

Poezija u prirodi

FRUŠKOGORSKO-DUNAVSKI REGION

www.fruskagora-dunav.rs



www.poetry-in-nature.com

FRUSKA GORA DANUBE REGION

Poetry in Nature



www.srbija.travel



www.npfruskagora.co.rs



www.camping.rs

Bogato kulturno nasleđe i netaknuta priroda nadomak vas

Ukoliko želite da se brzo udaljite od gradske buke i stresa, da osetite miris i lepotu prirode i da svom telu i duhu podarite još zdravlja i radosti, a pitate se gde i kako, evo odgovora:

NADOMAK VAS

Fruškogorsko-dunavski region je magična destinacija veoma blizu Beograda i Novog Sada na preseku najvažnijih međunarodnih pravaca, a do nje ćete brzo stići autoputem, lokalnim drumovima, prugom ili rekom. Blizina aerodroma čini ovaj kraj lako dostupnim i za inostrane posetioce, pa se on nameće kao jedna od vodećih turističkih destinacija u Srbiji.

BOGATO KULTURNO NASLEĐE

Ovo je region uzbudljive istorije, sa bogatim kulturnim nasleđem, izuzetnom ponudom najlepših vina, opevan u pesmama koje ga uzdižu na pijedestal jedne od kulturnih prestonica srpskog naroda. Posebnu vrednost i biser predstavlja 16 pravoslavnih manastira čija je duhovna i edukativno-turistička uloga od izuzetnog značaja.

NETAKNUTA PRIRODA

U predelima nacionalnog parka, na obroncima Fruške gore i obalama moćnog Dunava isprobajte brojne aktivnosti koje vam se nude, bilo da je to kampovanje u prvom ekološkom kampu, vožnja biciklom po šumskim stazama, šetnja livadama i šumama do planinskih vrhova i planinarskih domova ili jahanje kao u stara vremena. Doživljaj Dunava sa plaža ili iz čamca i kajaka neka vam bude nezaobilazna stavka u planiranju vikenda.

Posle nekoliko sati provedenih u prirodi, ništa vas ne može bolje okrepiti nego ukus vrhunskog vina i slanih i slatkih sremskih specijaliteta.

Doćićete lako, videćete i naučiti mnogo. Pokrenućete telo, obogatiti duh novim saznanjima, napuniti se energijom i svežim vazduhom. Dođite u Fruškogorsko-dunavski region!

Dobro došli !



Rich cultural heritage and pristine nature in your vicinity

If you want to get away from the stress and the city noise, to smell and feel the beauty of nature, to treat your body and soul with health and joy and you wonder where and how to do it, here is the answer:

IN YOUR VICINITY

Fruska Gora Danube region is a magical destination just a short drive away from Belgrade and Novi Sad at the crossing point of the most important international ways. You will get there quickly by the highway, local roads, railroad or river. The vicinity of the airport makes this area easily accessible also for international visitors so it arises as one of the most significant tourist destinations in Serbia.

RICH CULTURAL HERITAGE

This region has a very exciting history, rich cultural heritage and great wines. It was described in poems and glorified as one of cultural capitals of Serbian people. Sixteen orthodox monasteries on Fruška Gora are recognized for their special value and rarity due to their important role in education and tourism.

PRISTINE NATURE

Within the area of the national park at the slopes of Fruška Gora and on Danube banks you are offered a number of activities such as camping in the first ecological camp in Serbia, riding a bicycle through the forest, hiking through meadows and forests to mountain tops and lodges or horseback riding that brings you back to old times. Experience of Danube River from its beaches or from the boat or kayak must also be on the list of activities in your weekend plans.

After a few hours spent in nature nothing can refresh you better than flavours of finest wines and sweet and savoury specialties of Srem cuisine.

You will find us easily and you will see and learn a lot. You will refresh your body, enrich your mind with new experiences and fill yourself with energy and fresh air. Come to Fruška Gora Danube region!

Welcome !

Poezija u pokretu

Pronađite sklonište od užurbanog gradskog života i obnovite svoju duhovnu i mentalnu energiju. Pođite na kampovanje, planinarenje ili jahanje, uživajte u vožnji biciklom ili provedite vreme u pešačenju sa grupom zaljubljenika u ovaj kraj.

