms, porcini mushrooms, true morels, chanterelles, the parasol mushroom, oyster mushrooms, or even broth made from over a hundred types of mushrooms that grow in the forests around Niš, which can be tasted at the event of the same name held in late autumn.

The authentic bohemian atmosphere and the recognizable spirit of Niš, along with the kindness and famous hospitality of Niš, will fulfill the standards of even the most demanding guests. With a live acoustic band and atmosphere of old Niš - let all the five senses enjoy. Humor, good food, good music, good time, and memories that do not fade are the best translation for Niš “merak”!



IN THE FOOTSTEPS OF THE ROMANS

Wine tasting with gastro sense, the cultural heritage of southern Serbia, and the Roman emperors' route make the Niš vineyard an authentic experience.

In the Malča winery, you can experience a journey through the wine era, by visiting four wine cellars that differ in their architecture, the spirit of the times they depict, wine vessels, and the way of wine production. Italian Riesling from 2019 and Sauvignon White from 2021 from the “Anonymous” line won gold medals at the first international wine fair “Wine Vision by Open Balkan”.

The terroir of Vele Polje village in the South Morava valley, in the vicinity of which there are also thermal springs whose benefits were used by the Romans, proved to be ideal for growing the Merlot variety, for which the winery Izba Jovanović is recognizable. The 2019 Merlot was awarded a platinum medal at the “Wine Vision” fair. The young winery “100 Žena” (100 Women) is also located in this area and won a bronze medal for its rosé wine at the same wine fair.

The village of Sićevo, named after the Sićevo gorge, known for growing vines since Roman times, had a decisive influence on the history of this small town. Until recently, the forgotten wine-growing village, in which every house still has its own vineyard and cellar from which a good host pours wine during the winter, is slowly regaining its former glory. Among the autochthonous varieties that grow best here are white Tamjanika and red grape Prokupac. Tasting local wines with the smell of an authentic cellar over 200 years old, maintained by the “Ramonda Serbica” household, like a kind of museum of viticulture and traditions of southern Serbia, makes an extraordinary experience.





EXPERIENCE FOR THE WHOLE FAMILY

The chirping of birds, the smell of meadows, and the silence of nature create a revival for the whole family.

Look for your favorite place and outdoor adventures anywhere in the surroundings of Niš. Almost all trails on the surrounding hills and mountains are accessible to the whole family. Depending on the age of the children and their physical readiness, from spring to late autumn you can enjoy adventures, and explore the sights and history of Niš, which is hidden on beautiful forest paths.

Exploring Kalafat is ideal for children. There are hidden stories about caves, salamanders, bats, prehistoric animals, and people. The Roman, Byzantine and Ottoman empires, medieval Serbia, and the First and Second World Wars. In the village of Kamenica, there is a magical place "Zoo Planet" where each animal has its own story. Feeding animals and riding horses is a real pleasure for them. A family adventure to Srećko's spring, rock climbing, and a hidden waterfall is a real challenge.

"Velika Humska Čuka" - a golden ornament of prehistoric times is located only eight kilometers from Niš.

This very important archaeological site, inhabited continuously for almost 6000 years, is a real paradise for an authentic story about human settlements, their food habits, and their shelters. Sneaking inside rock shelters and looking for prehistoric remains is an authentic experience for children. The lesson continues with the picking of dog-rose and blackthorn, berries rich in vitamins and minerals, which illustrate one of the ways of gathering medicinal forest fruits from prehistoric to modern times.

Hiking adventures searching for viewpoints in the Sićevo and Jelašnica gorges or conquering the peaks of Suva Mountain are real challenges that the whole family can enjoy.



PRISTINE NATURE CLOSE TO URBAN AREA

The most beautiful view
of the natural wealth of Niš basin.

When you want to stay in untouched nature, the beautiful lovely path from the Kunovica village to the peak of Kusača will take you to the most beautiful viewpoint in the immediate vicinity of Niš, which rises above the left bank of the Sicevo gorge at 711 m above sea level. At only 17 km from the city, you will enjoy the view of the ridge of Suva Mountain, Sicevo gorge, Svrljiške Mountains, Kalafat, and Niš.

The more demanding hiking trail to Kusača leads from the monastery of the Holy Mother of God from the 14th century, a protected cultural asset of Serbia, which is located in the dense and beautiful greenery of the Sicevo gorge.

Getting to this peak, like almost all other hill and mountain trails around Niš, is a true paradise for mountain biking enthusiasts who reach the peaks using mountaineering markings.

The beautiful flower meadows of Kusača are a real paradise for children and the whole family. The trail is only 3 km long and it takes a maximum of an hour to reach the top. A picnic is an indispensable part of this adventure, during which you will enjoy the view, the sun, the smell of nature, and the chirping of birds.





