

VIŠE INFORMACIJA | MORE INFORMATION

Nacionalni park Durmitor | *National Park Durmitor*

Tel: +382 (0) 52 360 228

E-mail: npdurmitor@nparkovi.me

Ski Centar Vučje | *Ski Centre Vučje*

Tel. +382 (0)67 637 049

E-mail: vucje.niksic@gmail.com

Ski Resort - Kolašin 1450

Tel. +382 (0)68 041 450

E-mail: info@kolasin1450.com

Turistička organizacija Mojkovac | *Tourism Organisation of Mojkovac*

Tel. +382 (0)50 472 428

E-mail: tomojkovac@t-com.me

Turistička organizacija Andrijevića | *Tourism Organisation of Andrijevića*

Tel. +382 (0) 51 243 113; +382 (0) 69 343 374

E-mail: toandrijevića@gmail.com

Turistička organizacija Berane | *Tourism Organisation of Berane*

Tel. +382 (0)51 236 664

E-mail: toberane@t-com.me

Turistička organizacija Rožaje | *Tourism Organisation of Rožaje*

Tel. +382 (0)51 270 158

E-mail: info@rozaje.travel

Turistička organizacija Plav | *Tourism Organisation Plav*

Tel. +382 (0)51 250 151

E-mail: toplav@t-com.me

MONTENEGRO

HODANJE NA KRPLJAMA SNOWSHOEING



MONTENEGRO
Wild Beauty

www.montenegro.travel

MONTENEGRO
Wild Beauty

www.montenegro.travel

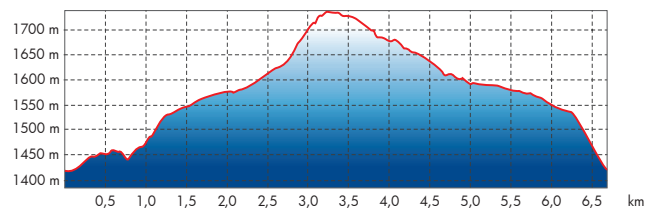
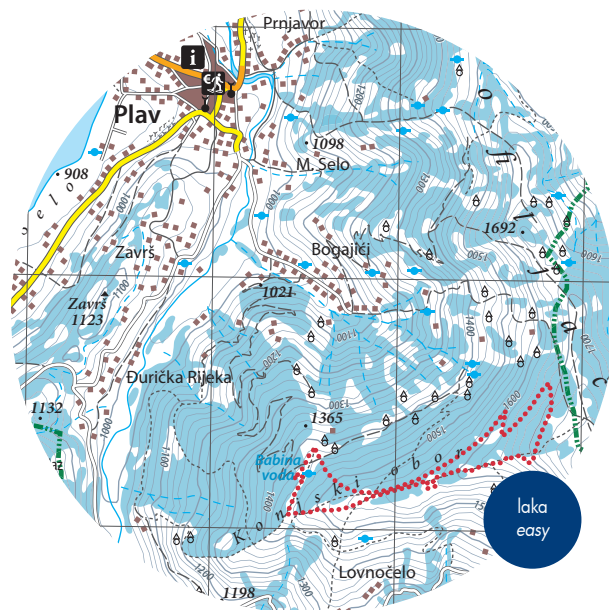
Danas je hodanje na krpljama uzbudljiv spoj rekreacije, sporta i prirode, ali ne tako davno, krplje su predstavljale neophodnu zimsku opremu. Naime, ljudi sa prostora Durmitora i Jezerske visoravni su uz pomoć krplji prelazili velike distance pokrivenne snijegom. Drvene krplje, izrađene u obliku teniskih reketi, nijesu dozvoljavale propadanje u dubok snijeg.