KAMPOVANJE

Doživite Frušku goru u potpunosti i dođite u Eko kamping odmorište „Fruška gora“. Nalazi se na prelepom mestu, omeđen potokom i gustom šumom bogatom raznim vrstama drveća. Ograđen je drvenom ogradom, opremljen mobilijarom i igralištem i predstavlja zgodno i bezbedno mesto za roditelje i decu i polaznu tačku za sva druga iskustva.

BICIKLIZAM

Zbog prirodnih lepota, pogodnih puteva i staza bez saobraćaja, Fruška gora je pravi raj za bicikliste. Većina staza je obeležena i vodiče vas kroz prelepe listopadne ili četinarske šume, preko pašnjaka i livada, spajajući prirodne i kulturne zanimljivosti ovog kraja. Svratite na kratki odmor i osveženje u planinarskom domu, a tokom vožnje se zaustavite na vidikovcima i uživajte u izuzetnim prizorima i lepi.

*Uz bicikl, ranac i dobro raspoloženje,
Fruška gora je vaša!*

PEŠAČENJE I PLANINARENJE

Pored rekreacije i fizičkog zadovoljstva koje vam pešačenje pruža, uživaćete u prirodnim lepotama i retkostima i u bogatom kulturnom nasleđu.

Od Informativnog centra Nacionalnog parka Fruška gora kod spomenika na Iriškom vencu polaze različite kružne staze, koje možete preći sami ili sa turističkim vodičem. Preporučujemo da krenete planinarskom stazom do manastira Grgeteg ili Staro i Novo Hopovo i upoznate značaj ovog kraja za duhovnost našeg naroda.

Pridružite se hiljadama prijatelja prirode koji svakog maja učestvuju u tradicionalnom Fruškogorskom maratonu.

Poetry in Motion

Find a sanctuary away from busy urban lifestyle and restore your spiritual and mental energy. Go camping, hiking or horseback riding, enjoy a bicycle ride or spend time walking with a group of hikers who are also in love with this area.

CAMPING

In order to fully experience this mountain you should spend time in Eco-camping Fruska Gora. It is situated on the beautiful spot bounded by a stream and a dense forest of various tree species. Surrounded by a wooden fence, equipped with mobile furniture and a playground, it is a cosy and a safe place for parents and children as well as the starting point of all your adventures and experiences.

BICYCLISM

Due to its natural beauty, suitable roads and trails without traffic Fruska Gora is considered to be bicyclists' heaven. Most of the trails are marked with signs and lead you through magnificent coniferous or deciduous forests, over pastures and meadows connecting natural and cultural curiosities of this area. Stop by the mountain lodge for quick refreshment or interrupt your ride for a while just to enjoy the view and magnificent scenery.

All you need for exploring Fruska Gora is a bicycle, a backpack and a bunch of good mood!



JAHANJE

Oprobajte se u jahanju planinskim vrletima, kaskajte šumskim stazama ili napojite konja na potoku. Posetite neku od ergela i uz pratnju iskusnog vodiča obidite atraktivne planinske staze jašući pitome konje. Prijavite se za školu jahanja jer druženje sa konjima pomaže u oslobađanju od stresa izazvanog urbanim načinom života.



WALKING AND HIKING

Beside recreation and pleasure of walking, you will also enjoy unusually beautiful nature and rich cultural heritage. The starting point of several circular hiking trails is the National park Fruska gora Info centre near the monument at Iriški Venac. You can hike by yourself or with a tourist guide. We recommend you a hike by a trail that leads to monasteries Grgeteg or Staro and Novo Hopovo and find out the importance of this place for cultural and religious heritage of Serbian people. Join thousands of nature lovers who attend the traditional marathon on Fruska Gora every May.

HORSEBACK RIDING

Try horseback riding on mountain crags, trotting on forest paths or take your horse to drink from a forest brook. Visit some of horse stables and ride on the back of a tame horse on beautiful mountain trails accompanied by an experienced guide. Apply for a horseback riding school because spending time with horses helps you release the stress and anxiety caused by urban lifestyle.