HIKING FROM BEGINNER TO MARATHON

Hiking along well-marked trails in valleys, hills, and mountains is an inspiration for all generations. Niš surroundings are the right choice for the outdoors at any season depending only on your fitness level and experience.

Niš basin trail is 130 km long.

It includes 14 control points (KT).

KT1 Niš fortress 208 m - KT2 Velika Tumba 903 m (Seličevica mountain)

KT2 - KT3 Koritnjak 650 m (Suva mountain)

KT3 - KT4 Mosor 984 m (Suva mountain)

KT4 - KT5 Sokolov kamen 1523 m (Suva mountain)

KT5 - KT6 Trem 1809 m (Suva mountain)

KT6 - KT7 Pasarelo 1523 m (Suva mountain)

KT7 - KT8 Divna gorica 1389 m (Suva mountain)

KT8 - KT9 Zeleni vrh 1334 m (Svrljiške mountains)

KT9 - KT10 Pleš 1267 m (Svrljiške mountains)

KT10 - KT11 Gradac 1062 m (Svrljiške mountains)

KT11 - KT12 Kalafat 838 m

KT12 - KT13 Kamenički vis 800 (Kalafat)

KT13 - KT14 Niš fortress 208 m

SUVA TRAIL 2023

Sky Marathon 44.5 km and 2650 m abv

A unique opportunity to run through the natural beauty of the Suva mountain, a special nature reserve in the I, II, and III level protection regime.

The mountain beauty of southeastern Serbia - Suva mountain, is a favorite among mountaineers from all over Serbia. Because of its mountainous peaks and vertical rocks, the Serbian geographer Jovan Cvijić called it the "Alps in the south of Serbia." The ridge of the mountain begins above Niška Banja (Niš Spa), from where its lowest peak Crni Vrh is conquered. The ascent to the highest peak, Trem 1,810 abv, is attractive all year round, the most demanding during the winter, and the most romantic during the midnight ascent in the eyes of the full moon.

Suva Trail is a race that simultaneously belongs to the National Mountain Running Championship of the Mountaineering Association of Serbia (PSC) and a race of the National Series of the PSS. Suva Trail is certified with 2 ITRA points. The race will be held on August 19, 2023, for the third time. This year, the start and finish of the race are Niška Banja. The organizer of the race is Mountaineering Sports Club Mosor from Niš, and you can do official registration for the race via the website www.runtrace.net

This year, a Fun Run race of 14 km and 660 abv will be organized for recreationists and competitors who run shorter distances. Hiking enthusiasts, but those with the highest physical fitness level, will have the opportunity to try the 44.5 km trek and 2650 abv.

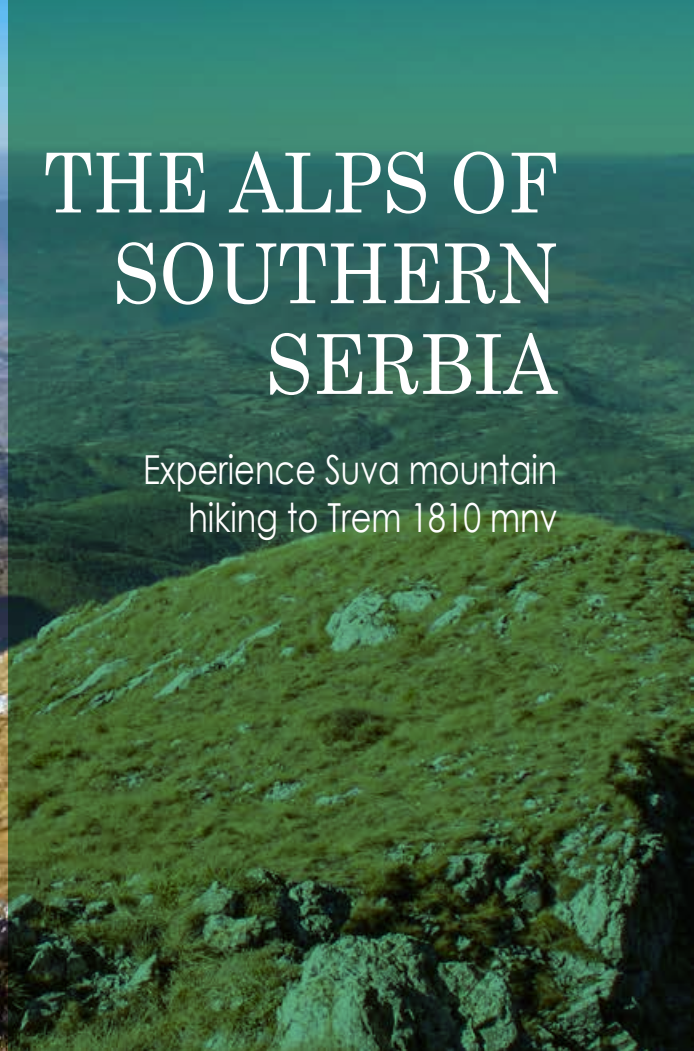


The race route is extremely demanding and is intended exclusively for experienced mountain runners:

Niška Banja 248 abv - Koritnjak 650 abv - Ločište 830 abv - Repetitor 935 abv - Sokolov Kamen peak 1552 abv - Maiden's grave 1311 abv - Trem peak 1810 abv - Maiden's grave 1311 abv - Bojana's spring 860 abv - Mosor peak 985 abv - Ločište 830 abv - Niška Banja 248 abv.

Suva Trail categories for competitors are absolute female and male categories, senior female and male PSS, and team competition PSS (two women and two men). While Fun Run categories for competitors are absolute female and male categories.





THE ALPS OF SOUTHERN SERBIA

Experience Suva mountain hiking to Trem 1810 mnv



EXPERIENCE YOU'LL REMEMBER

- ✓ You will understand why Jovan Cvijić compares Suva Mountain with the Alps
- ✓ It belongs to the nature reserve of the first category of protection
- ✓ View from the Maiden's grave saddle toward the greenery of Zaplanje valley is very relaxing.
- ✓ A view from the Trem that knocks you off your feet
- ✓ Photographing on top for dreamy memories
- ✓ You will refresh yourself with mountain spring water from Bojana's spring
- ✓ Hiking during all four seasons
- ✓ After a demanding hike, the best refreshment is traditional Niš food in the local tavern Brka

Best time to do it:

From spring to late autumn. During the winter, there can be a lot of snow on the trail, and then the ascent is not recommended. Although the trail is well-marked it is always safer to search for a hiking guide.

You should always go to the mountain with a minimum of a liter of water, salty and sweet energy snacks, layered and spare clothing, adequate hiking shoes or sneakers depending on the weather, poles, raincoat, sunglasses, sunscreen, first aid kit, full battery for your mobile phone, with a big smile and always in company.

Technical level: 3/7

Fitness level: 4/7

SUVA MOUNTAIN MOSOR & FALCON'S STONE

Experience the ridge of Suva Mountain



EXPERIENCE YOU'LL REMEMBER

- ✓ Round hiking tour
- ✓ Photographing on two peaks for dreamy memories
- ✓ The view from the peak Mosor 985 abv towards the peak Falcon's Stone 1552 abv over the ridge to Trem 1810 abv is amazing
- ✓ Relaxing at Maiden's grave saddle with a look at the blue sky and green valley of Zaplanje is fantastic
- ✓ You will refresh yourself with cold mountain spring water from Bojana's spring
- ✓ After a demanding hike, the best refreshment is traditional Niš food in the local tavern Brka

Best time to do it:

From spring to late autumn. Although the trail is well-marked it is always safer to search for a hiking guide.

You should always go to the mountain with a minimum of a liter of water, salty and sweet energy snacks, layered and spare clothing, adequate hiking shoes or sneakers depending on the weather, poles, raincoat, sunglasses, sunscreen, first aid kit, lamp, full battery for your mobile phone, with a big smile and always in company.

Technical level: 2/7

Fitness level: 4/7

SUVA MOUNTAIN HORSESHOE

Enjoy the view
of the horseshoe ridge shape



EXPERIENCE YOU'LL REMEMBER

- ✓ The view of the horseshoe ridge of Suva mountain is amazing
- ✓ Photographing on two peaks Smrdan 1487 m abv and Pasarelo 1523 m abv for dreamy memories
- ✓ The greenery on this side of the mountain is remarkable
- ✓ If you are lucky you can see wild horses
- ✓ You will feel the power of standing inside the 1000-year-old oak tree
- ✓ Experience the tranquility of herbal essences
- ✓ Enjoy the adorable smell of lavender fields
- ✓ Gastro experience of home-made pie called Banica and other delicacies of Bela Palanka

Best time to do it:

Visiting lavender fields is possible before harvest from late May until July. This trek requires companion of a hiking guide.

You should always go to the mountain with a minimum of a liter of water, salty and sweet energy snacks, layered and spare clothing, adequate hiking shoes or sneakers depending on the weather, poles, raincoat, sunglasses, sunscreen, first aid kit, lamp, full battery for your mobile phone, with a big smile and always in company.

