

WELCOME TO THE FIRST NATURE PARK IN MONTENEGRO WELCOME TO THE FIRST TRAIL OF HEALTH

The aim of building this trail is to raise awareness of how important it is to be active and have a positive effect on psychophysical health. Walking along the trail improves the heartbeats, blood circulation and breathing, and have a beneficial effect on the general health condition. On the trail itself, boards with exercises have been placed in certain places, which should be done in those places, which will have a positive effect on the mobility of joints, tendons and muscles.

The trail is located in a natural environment, embraced by forests and clean mountain air.

The trail is adapted to all generations and is suitable for all nature lovers. The trail is one of the easier hiking trails, with a total length of about 14 kilometres. People with better physical condition can use the Trail

that goes to the top of Milogora (Ljeljenak 1813 m above sea level), and for people with poorer fitness, the trail descends down the road and returns to the starting location. Although it is a fairly long distance, the configuration of the terrain is such that it can be crossed in one direction in just over 5 hours. The highest ascent is at 1813 meters, which is not an exceptional effort, since the starting / ending point of this trail is at an altitude of just under 1600 meters. In the initial part, through the village, the trail coincides with the part of the Via Dinarica trail.

The trail is arranged and marked along its entire length and there are sightseeing platform, exercise boards, boards with contact details of tourism providers, benches, seesaws, swings, information and educational boards.

Take the health trail now!
Health is the most important!