Poezija na vodi

Dunav, reka čudesnih lepota, već vekovima spaja kulture i narode. Na njenim obalama rođena su prva naselja, tvrđave i gradovi, manastiri i crkve. Rezervati prirode, arheološka nalazišta i brojna utvrđenja iz daleke prošlosti čine ovaj kraj popularnim među turistima i avanturistima.

Uverite se u lepotu i veličinu ove reke, upustite se u različite avanture, vožnju čamcem, kajacom ili katamaranom, otisnite se sa neke od najlepših plaža i zaplivajte.

VOŽNJA ČAMCEM

Promenite perspektivu, doživite Dunav iz čamca. Upoznajte dunavce, rečne ade i sprudove, uživajte u pogledu na tvrđave i mostove, približite se životinjskim i biljnom svetu. Uživaćete u ribolovu, priredite sebi nezaboravna iskustva.

KAJAKING

Kajaking je pravi izbor za aktivni odmor. Vožnja kajaka je nesvakidašnji i originalan način da otkrijete skrivene obale Dunava, istražite rečne plaže, rukavce, pećine i okolni divlji svet. Uživaćete u svakom zaveslaju - u otporu vode, naporu tela i mirisu svežine.



PLIVANJE NA DUNAVU

Štrand u Novom Sadu je jedna od najlepših plaža na Dunavu. Na površini od sedam hektara na raspolaganju su vam brojni sportski, ugostiteljski i zabavni sadržaji za sve uzraste. Kod Karaša u Beočinu ćete naći jednu od najlepših peskovitih plaža na Dunavu. Kupajte se i sunčajte i u Bačkoj Palanci na plaži Tikvara koja je smeštena između jezera i Dunava, a sa kopnom je spojena mostićem. U Čortanovačkoj šumi je uređeno kupalište tako da i najsunčaniji period dana možete da provedete u hladovini. Uživajte i u šetnji uređenim šumskim stazama ili obilascima istorijskih i arheoloških lokaliteta u blizini.

KUPANJE NA PLANINI

Pođite na kupanje i na južnim padinama Fruške gore gde postoji jedanaest veštačkih jezera izuzetne lepote, od kojih su neka namenjena pecarošima, a neka su pogodna i za kupanje poput Bruje kod Erdevika ili Sota kod Šida. Najuređenije i najposećenije je Borkovačko jezero, prepoznatljivo po kućicama na vodi za istinske hedoniste, a na samo 3 km od Rume.

Poetry on Water

The gorgeous Danube River has been connecting cultures and nations over the centuries. Its banks hosted the first settlements, fortresses, towns, monasteries and churches. Nature reserves, archaeological sites, forts from Roman period and middle ages make the Danube region in Serbia very attractive among tourists and adventurers.

Come and see the beauty and the glory of this river, get into different adventures, boating, kayaking or catamaran ride, discover the most beautiful beaches and enjoy the swimming.

BOATING

Change your perspective for a while and experience Danube from a boat. Discover its distributaries, eyots and reefs, enjoy the view on fortresses and bridges, get closer to flora and fauna, try fishing and experience some unforgettable moments.

KAYAKING

If you are looking for an active vacation, this is the right choice for you! Kayaking is an original and extraordinary way to discover hidden parts of Danube's banks, explore the beaches, distributaries, caves and wildlife.

With each stroke you will enjoy resisting of water to your paddle, the efforts of your body and the smell of freshness.

SWIMMING IN DANUBE

Strand in Novi Sad is one of the most beautiful Danube beaches. Area of seven hectares covered with greenery and almost as much of a sandy beach area offers you a number of sports, fun and other activities for visitors of all ages. Near Karas in Beocin you may also find one of the most gorgeous sandy beaches on Danube. You can also swim and sunbathe in Backa Palanka. Tikvara beach is positioned between a lake and the river and it is connected to the river bank by a little bridge. In Cortanovci forest there is a public beach so you can spend the sunniest part of your day in a shadow. Enjoy a walk along the forest trails or visit some of historical or archaeological sites nearby.

SWIMMING ON THE MOUNTAIN

Come to swim on the southern side of Fruška Gora Mountain. There are eleven extraordinarily beautiful artificial lakes, some of which are intended for fishing and some for swimming (such as Bruje near Erdevik or Sot near Sid). The most visited is Borkovačko Lake known for its cottages on water, suitable for true hedonists and only 3 km away from Ruma.