Technical level: 2/7

Fitness level: 3/7

DISCOVER NEW MICE OPPORTUNITIES

Experience Niš in a unique way
through incentive trips

We know that business travel is a part of life, so thematic trips of different styles, which Niš has in its offer, achieve a perfect balance between planned and spontaneous. Adventure experiences, enjoying nature and traditional dishes, wine, and rakia tasting in southern Serbia, and discovering extraordinary activities will activate all five senses and memories to remember for a lifetime.

Niš is a destination with a lot of potentials when it comes to organizing business events and motivational trips. Although you organize your event in city hotels, in a short time you will be in the untouched nature that this city is surrounded by. The immediate surroundings of Niš are ideal for almost all adventure challenges.

Event organizers, DMCs, tour and activity agencies, and support service providers are flexible and reliable to arrange your employees and customers, tailor-made experiences. They guarantee technical and leisure flawless of your event from the beginning till the end.

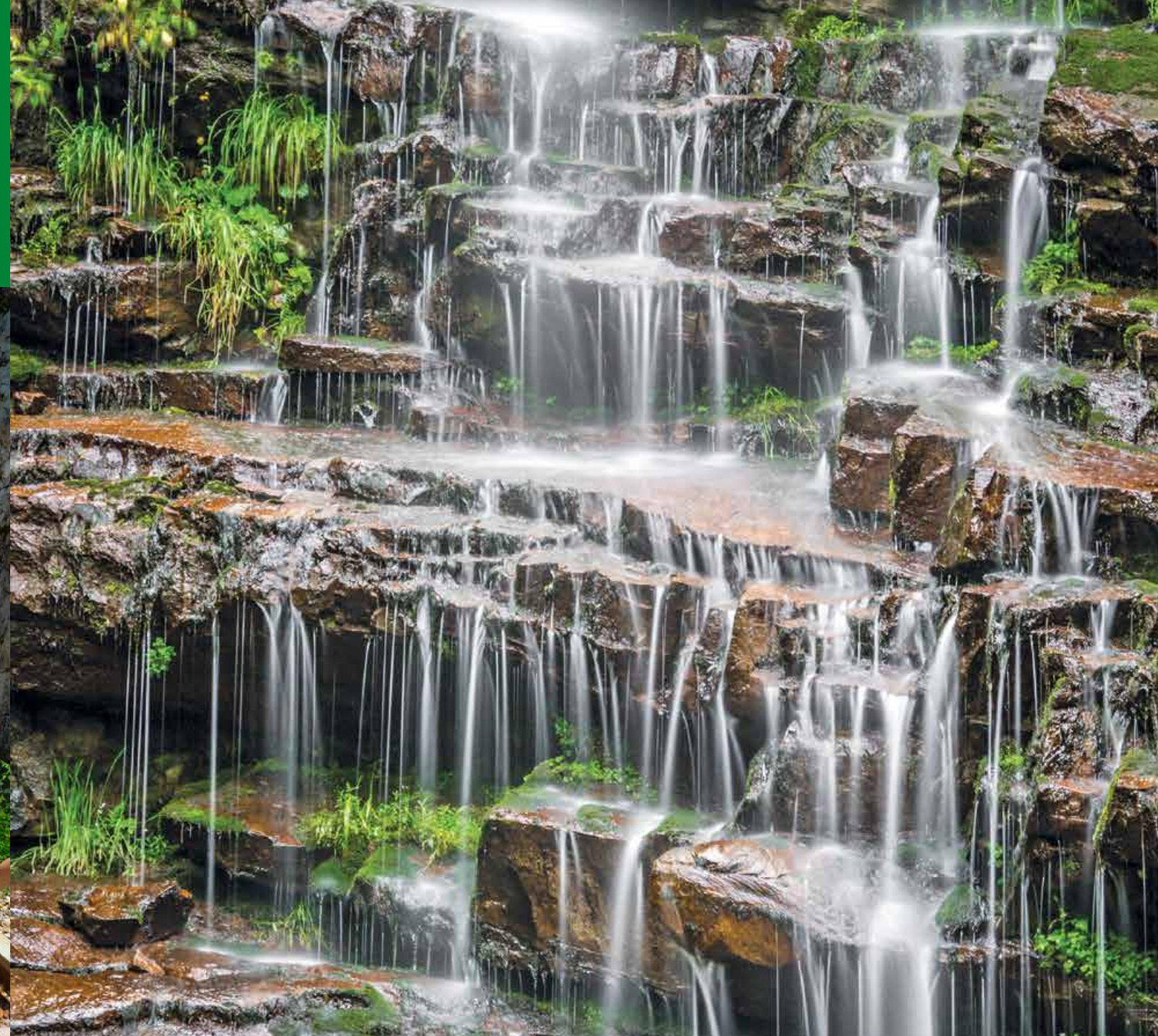
We are a boutique destination that promises originality, and extraordinary experiences, cultural and natural treasures.

