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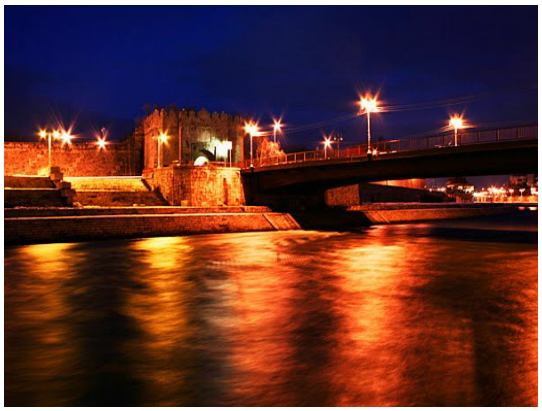
Pop Music Festival, Vrnjci

Produkcija Legat

prva polovina juna VRNJACKA BANJA

Vrnjci SPA Serbia



Vrnjacka Spa is situated in central Serbia, 200 km south of Belgrade, at the foot of Mount Goc [1.147 m high] at7.30 230 m above sea level. Vrnjacka banja has a moderate continental climate with a temperature of a yearly average of 10 degrees celsius. The mineral waters of Vrnjacka Spa fall into two categories: warm mineral water [with a temperature of 36, 5 degrees celsius], which belongs to alkaline carbo-acidic homeo-thermae, and cold mineral waters [with temperatures of 14, 17 and 25 degrees celsius], which belong to the group of earth-alkaline carbo-acidic acratic waters. Medical Indications: diabetes, stomach and duodenal ulcers, functional diseases of the digestive tract, chronic pancreatic disease, biliary diseases, liver illnesses, kidney and urinary tract diseases, chronic gynaecological illnesses and sterility, chronic rheumatic and bone diseases. The utilisation of mineral waters for the treatment of the above-mentioned indications is effected in various ways: per os [by drinking] at a dosage recommended by a physician or doctor, rinsing of the biliary canals after bile surgery, inhaling of warm mineral water, bathing in warm mineral water, irrigation, with colon illnesses, vaginal spraying, rinsing of the eyes, with chronic iris illnesses. Treatment is done at the Special Institute for medical prevention, treatment and rehabilitation of diabetes and digestive system illnesses "Vrnjacka Banja". The "Vrnjacka Banja" special hospital is the most modern centre for diagnostics, prevention and medical treatment. It is equipped with modern facilities for quick and expert diagnostics as well as treatment, along with expert medical staff and buildings for the accommodation of visitors throughout the year. The Special Hospital provides numerous services within its many wards: the Thermal mineral bath with the mineral springs, the Ambulance and clinical ward with specialist teams, the X-ray ward, ambulance on duty round the clock, the Diabetes and obesity treatment ward, the Gastroenterology ward, the Gynaecological therapy ward, the Ultrasound diagnostics ward, the Endoscopy ward, the cardiovascular diagnostics ward, the Ocular illnesses and laser therapy ward, the Sports medicine ward, the Urology ward, the Reflex therapy and acupuncture ward, the clinical-biochemical and RIA laboratory, the Pharmacy, the Trim cabinet. Vrnjacka Spa has a nicely decorated park, suitable for long walks and rest. In the vicinity of the spa there are woods, which are ideal for long hikes, picnics and hunting, or skiing on Mount Goc in winter. The guests of the spa have indoor and outdoor swimming pools, tennis courts and bicycle tracks all at their disposal. Guests of the spa can take part in organized visits to local monasteries, churches and ancient fortress

remains on the surrounding mountain slopes. Southward, in the picturesque vale of the Ibar river, there is the Studenica monastery, the mausoleum of Stefan Nemanja [from the year 1196], then the Zica monastery, the first Serbian archbishopric[from 1210]; furthermore, there are: the Gradac monastery of Queen Helen the Anjou[from 1272], the Djurdjevi Stupovi monastery, the avowal monastery of King Stefan Nemanja [from 1168], the Sopocani monastery of King Uros I, the St. Apostles Peter and Paul church, etc. Northbound, in the vale of the Morava river, there are many more monasteries: Kalenic, Lazarica, Ljubostinja, Veluce, naupara. Alongside the monasteries and churches, many remains of ancient fortresses still hold guard: Ras, Maglic, Brvenik and Koznik.