Modernizovan izgled krplji i materijali od kojih se danas izrađuju, omogućavaju da ovaj vid rekreacije i aktivnog odmora na snijegu bude dostupan svima. Hodanje na krpljama je nešto

Foto: National Tourism Organisation of Montenegro



9 STAZA ZA HODANJE NA KRPLJAMA | SNOWSHOE TRAIL
PAJJEVI

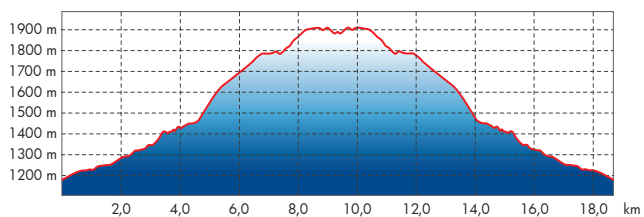


Dužina	Trajanje	Ukupni uspon	Najviša tačka	Najniža tačka	Period korišćenja												
6,7 km	3h	394 m	1738 m	1414 m	<table border="1"> <tr><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12
1	2	3															
4	5	6															
7	8	9															
10	11	12															
Distance	Duration	Total ascent	Highest point	Lowest point	Best season												

8

STAZA ZA HODANJE NA KRPLJAMA | SNOWSHOE TRAIL

CARINE - GROPE



Dužina	Trajanje	Ukupni uspon	Najviša tačka	Najniža tačka	Period korišćenja
18,6 km	6-8 h	805 m	1911 m	1176 m	1 2 3 4 5 6 7 8 9 10 11 12
Distance	Duration	Total ascent	Highest point	Lowest point	Best season

malo zahtjevnije od obične šetnje, zbog čega nije potrebna posebna fizička priprema ili obuka.

KAKO KORISTITI KRPLJE

Krplje, koje su standardne veličine, navlače se na zimsku obuću, uključujući i obuću za snowboard.

Radi lakšeg kretanja po snijegu, pored krplji se koriste i štapovi za snijeg koji se namiještaju da budu u visini lakta.

OBRATITE PAŽNJI

- Ne skrećite sa staze i pratite markaciju.
- Zbog bezbjednosti se preporučuje da stazu ne prolazite sami, već u grupi koju čine najmanje troje ljudi.
- Krplje koristite isključivo kada je dubok snijeg, u suprotnom krplje obavezno skinite kako ne bi došlo do njihovog oštećenja.
- Budite pažljivi prilikom prolaza kroz zaštićena područja, jer su u zimskom periodu divlje životinje veoma osjetljive.
- Molimo Vas da otpatke odlažete na mjesta namijenjenim za to!



Iznajmljivanje krpљи vrši se u Centrima za posjetioce Nacionalnih parkova Durmitor i Prokletije, Ski centrima Savin Kuk, Kolašin 1450 i Vučje i lokalnim turističkim organizacijama Andrijevića, Berane, Mojkovac i Rožaje.

Staza se koristi na sopstvenu odgovornost!

Kontakt telefoni za slučaj nezgode u planini:

Contact telephone number in case of an accident:

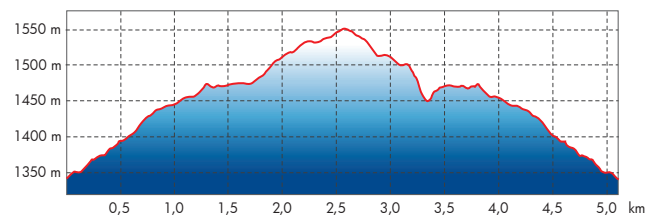
112

Operativno - komunikacioni centar
Operational Communication Centre (Emergency)