Because everything is close in Niš!



TERRA INCOGNITA

The Niševac gorge, a hidden jewel of nature at only 36 km away from Niš



EXPERIENCE YOU'LL REMEMBER

- ✓ An unusual experience during which you will enjoy the nature
- ✓ The gorge is adorned by the railway from 1922
- ✓ You will experience walking through tunnels where the railway passes
- ✓ Combination of adventure, hiking, and swimming in the rock pools
- ✓ You will be enchanted by the view from the remains of the ancient town of Svrlijig
- ✓ Passing and through the canyon of the Belica river, you will feel a real adventure
- ✓ You will hear the story of Niševac gorge that has been inhabited by Thracians and Romans
- ✓ In the premises of the Church of Saints Constantine and Jelena in Svrlijig, you can see a copy of the Svrlijig Gospel from 1279, which testifies to the rich Serbian literacy and literature

Best time to do it:

From spring to autumn when you hike to Svrlijski town, and from June to August if you are planning to pass through the river pots of Belica. This adventure requires companion or a hiking guide.

During summer it can be very hot outside you should always go with a minimum of a liter of water, salty and sweet energy snacks, layered and spare clothing, adequate hiking shoes or sneakers depending on the weather, poles, raincoat, sunglasses, sunscreen, swimming suit, hat, first aid kit, lamp, full battery for your mobile phone, with a big smile and always in company.

Technical level: 2/7

Fitness level: 3/7

WATER EXPERIENCE

The multitude of mountain sources of drinking water that Niš has in its surroundings is the greatest natural wealth of which we are proud. During the summer heat, nature lovers look for chilling in the surrounding rivers and lakes, which are found near every city in southern Serbia. About thirty kilometers from Niš are Krajkovac, Divljana, and Bovan lakes, while the Vučjanka river canyon is located at seventy, Zavoj lake at eighty, and Vlasina lake at hundred kilometers and a height of 1213 m above sea level.

One of the best outdoor adrenaline experiences you can get is during water activities such as kayaking on the lake or hiking through gorges, waterfalls, river rock pools, or canyoning.

You might want to add some of these activities and unique experiences to your bucket list!

KAYAK LAKE & SPA ADVENTURE

Feel the power of lake water and spa air



EXPERIENCE YOU'LL REMEMBER

- ✓ Even without an agenda, group kayaking is the perfect team-building evolution
- ✓ One of the best ways to enjoy and take back memories that will truly last a lifetime
- ✓ You will enjoy the calm and bluish Bovan lake
- ✓ You will visit Sokobanja and hike to the middle age town of "Sokograd"
- ✓ You will be enchanted by the murmur of the water and a pleasant lunch by the Moravica river and the shade in the restaurant located inside the cave shelter
- ✓ You will breathe "vitamin air" to the fullest in the harmony of nature and terrain. The air in Sokobanja is rich in oxygen negative ions, which rejuvenate the body and encourage faster recovery.

Best time to do it:

From June to August.

This adventure requires companion of professional guides.

Technical level: 2/7

Fitness level: 3/7

DISCOVER RELAXATION IN NATURAL ENVIRONMENT

Outdoor yoga is already popular in beach towns, tropical destinations, and city parks but have you experienced it in a Serbian village?



Vrmžda, the not usual village, that's the only village in Serbia that has had a rising population, for the last ten years. Over there you'll find people with different business roles, strong wi-fi, work-from-home style, and one thing in common, they never want to go back to city hassle. It is located close to Sokobanja and the mystic mountain Rtanj which has the shape of an almost regular pyramid.

Unique green exercise consisting of yoga and a gong bath in the village environment refers to physical activity that takes place outdoors in natural environments. Studies have shown that it contributes to decreased tension, confusion, and anger.

The healing effect from a combination of yoga, and gong bath in the Vrmžda village.

Yoga is a calming outdoor team-building exercise. Getting to enjoy the fresh air and village sunshine, while moving

through the positions improves participants' mindsets and physical health. Taking the class as a team contributes to a sense of community and collective well-being. The healing potential of sound has been channeled by cultures across the world for centuries. Gong baths are a type of inactive meditation, where you "bathe" in the healing vibrations of sound designed to offer relaxation, emotional release, and pain relief.

Vegetarian specialties that you can try here or even cook are made exclusively from plants, mushrooms, fruits, and vegetables grown in the village. A special charm makes dishes made of flour milled at a mill that is over 120 years old.

These extraordinary activities can be practiced independently or after the adventurous part of team-building.

