

### REKREACIJSKO ADRENALINSKA RUTA

Prirodna rekreacijska ruta područja Mostara i okoline predstavlja odabrane lokalitete za ljubitelje prirode i adrenalina, kao i za fototurizam. Područje Hercegovine je sačinjeno od raznolikog i zanimljivog krajolika te je zbog svoje specifične ljepote, odredište selektivnih oblika turizma. Ova ruta nudi različite oblike iskustva i širok izbor sportskih i slobodnih aktivnosti i uključuje izletnički, vodeni, planinarski, avanturistički, zabavni, sportski i ekološki aspekt turizma. Na lokalitetima Via ferrata i Blagaj Climbing i lokalitetu penjačke dvorane posjetioci mogu uživati u penjanju, kako na prirodnim, tako i na vještačkim stijenama. Ljubitelji adrenalina će uživati u sportsko - avanturističkom parku Fortica, koji nudi različite aktivnosti poput zip linea, ljuljački i sky walka. Lokalitet Bare, okružen šumom je pogodan za šetnje, vožnju biciklom i trčanje.

### RECREATIONAL AND ADRENALINE ROUTE

Recreational and adrenaline route of the Mostar area and its surroundings represents selected localities for nature and adrenaline lovers, as well as for photo tourism. The area of Herzegovina is made up of diverse and interesting landscapes and due to its specific beauty, is a destination for selective forms of tourism. This route offers various forms of experience and a wide range of sports and leisure activities and includes excursions, water, hiking, adventure, entertainment, sports and environmental aspects of tourism. At Via ferrata, Blagaj Climbing and climbing halls, visitors can enjoy climbing on both natural and artificial rocks. Adrenaline lovers will enjoy the sports and adventure at the Fortica park, which offers various activities such as the Zip line, swings and sky walk. The Bare site, surrounded by forest, is suitable for walking, cycling and running.

### BUNSKI KANALI 1

Uski kanal dužine 850 m i širine 3 m kojim protječe Neretva, a preko sedrene barijere se u nju ulijeva rijeka Buna, čini simbiozu stijena, vode i zelenila. Prirodni fenomen, nastao fluvijalnim procesima prepoznatljiv je po vodopadima kojima se spajaju dvije rijeke. Lokalitet Bunskih kanala, kao zaštićeni dio prirode, nudi različite prizore u odnosu na doba godine. Pored Bunskih kanala vodi i biciklistička staza na staroj Čirinoj trasi.

### BUNA CANALS

A narrow canal 850 m long and 3 m wide through which the Neretva flows, and through the travertine barrier the river Buna flows into it, forming a symbiosis of rocks, water and greenery.

The natural phenomenon, created by fluvial processes, is recognizable by the waterfalls that connect the two rivers. The site of the Buna canals, as a protected part of nature, offers different scenes depending on the time of year. In addition to the Buna canals, there is also a bicycle path on the old "Čiro" route.

### SPORTSKO PENJAČKI KLUB BLAGAJ 2

Prirodne stijene od krečnjaka u okolini Blagaja predstavljaju jedno od najljepših područja za penjanje u BiH. Locirane nedaleko od izvora rijeke Bune i u blizini derviške tekije, čine poseban doživljaj za ljubitelje adrenalina. Dužina penjačkih ruta varira od 15 - 200 m, od manje zahtjevnih, do ruta za profesionalne penjače. Postoji 140 ruta.

### BLAGAJ CLIMBING

Natural limestone rocks in the vicinity of Blagaj are one of the most beautiful climbing areas in BiH. Located not far from the source of the river Buna and near the dervish tekke, they make a special experience for adrenaline lovers. The length of climbing routes varies from 15 - 200 m, from less demanding, to routes for professional climbers. There are 140 routes.



### ŠETALIŠTE "BARE" / TRIM STAZA "TRIMUŠA" 3

Šetalište se nalazi u samom centru grada i proteže se uz rijeku Radobolju. Idealno je za šetnju, vožnju biciklom ili trčanje. Staza je ravna, popločana dužine 1200 m. Uz šetnicu se nalazi i trim staza koja se sastoji od kružne valovite staze dužine oko 1800 m. U sklopu staze se nalaze i sprave za vježbanje, a u toku ljeta svake nedjelje se održavaju zajednička trkačka druženja.