+382 (0) 40
256 084

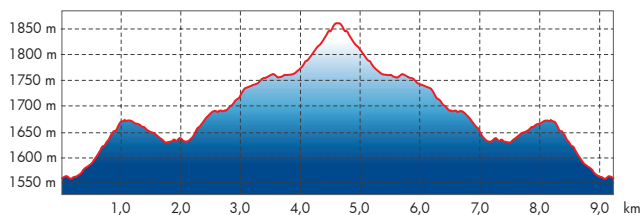
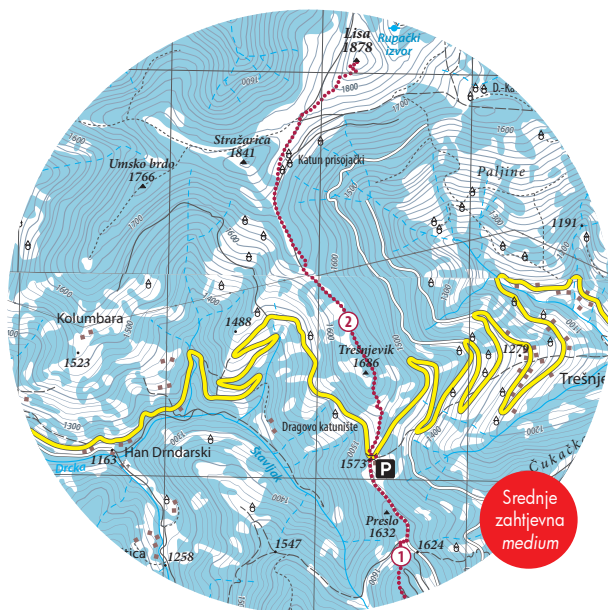
Gorska služba spašavanja Crne Gore
Mountain Rescue Service of Montenegro

7 STAZA ZA HODANJE NA KRPLJAMA | SNOWSHOE TRAIL LOKVE - STUPČE BRDO



Dužina	Trajanje	Ukupni uspon	Najviša tačka	Najniža tačka	Period korišćenja												
5,1 km	2h	263 m	1551 m	1340 m	<table border="1"> <tr><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12
1	2	3															
4	5	6															
7	8	9															
10	11	12															
Distance	Duration	Total ascent	Highest point	Lowest point	Best season												

6 STAZA ZA HODANJE NA KRPLJAMA | SNOWSHOE TRAIL TREŠNJEVIK - LISA



Dužina	Trajanje	Ukupni uspon	Najviša tačka	Najniža tačka	Period korišćenja
9,2 km	34h	371 m	1878 m	1562 m	1 2 3 4 5 6 7 8 9 10 11 12
Distance	Duration	Total ascent	Highest point	Lowest point	Best season

SNOWSHOES



Snowshoeing today is an exciting blend of recreation, sports and nature, but not that long ago the snowshoes were a part of essential winter gear. Namely, people from the region of the Durmitor and the Jezerska plateau used them to walk long distance in snow covered areas. Wooden snowshoes, shaped as tennis rackets, prevented sinking into the deep snow.

Today, the modern look and materials from which snowshoes are made, make this form of recreation and active winter vacation accessible to all ages and abilities. Snowshoeing is a just a bit more demanding than walking, which is why it does not require any particular physical preparation or training.

HOW TO USE THE SNOWSHOES

Snowshoes, of a standard size, are put on the regular winter footwear, including snowboard boots.

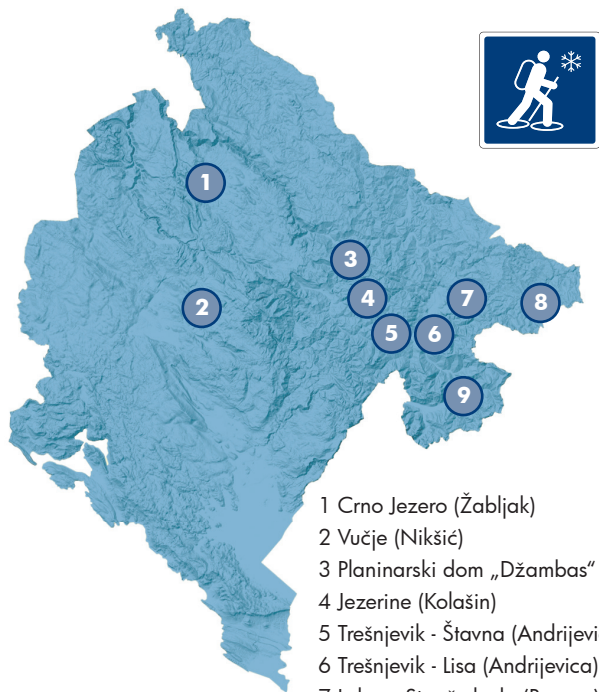
In addition to snowshoes, for easier walking on the snow, poles are used as well, which should be adjusted in height so that your elbow is at a right angle.