SEARCHING FOR THE STONE VILLAGE

Zavoj lake, a unique pearl of the Special Nature Reserve „Stara Planina“.



EXPERIENCE YOU'LL REMEMBER

- ✓ You will enjoy driving toward the beautiful Sićevo gorge
- ✓ You will participate in the preparation of equipment for the kayaking adventure
- ✓ You will be enchanted by the kayak ride through the beautiful meanders of Zavoj lake in a length of 6 km
- ✓ Inspiring mountain walking tour to the village of Gostuša, so-called the Stone village due to unique in the world stone roofs
- ✓ The village represents a unique ambient unit, a natural and cultural-historical monument
- ✓ Tasting of traditional domestic food of the Stara Mountain region
- ✓ Continuing the adventure and returning the same way



Best time to do it:

From June to August. This adventure requires companion of professional guides.

Technical level: 2/7

Fitness level: 3/7

INTANGIBLE HERITAGE

On the UNESCO list of Serbia's intangible heritage are included "Slava" a celebration of Serbian saint patron's day, the folk dance "Kolo", singing to the accompaniment of the "Gusle" and preparation of rakia "Šljivovica".



Part of Serbia's intangible cultural heritage consists of customs that have been preserved for centuries in the Serbian tradition and are still respected today in the south of Serbia: weaving unique Pirot carpets, making Pirot cheese, flattened sausages, making "crepulja", Kosovo embroidery, traditional shoe craft "opanak", a pie "banica" - made of hand prepared filo dough, treading of the grapes by young women, and others.

The preparation of plum brandy - "Šljivovica", the favorite drink of all Serbs, involves families and communities, as well as the fact that plums are usually grown on family farms and harvested in autumn. During family celebrations and on festive occasions, plum wine is toasted with wishes for health and well-being. It is an important part of traditional medicine, with additional herbs or fruit to obtain cold, pain, or antiseptic medicines.

The national dance "Kolo" is an element of intangible cultural heritage present even today in various spheres of life in Serbia. It is performed by players with keeping hands and musical accompaniment at private and public gatherings, and family, and collective celebrations.

"Crepulja" is a shallow clay vessel that was primarily used for baking bread outdoors, it belongs to the most archaic objects of Serbian traditional pottery production and has always been a part of women's activities in Serbia. Women's pottery means that women dig clay, prepare it, shape the object by hand, then dry and bake it. Only two women in the village of Gostuša keep this tradition from being forgotten. This unique custom is an outstanding team-building activity for women.

In the autumn after the grape harvest, young marriageable girls trampled grapes, which was an opportunity to show potential grooms that they were hardworking and beautiful.

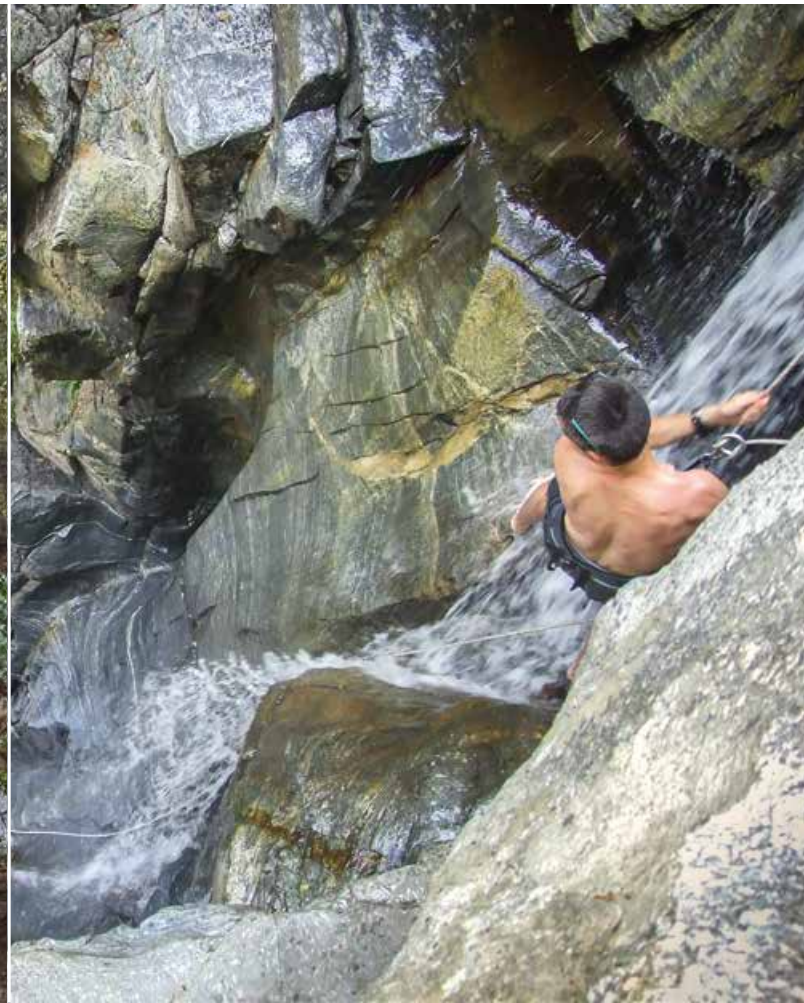
The participation of companies in these extraordinary activities is part of corporate social responsibility, helps the local community, and at the same time preserves the traditions of old Serbian customs and crafts from being forgotten.