Serbia

Serbia has connected West with East for centuries a land in which civilisations, cultures, faiths, climates and landscapes meet and mingle. It is located in the centre of the Balkan Peninsula, in southeastern Europe. The northern portion belongs to central Europe, but in terms of geography and climate it is also partly a Mediterranean country. Serbia is landlocked but as a Danube country it is connected to distant seas and oceans. Serbia is a crossroads of Europe and a geopolitically important territory. The international roads and railway lines, which run through the countrys river valleys, form the shortest link between Western Europe and the Middle East. From the agricultural regions of the Pannonian Plain in the north, across the fertile river valleys and orchard-covered hills of umadija, the landscape of Serbia continues southward, gradually giving way to mountains rich in canyons, gorges and caves, as well as well-preserved forests. Serbias beautiful mountains, national parks, rivers and lakes are the perfect location for an active outdoor holiday from hunting and fishing to extreme sports. Many times during its rich, centuries-long history, Serbia has been at the centre of Europes and the worlds attention, out of all proportion to its modest size, economic might and number of inhabitants. Many lessons on bravery, patriotism and the struggle for freedom can be learned wherever you turn in Serbia, as you pass through its cities and regions. The cultural and historical heritage of Serbia begins with prehistoric archaeological sites and its legacy from classical antiquity. Perhaps its greatest riches, though, are in the many mediaeval Serbian churches and monasteries, some of which are included on the UNESCO World Heritage list. All year round, numerous cultural, entertainment, traditional and sporting events are held in Serbia, demonstrating the creative power and spiritual vitality of this country. Today, Serbia is a modern, democratic European country, on the path to membership of the European Union, which a diverse range of visitors from young backpackers to participants in congresses and fairs visit every day. Statistically, the most-visited tourist destinations are the cities of Belgrade and Novi Sad, the mountains of Kopaonik and Zlatibor and the spa towns of Vrnja?ka Banja and Sokobanja.

The northern part of Serbia, Vojvodina, located in the Pannonian Plain, is predominately flat. There are also plains in Ma?va, Posavina, Pomoravlje and Stig, as well as in Negotinska Krajina in eastern Serbia. 55% of Serbias land is arable, the large part of which is located in Vojvodina, the countrys main agricultural region. The central part of Serbia and the hilly umadija region are located south of the Sava and Danube rivers. Further south, the hills gradually give way to mountains. The valleys of the Great, South and West Morava, Niava and Ibra rivers cut through the hilly and mountainous areas of Serbia and are the main travel routes. The forest coverage in Serbia is 27.3% in total and regional coverage varies: Vojvodina 6.8%, central Serbia 32.8% and Kosovo and Metohija 39.4%. The mountain landscape of Serbia is rich in canyons, gorges and caves, as well as preserved forests which are home to a multitude of endemic species. Serbias mountains belong to: The Rhodopes range, which runs along the right and left sides of the South and Great Morava rivers. The Carpathians and Balkan Mountains, which are located in the eastern part of Serbia, south of the Danube river. The Dinaric Alps mountain chain, the largest of the mountain regions, is divided into eight sub-regions: Prokletiije, ar, Stari Vlah-Raka, Kopaonik, Kosovo-Metohija, umadija, and the Rudne and Fline mountains. 15 peaks reach an altitude of over 2000 m, of which the highest is ?eravica in the Prokletije, with a height of 2656 m. Serbias rivers belong to the drainage basins of the Black, Adriatic and Aegean seas. Three

rivers are fully navigable in Serbia: the Danube, Sava and the Tisa. The Velika Morava and Tami rivers are partly navigable. The longest river to flow through Serbia is the Danube, 588 km of its total 2783 km-long course, and over 90% of the river basin is occupied by this river. The largest lake in Serbia is the artificial ?erdap lake on the Danube which covers an area of 253 km2.

The climate of Serbia is moderately continental, with localised variations and a gradual change between the seasons. Nearby geographical regions like the Alps, the Mediterranean Sea, the Bay of Genoa, the Pannonian Basin and the Morava Valley, the Carpathian and Rhodope mountains, as well as Serbias hilly and mountainous region, with its valleys and plateaus, significantly influence the weather and climate in Serbia. The dominant position of river valleys from the south towards the hilly areas in the north of the country allows the deep penetration of polar air masses in southern regions. The vast majority of Serbian territory lies in a temperate climate zone, but the southwestern regions border the subtropical and continental climate zones. The mean annual air temperature for areas3.82 300 m above sea-level is 10.9C and for regions at an altitude of3.82 300 m to 500 m it is around 10C. In mountainous regions above-2.68 1000 m the air temperature is around 6C, while in regions above 1500 m it is around 3C. Autumn is warmer than spring. The coldest month is January with the mean monthly temperature ranging from -6C in mountainous regions to around 0C in the countrys flat regions. The warmest month is July with the mean monthly temperature ranging from 11C to 22C The highest recorded temperature was 44.9C in 2007 in Smederevska Palanka and the lowest recorded temperature was -39.5 in 1985 in the Peter Plateau. The annual rainfall in low-lying areas ranges from 540 to 820 mm. Regions which are5.84 1000 m above sea-level have between 700 and 1000 mm of rainfall annually, while some mountain peaks in southwestern Serbia have up to 1500 mm of rainfall a year. The majority of Serbia has continental rainfall patterns, with larger volumes in the warmer half of the year, apart from southwestern areas which have the most rainfall in autumn. June is the rainiest month, with an average of 12 to 13% of the total annual rainfall that month. February and October are the least rainy months. The normal annual volume of rainfall for the entire country is 896 mm. Snow cover is characteristic of the period between November and March, and sometimes there is snowfall in April and October too. Mountains above15.83 1000 m can have snow cover all year round. January has the most days with snow cover, with 30 to 40% of the total annual number of days with snow cover occurring during that month. The annual number of hours of sunshine ranges from 1500 to 2200 hours. The winds which dominate the warmer part of the year are north-westerly and westerly. The Koava an easterly and south-easterly wind which brings clear and dry weather in intervals of two to three days is common in autumn and winter. South-westerly winds dominate the mountainous regions of south-western Serbia. The mean atmospheric pressure in Belgrade is 1001 mb and the mean relative air humidity is 69.5%