PLEASE PAY ATTENTION

- Do not leave the trails and follow the marks.
- For safety reasons, it is advisable that you do not walk the trail alone, but in a group of at least three people.
- Use the snowshoes only in deep snow; otherwise, take them off in order to prevent damage.
- Be careful when passing through protected areas, as in winter times, wild animals are very sensitive.
- Please keep the nature clean!

Snowshoe rental available at the Visitor's Centre of the National Parks Durmitor and Prokletije, at the Ski Centres Savin Kuk, Kolašin 1450 and Vučje and at the Tourism Organisations of Andrijevića, Berane, Mojkovac and Rožaje.

The use of the trails is at your own risk!

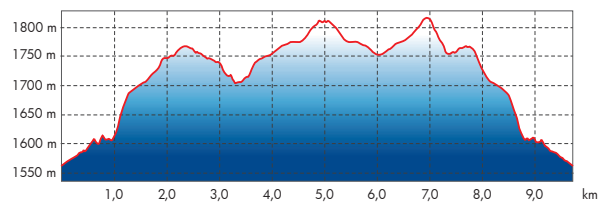


- 1 Crno Jezero (Žabljak)
- 2 Vučje (Nikšić)
- 3 Planinarski dom „Džambas“ (Mojkovac)
- 4 Jezerine (Kolašin)
- 5 Trešnjevik - Štavna (Andrijevica)
- 6 Trešnjevik - Lisa (Andrijevica)
- 7 Lokve - Stupče brdo (Berane)
- 8 Carine - Grope (Rožaje)
- 9 Paljevi (Plav)

5 STAZA ZA HODANJE NA KRPLJAMA | SNOWSHOE TRAIL TREŠNJEVIK - ŠTAVNA



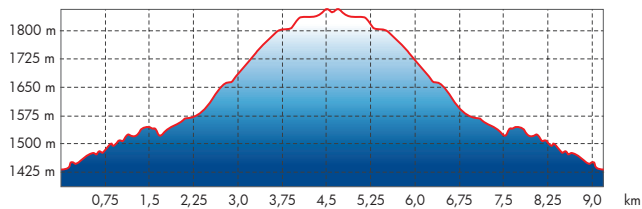
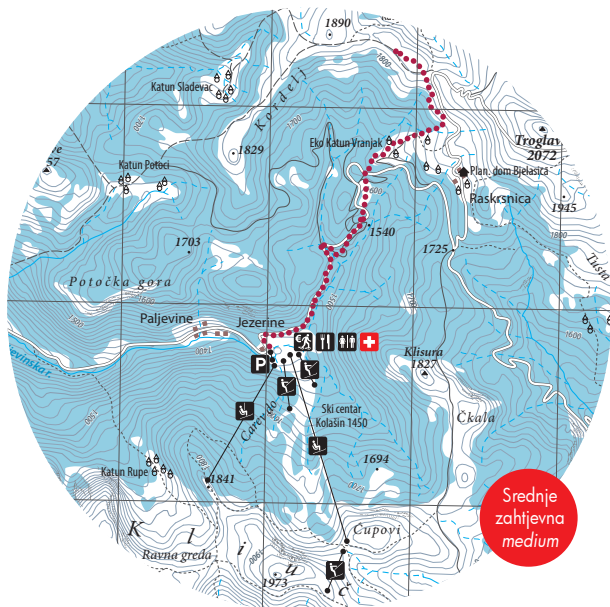
- | | | |
|---|--|-----------------------------------|
| Iznajmljivanje krplji | | Snowshoe rental |
| Dvosjedna žičara, Ski lift | | Chair lift, ski lift |
| Centar za posjetioci | | Visitor center |
| Centar za posjetioci (zimi je zatvoren) | | Visitor center (closed in winter) |
| Turističke informacije | | Tourist information |
| Parking, autobuska stanica | | Parking, bus station |
| Restoran, kafe | | Restaurant, cafe |
| Toalet | | Restrooms, toilet |
| Prva pomoć, bolnica | | First aid, hospital |
| Staza za hodanje na krpljama | | Snowshoe trail |
| Šuma | | Forest |