POREČJE VUČJE

Canyoning adventure

A challenging adrenaline adventure that you will fondly remember



EXPERIENCE YOU'LL REMEMBER

- ✓ A challenge you didn't expect
- ✓ Passing through the canyon is a real experience
- ✓ The rope descent through the waterfalls is recounted for a long time
- ✓ Pulling between rocks is a real challenge
- ✓ Swimming in the natural rock pools of the clean river Vučjanka extremely relaxes

Best time to do it:

From June to August. This adventure requires companion of professional guides, equipment, and a swimming suit.

Technical level: 4/7

Fitness level: 3/7

FUNGRY COOKING WORKSHOP

Learn how to cook yummy, traditional south Serbian authentic meals!

When you're craving yummy and healthy food, the Fungry cooking workshop is an excellent idea for team building. Half or whole-day outdoor workshops with professional chefs in different locations amaze your team. You'll learn how to cook traditional meals, use seasonal food and local products, have great fun cooking together, get hungry, and have an extraordinary green event.

EXPERIENCE YOU'LL REMEMBER

Appetizer choices

- ✓ Traditional south Serbian seasonal salads
- ✓ Cheese cow/sheep/goat from the locals
- ✓ Sukana pita (handmade filo dough pie)
- ✓ Traditional bread

Lunch choices

- ✓ Soup of wood mushrooms or vegetables
- ✓ Sarma made of vine, chard or green leaves
- ✓ Stuffed dry paprika
- ✓ Traditional Niš barbeque

Sweet choices

- ✓ Vanilice (little vanilla cookies) filled with handmade jam
- ✓ Orasnice (walnut cookies)
- ✓ Pivčići (beer and walnut traditional cookies)

Best time to do it:

From spring to autumn for outdoors. Workshops in the vineyard with wine tasting and Serbian dishes with lunch are a real pleasure. During the winter months inside the winery.





NATURAL GEM STARA MOUNTAIN

One-third of Serbia's waterfalls are located on Stara mountain

This area is rich in numerous monasteries that are protected cultural assets, among which stand out: Temska Monastery from the XIV century, monasteries Sukovo and St. John the Baptist located in the protected area of the Jerma canyon, and the cave church of St. Peter and Paul, known for its unique frescoes of Bald Jesus.

Stara mountain or Balkan mountain belongs to the system of Balkan mountains, which are mostly located in Bulgaria, and to a lesser extent in the southeast of Serbia. It is about eighty kilometers from Niš and is accessible from the direction of Pirot, Svrljig, and Knjaževac, depending on which part of the mountain you want to go to.

Rich material and spiritual culture, kindness, dialect, tradition, untouched nature, and its extraordinary beauty, strength, and charm, which are hidden in natural and anthropogenic motives, characterize the villages of this region in a unique way. You will never be bored here because you will feel the adrenaline, strength, and wildness of the mountain. Here you will find many crystal clear springs, rivers, canyons, gorges, and one of the largest in Serbia, Zavoj lake. The wealth of flora and fauna will give you pleasure in fishing, walking, and bird watching.

Areas that should be visited at least once in your life are the villages: Gostuša, Topli Do, Dojkinci, and Arbinje, hiking to the waterfalls, Tupavica, Piljski, Čunguljski, Kurtulski Skok, and Kopren which is the highest waterfall in Serbia, the canyons of Toplodolska river and Slavinjsko Grlo.



UNREAL STARA MOUNTAIN

Enjoy the unreal places in Stara mountain



EXPERIENCE YOU'LL REMEMBER

- ✓ You will discover unreal places at the Stara mountain
- ✓ Remarkable Tupavica waterfall
- ✓ Authentic mountain villages
- ✓ Canyon Slavinjsko Grlo from Jurassic times
- ✓ Unique fresco in the world Bald Jesus
- ✓ Photographing for dreamy memories

Best time to do it:

From spring to late autumn. You should always go to the mountain with a minimum of a liter of water, salty and sweet energy snacks, layered and spare clothing, adequate hiking shoes or sneakers depending on the weather, poles, raincoat, sunglasses, sunscreen, first aid kit, lamp, full battery for your mobile phone, with a big smile and always in company.