Begin your travels through Serbia in Belgrade, the capital city, at the confluence of the Sava and Danube rivers. Belgrade offers many great places to visit, with Ada Ciganlija or the Belgrade Sea as it is known to the locals Belgrade Fortress and Kalemegdan Park coming highly recommended. After an action-packed day, next up is a lively night out on the town, something for which Belgrade is well known. Now make your way to Fruka Gora mountain, known as Serbias Mount Athos, which has 17 monasteries dating from the 15th to 18th centuries nestling on its slopes. And with that you have begun your journey through Vojvodina, known for its numerous farmsteads (salai), stables, wine cellars, food and, of course, the EXIT music festival. This festival is held annually in the Petrovaradin Fortress in Novi Sad and attracts over half a million young people from all around the world. As you sail along the Danube in Serbia, you will discover on its banks traces of prehistoric civilisations, such as Vin?a near Belgrade and Lepenski Vir near Donji Milanovac. You will also come across Roman-era Viminacium, formerly one of the most important military camps on the Danube. Combine culture with adventure by using the many marked cycling paths to explore the banks of the Danube. And in the south there is Ni, the birthplace of Constantine the Great, in whose time Christianity became the official religion of the Roman Empire. Southern Serbia is known for its energetic music, flavoursome food, Pirot carpets, peppers and ka?kavalj (caciocavallo) cheese. In Leskovac, do not miss out on tasting the best grilled meat in the whole of Serbia. After the rich food, you will appreciate the sharp mountain air of Stara Planina, eastern Serbias most beautiful mountain, where you will enjoy skiing or hiking in the midst of unspoilt nature. A little further south Vlasinsko Jezero

lake and its floating peat islands await you. Western Serbia offers an entirely different landscape and experience. Your first stop should be Oplenac, a cultural and historical site, home to the very important St George Church (Crkva Svetog ?or?a) which is also the mausoleum of the Serbian Kara?or?evi? family dynasty. Continue your journey through the Valley of the Kings, from the 13th-century ica monastery to the 12th-century Studenica monastery which is on the UNESCO World Heritage list. In this region you will also see the 13th-century Gradac monastery, the endowment of French princess Helen of Anjou, the wife of King Uro I Nemanji?. Now it is time for sport and adventure. Western Serbia, with its numerous mountains, rivers and lakes, is the perfect place for sports in the great outdoors. The Drina, Uvac, Lim and Ibar are rivers on which you can seek out an adrenaline rush, but remember, you need a good team for white water rafting. Dont miss out on taking a train ride on the 1925 argan Eight (arganska Osmica) railway, whose tracks cut through the mountain landscape of Mokra Gora in the shape of a figure of eight. Not far from here is the Sirogojno ethnic village and there are also opportunities for village tourism in hospitable Serbian households, with healthy, traditional food and, of course, local rakija (Serbian brandy), as well as traditional trades and handicrafts. You should also visit Drvengrad, a modern ethnic village built by famous Serbian film director Emir Kusturica. The multitude of spas, which were once frequented by Roman emperors and now frequented by business people and top sportsmen and women, are ideal places for rest and relaxation. The best known spas are Vrnja?ka Banja, Sokobanja, Banja Kanjia, Banja Kovilja?a and Pali?. Or maybe a mountain health resort, such as Zlatibor, Zlatar or Div?ibare, would be more to your taste. Nature has been generous to Serbia, so close to the spas there are many reserves, natural monuments and protected plant and animal habitats. And winter sports lovers will enjoy the range of facilities on Kopaonik mountain, where the skiing season starts at the beginning of December and ends as late as April. During rest of the year you can partake in mountain walking, flying, orienteering or bird watching. Regardless of where in Serbia you begin your journey, you will feel the tradition and spirit of the people conveyed through the wide range of events whether tourist, cultural, sport or entertainment which are held all year round. The Draga?evo Brass Bands Festival in Gu?a, the Homolj Motifs in Ku?evo, the Rajac Mow, the Shepherd Days of Kosjeri?, Vrnjci Carnival and the Days of Grape Picking in Vrac are just a few of them. See you in Serbia! Welcome!

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