Dužina	Trajanje	Ukupni uspon	Najviša tačka	Najniža tačka	Period korišćenja
9,8 km	4,5h	429 m	1816 m	1562 m	1 2 3 4 5 6 7 8 9 10 11 12
Distance	Duration	Total ascent	Highest point	Lowest point	Best season

4

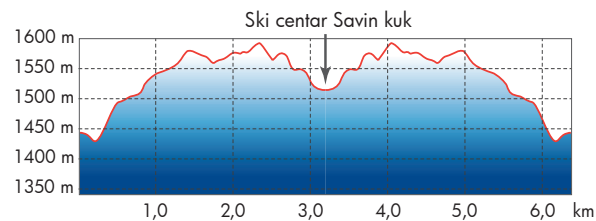
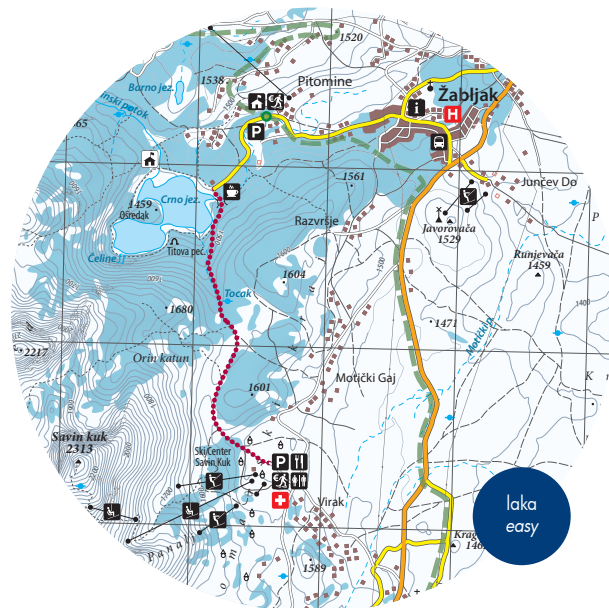
STAZA ZA HODANJE NA KRPLJAMA | SNOWSHOE TRAIL JEZERINE – MALI KORDELIJ



Dužina	Trajanje	Ukupni uspon	Najviša tačka	Najniža tačka	Period korišćenja
9,2 km	4.5 h	604 m	1860 m	1426 m	1 2 3 4 5 6 7 8 9 10 11 12
Distance	Duration	Total ascent	Highest point	Lowest point	Best season