Poezija u duši

Fruška gora je i utočište srpske duhovnosti, umetnosti i kulture. Ovde ćete upoznati vladare iz srednjovekovne dinastije Brankovića, karlovačke mitropolitite i pesnike koji su opevali ovaj kraj i njegove lepote.

FRUŠKOGORSKI MANASTIRI

Na Fruškoj gori se nalazi šesnaest srpskih pravoslavnih manastira koji čine jedinstvenu kulturno-istorijsku celinu i predstavljaju kulturno dobro od izuzetnog značaja, predloženo za upis na listu svetske baštine UNESCO-a.

Posetite ih i upoznajte tajne njihovih fresaka i tehnike ikonopisačkog zanata. Razgovarajte sa igumanima i sveštenicima o snažnim istorijskim ličnostima koje su ovuda prolazile i pokušajte da razumete zašto se Fruška gora naziva svetom planinom.

ISTORIJA I UMETNOST

Obidite Petrovaradinsku tvrđavu na desnoj obali Dunava kod Novog Sada i toranj sa satom koji je prepoznatljiv znak ovog grada. Satni mehanizam se i danas navija ručno i zvonom obeležava pune sate.

U Sremskim Karlovcima posetite Patrijaršijski dvor i riznicu-muzej Srpske pravoslavne crkve, Karlovačku gimnaziju koja čuva spomen-biblioteku sa velikim brojem srpskih knjiga iz 18. i 19. veka i česmu Četiri lava. Legenda govori da će svako ko popije vode sa ove česme jednog dana da se vrati u Karlovce.

Obavezno posetite Kapelu mira, podignutu na mestu gde je potpisan čuveni Karlovački mir između sila Hrišćanske alijanse i Turske. Ne propustite odlazak na Stražilovo, mesto gde je sahranjen Branko Radičević, slavni lirski pesnik, romantičar koji je na najlepši način opevao ovaj kraj, njegove prirodne lepote i kulturne znamenitosti.

SUVENIRI I STARI ZANATI

U regionu Fruške gore razvijali su se zanati kao što su: izrada unikatnog nakita i suvenira, grnčarski, kovački, kazandžijski i kačarski zanat, ali i duborez, pustovanje, trukovanje i ostali. Vezenje i trukovanje, stara tehnika prenošenja šema za vez na tekstil, i dalje se posebno neguju u ovim krajevima. Svi ovi zanati se prenose sa generacije na generaciju, a zadatak mladih je da prevaziđu svoje učitelje.



Poetry of Soul

Fruška Gora is also a sanctuary of Serbian spirituality, art and culture. Here you will meet the monarchs of the middle-age dynasty Brankovic, metropolitans and poets of Karlovci who wrote about beauty of this region.

MONASTERIES OF FRUSKA GORA

There are sixteen Serbian Orthodox monasteries on Fruška Gora that altogether make a unique cultural and historical continuum and cultural heritage item of extreme importance, which has been proposed to be included in the UNESCO world heritage list.

Visit monasteries on Fruška Gora and discover secrets of their frescos and iconography techniques. Talk to abbots and priests about the important persons who changed history of this place and try to find out why Fruška Gora is considered a sacred mountain.

HISTORY AND ART

Visit Petrovaradin Fortress on the right bank of the Danube River near Novi Sad with its clock tower, which is a recognizable symbol of the city. The mechanism within the clock is still wound by hand and the clock sounds a bell every hour.

In Sremski Karlovci you should visit the Patriarch's Palace and the treasury-museum of Serbian Orthodox Church, the famous Gymnasium that keeps the memorial library with a large number of Serbian books from the 18th and 19th century and Four Lions drinking fountain. The legend says that those who drink from this fountain shall be back to Karlovci someday.

You should certainly see the Peace Chapel built at the spot where the Treaty of Karlowitz was signed between the coalition of European Christian countries and the Ottoman Empire, concluding the Austro-Ottoman War. Do not miss a tour to Stražilovo, where the famous poet Branko Radičević was buried. He was a great romanticist who was inspired by this region and its natural beauty and culture.