Technical level: 1/7

Fitness level: 2/7



MAGICAL STARA MOUNTAIN

Enjoy the magical places of Stara mountain



EXPERIENCE YOU'LL REMEMBER

- ✓ Visit mystic places at the Stara mountain
- ✓ Jeep trail through beautiful meadows and villages
- ✓ Discovering two beautiful waterfalls Tupavica and Arbinje
- ✓ You will see the Ponor karst depression without surface water insularity
- ✓ You will visit authentic mountain villages
- ✓ Photographing for dreamy memories

Technical level: 1/7; Fitness level: 2/7

MAGICAL KOPREN

EXPERIENCE YOU'LL REMEMBER

- ✓ You will get to know the gorgeous landscapes of Stara mountain
- ✓ You will discover the beauty of mountain rivers and clear streams
- ✓ A magical trek along the waterfall Kopren, the highest in Serbia at 1820 m abv
- ✓ The measured length of the waterfall is 143 m, and the height is 103 m
- ✓ Ascent to the top of the peak Kopren 1963 m above sea level

Best time to do it:

From spring to late autumn. From spring to late autumn, even hiking during winter is a real challenge. There can be a lot of snow on the mountain and you can only go there if you are physically fit and experienced. These adventures are exclusively accompanied by a mountain guide.

It is recommended always go with a minimum of a liter of water, salty and sweet energy snacks, layered and spare clothing, adequate hiking shoes or sneakers depending on the weather, poles, raincoat, sunglasses, sunscreen, hat, first aid kit, lamp, full battery for your mobile phone, with a big smile and always in company.

Technical level: 5/7; Fitness level: 6/7



THE PATH OF THE PIROT CARPET

Feel the spectacular rug pattern experience

EXPERIENCE YOU'LL REMEMBER

- ✓ Interesting mountain forest walk to the viewpoint Kozji Kamen (Goat Stone)
- ✓ You will enjoy the view of the amazing meanders of Zavoj lake
- ✓ Photographing for dreamy memories
- ✓ Learn about traditional skills for making rugs
- ✓ Discover more than 100 patterns of the Pirot rug
- ✓ Visit the medieval fortress of Kale
- ✓ An authentic dishes from Stara mountain

Best time to do it:

From spring to late autumn. Although the trail is well-marked it is always safer to search for a hiking guide. You should always go to the mountain with a minimum of a liter of water, salty and sweet energy snacks, layered and spare clothing, adequate hiking shoes or sneakers depending on the weather, poles, raincoat, sunglasses, sunscreen, first aid kit, lamp, full battery for your mobile phone, with a big smile and always in company.

Technical level: 1/7; Fitness level: 2/7





BE A RESPONSIBLE AND SUSTAINABLE TRAVELER

If you are in love with traveling, you love and care about the environment, please follow some tips on how to become an eco-traveler.

BEHAVE RESPONSIBLY

Follow the rules posted on the signs in the Special Nature Reserves and National Parks. Be honest with yourself and choose adventures according to your current fitness level. In this way, you protect yourself and the lives of the people around you.

RESPECT PRISTINE NATURE AND ITS LAWS

Refrain from collecting protected plant and animal species, as this disturbs the natural balance. Use only visibly marked hiking trails. Do not leave trash in nature, if it was not difficult for you to bring it, it will not be difficult for you to take it back with you and throw it in the designated place.

TRY LOCAL PRODUCTS

Enjoy local specialties and homemade products that you can try in traditional taverns, located in villages close to the adventure area or in local rural households. Almost all households in mountainous areas produce honey, if you have the opportunity, be sure to try it.

REFRESHMENT WITH MOUNTAIN SPRING WATER

In the hilly and mountainous part of Niš and the entire region, mountain springs with prominent signs of drinking water are available. Refill your bottles and enjoy the natural wealth of water that we are particularly proud of.

USE VEHICLES THAT POLLUTE THE ENVIRONMENT LESS

Rent a bike, walk, and use public transport where possible.

HAVE TRUST IN LOCAL EXPERTS

No one can guide you through a destination better than local service providers. They will take you to the most interesting and hidden places, where you could not and it is not safe to go alone. Choose the programs according to your wish and don't miss to contact them. They will certainly create original programs for you.

SHARE BEAUTIFUL EXPERIENCES

No experience is as good if you don't share it with others. Feel free to share your memories and impressions on social networks. In this way, we contribute to spreading awareness about the preservation of the environment, cultural heritage, and the adventurous spirit of the locals.

#nisadventure #experiencenis #dozivinis
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