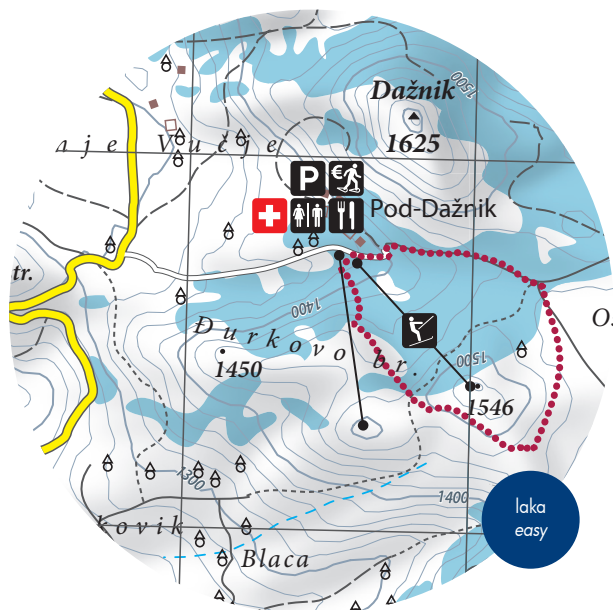
1

STAZA ZA HODANJE NA KRPLJAMA | SNOWSHOE TRAIL CRNO JEZERO – SKI CENTAR SAVIN KUK

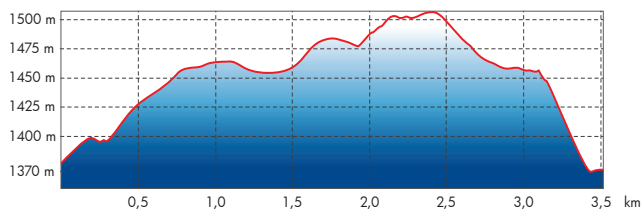
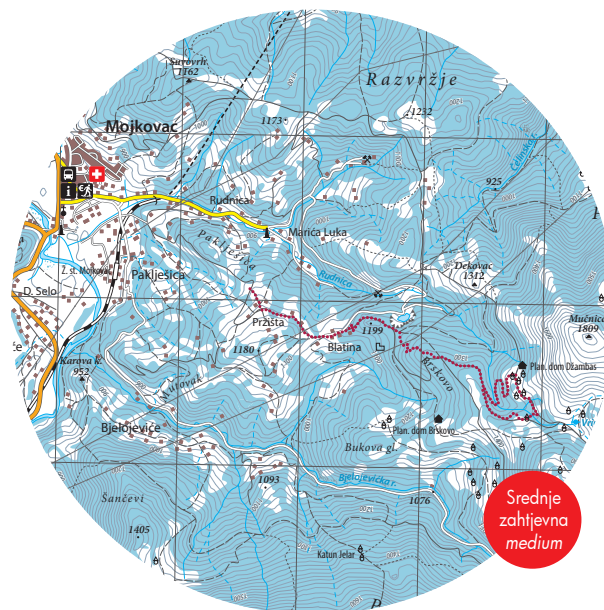


Dužina	Trajanje	Ukupni uspon	Najviša tačka	Najniža tačka	Period korišćenja
6,7 km	2h	268 m	1583 m	1429 m	1 2 3 4 5 6 7 8 9 10 11 12
Distance	Duration	Total ascent	Highest point	Lowest point	Best season

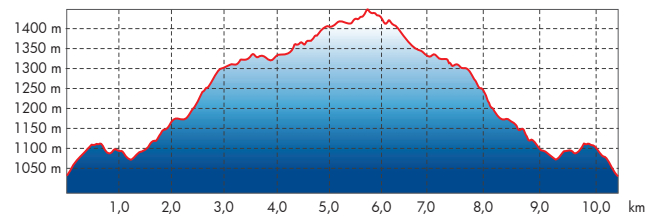
2 STAZA ZA HODANJE NA KRPLJAMA | SNOWSHOE TRAIL
VUČJE



3 STAZA ZA HODANJE NA KRPLJAMA | SNOWSHOE TRAIL
PLANINARSKI DOM „DŽAMBAS“



Dužina	Trajanje	Ukupni uspon	Najviša tačka	Najniža tačka	Period korišćenja
3,5 km	1,5h	183 m	1514 m	1368 m	1 2 3 4 5 6 7 8 9 10 11 12
Distance	Duration	Total ascent	Highest point	Lowest point	Best season



Dužina	Trajanje	Ukupni uspon	Najviša tačka	Najniža tačka	Period korišćenja
10,5 km	5-7 h	616 m	1449 m	1034 m	1 2 3 4 5 6 7 8 9 10 11 12
Distance	Duration	Total ascent	Highest point	Lowest point	Best season