SOUVENIRS AND OLD CRAFTS

Fruška Gora region developed many crafts such as design and manufacture of unique jewellery and souvenirs, pottery, blacksmithing, coppersmithing, barrel making, woodcarving, felting, the craft of transferring embroidery patterns to textile and others. Arts of embroidery and pattern transferring technique are still very appreciated and developed in this area. All these crafts have been inherited throughout the generations and the youngest always have a task to try and be better than their teachers.



Poezija u boci

U protekle vekovima na evropskim dvorovima uživalo se u čaši bermeta i drugih fruškogorskih vina. Dopustite da vas opije fruškogorski rizling, župljanka, traminac, buvije, frankovka, plemenka, silvanac zeleni ili portugizer. Vinski podrumi ovog kraja čuvaju tajnu specifičnih, aromatičnih crvenih i belih vina koja su simbol ove regije i koja čekaju da ih otkrijete.

PROBAJTE SVA VINA I PRONAĐITE OMILJENO!

Preporučujemo vam Bermet, jedinstveno vino koje se pravi samo u ovom kraju. Odlikuje ga specifični slatkasti ukus i miris desertnog, likerskog vina obogaćenog sa više od 20 različitih trava i začina koje će vaš užitak učiniti posebnim. Pronađite ga u vinskim podrumima u Sremskim Karlovcima, Neštinu, Banoštoru, Erdeviku ili Irigu i čujte priče svojih domaćina o vinskoj kulturi, istoriji i tradiciji ovog kraja. Posetite i Karlovački groždenbal u slavu vinove loze, koji se svake godine održava krajem septembra.



VINO I PESMA

Gde ima vina, ima i pesme!

Ovde, gde su vino i pesma pronašli svoj savršeni spoj, kolevka je srpskog romantizma. Ovde su spevani prvi stihovi Branka Radičevića, odavde potiču lirski motivi i raspoloženje, radosti i lepote mladosti koji najbolje opisuju Frušku goru i nabujalu snagu mladih generacija.

Ovdašnji tamburaški orkestri, takozvane bande, izvode dobro poznate pesme „Ima jedan kućerak u Sremu“, „Pred Senkinom kućom“, „Gazdarice, srce“, „Divan je kićeni Srem“, „Osam tamburaša“, „Tiho, noći“... Nemojte se iznenaditi ni ako čujete Bečarać, tu je da vas nasmeje i zabavi, a iako ne potiče iz ovog kraja, dobro se primio kao i vinova loza.

*„Vino pijem, što krasnu slobodu donosi,
Kad vino pijem, ono mi brige odnosi...“*



*„I drink wine that brings sweet liberty,
When I drink wine, it wipes out my anxiety...“*

Poetry in a Bottle

Bermet and other wines from Fruška Gora have been served and enjoyed on European courts over the centuries. Allow yourself to be exhilarated by Fruška Gora Riesling, Zupljanka, Traminer, Beauvieux, Blaufrankisch, Gutedel, Sylvaner or Portugieser. Wine cellars of this area keep the secret of special aromatic red and white wines that are a symbol of this region and are waiting to be discovered.

TASTE ALL WINES AND FIND YOUR FAVOURITE!

We specially recommend you Bermet, a unique sort of wine made only in this region, with a characteristic sweet flavour and aroma of a desert liqueur wine enriched with over 20 different herbs and spices for unique pleasure. Find it in wine cellars in Sremski Karlovci, Nestin, Banostor, Erdevik or Irig and hear the story of your hosts about the wine culture, history and tradition of this area. You can also visit the Wine Ball in Karlovci, a celebration dedicated to grapevine held every year at the end of September.

WINE AND SONG

Where there's wine, there are also songs!

Here, where the perfect match between wine and song has been found, is the cradle of Serbian romanticism. Here were written the very first verses of Branko Radičević's poems, inspired by indigenous lyrical motifs and sentiment as well as joy and beauty of youth that best describe Fruška Gora and the vibrant force of young generations.