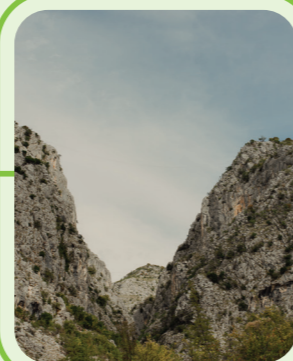


### PROMENADE "BARE" / TRIM TRAIL "TRIMUŠA"

The promenade is located in the city center and stretches along the river Radobolja. It is ideal for walking, cycling or running. The trail is flat, paved and 1200 m long. Along the promenade there is a running track that consists of a circular wavy path of about 1800 m long. Within the track there is exercise equipment available and during the summer every Sunday joint races are being organized.

### ADRENALIN TURA "VIA FERRATA VULIN POTOK" 4

Vulin potok je smješten u Blagaju, a kretanje kroz kanjon započinje u Eko centru - Blagaj. Prilikom kretanja kanjonom nailazi se na uske klance s uglavljenim kamenim gromadama, ali i mnogobrojne vertikalne prepreke koje su nekad u historiji bile vodeni slapovi preko kojih se danas krećemo. Dužina prolaska kroz kanjon je 1500 m, a sama dužina staze iznosi 10 km. Za cijeli obilazak je potrebno 3,5-4 sata sa usputnim zaustavljanjima.



### ADRENALINE TOUR "VIA FERRATA VULIN POTOK"

Vulin potok is located in Blagaj canyon and the movement through the canyon starts in the Eco-center Blagaj. When moving through the canyon, you will find narrow gorges with stuck boulders, but also numerous vertical obstacles that were once in history waterfalls over which we move today. The length of the passage through the canyon is 1500 m, and the length of the trail is 10 km. The whole tour takes 3.5-4 hours with stops along the way.

### ZIP-LINE FORTICA 5

Sportsko-avanturistički park "FORTICA" je idealan za sve ljubitelje brdskog i avanturističkog turizma. Sama brdska biciklistička staza vodi do vrha Fortice koja je smještena na nadmorskoj visini od 500 m, a na vrhu se nalazi najduži zip line u Bosni i Hercegovini, dužine 570 i 430 m. Polazište zip linea je ispred planinarskog doma, a završna tačka je iznad strmih stijena gdje je smješteno sportsko penjalište sa 13 smjerova. Pored navedenog zip linea, postoji i dječiji dužine 20 m. Za još dodatnog adrenalina, tu je ljuljačka visine 10 m sa dužinom ljuljanja od 15 m za sve uzraste, kao i viseći most dužine 35 m.



### ZIP-LINE FORTICA

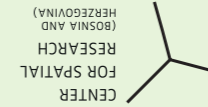
Sports and adventure park "FORTICA" is ideal for all lovers of mountain and adventure tourism. The mountain bike trail leads to the top of Fortica, which is located at an altitude of 500 m, and at the top is the longest ZIP LINE in Bosnia and Herzegovina, 570 and 430 m long. The starting point of the zip line is in front of the mountain lodge, and the end point is above the steep cliffs where the sports climbing area with 13 directions is located. In addition to the mentioned zip line, there is also a child zip line length of 20 m. For even more adrenaline, there is a 10 m high suspension bridge with a 15 m long wing for all ages, as well as a 35 m long suspension bridge.

### PENJAČKA DVORANA 6

Dvorana alpinističko-sportskog penjačkog kluba "NERETVA" na Kampusu Univerziteta "Džemal Bijedić" Mostar sa vještačkom stijenom za sportsko penjanje odraslih i djece.

### CLIMBING HALL

Hall alpinistic-sports climbing club "NERETVA" on the Campus of the University "Džemal Bijedić" - Mostar with artificial rock for sport climbing for adults and children.



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