Tambourine orchestras virtuously play well-known old songs such as „Ima jedan kućerak u Sremu“ (A little house in Srem), „Pred Senkinom kućom“ (In front of Senka's house), „Gazdarice, srce“ (Landlady, my heart), „Divan je kićeni Srem“ (Lovely is the graceful Srem), „Osam tamburaša“ (Eight tambourines), „Tiho, noći“ (Quiet be the night) etc. Do not be surprised if you also hear „Bečarać“, which will bring you smile and joy. Even though it does not originate from this area, it grows here as well as the grapevine.



Poezija ukusa

Na Fruškoj gori, kao i svuda u Vojvodini, mešala su se kulinarska znanja i omiljeni ukusi raznih naroda, pa je tako stvorena specifična sremska kuhinja koja će vas oboriti s nogu.

Dok pijuckate domaću rakijicu dudaru, dunjevaču ili orahovaču, počastite se foršpajzom ili predjelom. Pred vama je čitav niz sireva i suhomesnatih proizvoda. Tu su kobasice, kulen, džigernjača, krvavica, hurka, švargla, domaća slanina, čvarci, pašteta od čvaraka, pihtije... Sve to ide sa specijalitetima od testa, domaćim kiflicama, pogačicama, mekikama, prženicama, zemičkama, kajzericama, mlincima i pitama raznih vrsta.

Sremski ručak se ne može zamisliti bez supe sa mesom, najčešće pernatih životinja. Najukusnija je ona od morke, ali tu su i pileća, pačija, guščija, ćureća ili od fazana. Važno je da ima domaće rezance, flekice ili griz knedle.

Zatim sledi glavno jelo! Tu ćete na šarenom astalu naći rinflajš, pileće batak, svinjska rebra pečena u saftu, gulaš od mangulice, pohovane šnicle ili ćufte, perkelt, paprikaš, krompir „u čakšire“, nasuvo (krompir s testom), punjenu gusku, čuštajz... Ako ste pre za ribu, tu su riblje čorbe i paprikaši, „pijani šaran“, kečiga na sremački način, štuka u mundiru. Za ljubitelje lovačkih specijaliteta ovde su najbolje lovačke šnicle, srneći paprikaš, gulaš od divlje svinje, divlje patke u sosu od pavlake, zečetina...

Na kraju je red da se osladite, pa birajte šta vam je volja. Na stolu su štrudle, krofne, rezanci s makom, gomboce, taške s pekmezom, milhbrot, koh, lenja pita, bundevara, kitnikez, jabuke u šlafroku, puslice, vanilice, princes krofne, oblande i naravno kuglof.



U Sremu se čuva tradicija porodičnog ručka gde sve ima svoj red. Pa krenimo redom...

Srem keeps the family lunch tradition, where everything is in particular order.

Well, first things first...



Poetry of Flavour

As well as the whole Vojvodina, Fruska Gora region has been a melting pot of cuisines and favourite flavours of various nations. There was born the famous Srem cuisine that will certainly knock you off your feet.

While you sip a homemade mulberry-, quince- or walnut rakija, help yourself to the vorseps i.e. the entrée. You can choose from a wide selection of cheese and dried meat products such as sausages, kulen, sausages, liverwurst, blood sausages, hurka sausage, head cheese, homemade bacon, pork scratches, pork-scratch pate, meat jelly... All that combines great with pastry specialties like homemade rolls, scones, fritters, fried toast, buns, kaiser rolls, dumplings and pies of all kinds.

One cannot imagine a lunch in Srem without a meat-based soup (mostly poultry). Guinea fowl meat soup is the most delicious but there are also chicken, duck, goose, turkey or pheasant soups. It is very important that it contains homemade noodles, flakes or groat dumplings.

After soup it is time for the main course! On a colourful table you may find beef, chicken legs, pork ribs in sauce, mangulica pork stew, fried stakes or meat balls, perkelt, paprikas, potato "in pants", nasuvo (noodles or flakes with cooked potato), stuffed goose, side dishes... If you are a fan of fish dishes, you can choose between various fish stews and soups, "drunken carp", traditionally prepared sturgeon, pike in a coat. If you like game meat dishes, you will find the best hunter's steaks in Srem. There is also venison stew, wild boar stew, duck in a sour cream sauce, rabbit etc.

At the end, it is time for a desert so you may choose whatever you like. The table is full of strudels, donuts, sweet noodles with poppy seed, sweet dumplings, fried pastry with marmalade, milhbrot, koch, "lazy pie", pumpkin pie, quittenkaese (quince cheese), fried apple slices, meringues, vanilla wafer cookies, profiterole, oblande and off course kuglof.

Biciklom po prirodi i fruškogorskim manastirima

Ova tura vam pruža priliku da za kratko vreme obnovite svoju fizičku snagu i duhovnu energiju, da saznate o prirodnim vrednostima koje čuva Nacionalni park Fruška gora, duhovnim vrednostima koje gaje manastiri Fruške gore i da razumete značaj ovog kraja za istoriju i kulturu našeg naroda.

- 14.00** Okupljanje kod Info centra Nacionalnog parka Fruška gora na Irškom vencu. Sa kvalifikovanim stručnjakom iz ove oblasti učestvovaćete u radionici o prirodnim vrednostima i specifičnoj flori i fauni ovog područja.
- 15.00** Preuzimanje brdskih bicikala i vožnja u dužini od oko 10 km u pratnji iskusnih instruktora i poznavalaca ovih staza. Pred vama je zahtevni spust od oko 3 km kojim se stiže do manastira Grgeteg.
- 16.00** Kratak odmor i obilazak manastira Grgeteg uz razgovor sa sveštenikom o duhovnim vrednostima i istorijskom značaju fruškogorsko-dunavskog regiona.
- 17.00** Nastavak biciklističke rute zahtevnim usponom od 1,5 km do grebena Fruške gore, zatim vožnja kroz šumu i putem narednih 3,5 - 4 km do Info centra Nacionalnog parka Fruška gora.
- 18.00** Vožnja autobusom do manastira Velika Remeta.
- 18.30** Poseta jednom od najlepših manastira ovog kraja u pratnji vodiča koji će vam otkriti zašto se Fruška gora naziva svetom planinom.
- 19.00** Osveženje i povratak na zakazano mesto okupljanja.

Napomena:

Zavisno od vremenskih uslova, želja i interesovanja, biciklistički deo ture je moguće zameniti pešačkom rutom.

CENA: 17 € (po učesniku)

Minimalan broj učesnika po grupi: 20

VIŠE INFORMACIJA NA:

www.fruskagora-dunav.rs
www.poetry-in-nature.com



Biking on Fruska Gora: Nature and Monasteries Sightseeing Tour

This tour is an opportunity for quick recovery of your physical condition and mental energy, an opportunity to discover natural treasures of National Park Fruska Gora, to feel spirituality nurtured in monasteries there, and get a better insight of the role and significance of this area in making the history and the culture of Serbian nation.

- 14.00** Gathering in front of the Info Centre of National Park Fruska Gora on Irski Venac place. The skilled guide will run a workshop about natural values and characteristics of flora and fauna specific to this area.
- 15.00** Renting of mountain bikes and 10 km long ride escorted by experienced guides familiar with forest tracks. You can expect demanding 3 km long downhill ride ending in front of Grgeteg Monastery.
- 16.00** Short rest and visit to the Grgeteg Monastery with an opportunity of conversation with a monk from the monastery about spiritual tradition and history of Fruska Gora Danube Region.
- 17.00** A demanding uphill ride of about 1.5 km to Fruska Gora cliffs and ride by the forest track and the road for next 3.5 to 4 km back to the starting point in front of the Info Centre of National Park Fruska Gora.
- 18.00** Bus transport to Velika Remeta Monastery.
- 18.30** Visit to one of the most beautiful monasteries in this area with skilled guidance in order to help you understand why Fruska Gora is also called the Sacred Mountain.
- 19.00** Refreshment and return to the place of gathering.

Notice:

Depending on weather conditions, requests and interests of participants, the biking is optional and a hiking tour could be organized, instead.

PRICE: 17 € (per participant)

Required minimum no. of participants per group: 20

MORE INFO AT:

www.poetry-in-nature.com
www.fruskagora-dunav.rs

Bogatstvo tradicije, kulture i ukusa na padinama Fruške gore

Podite u kratku, ali bogatu avanturu i osetite mirise i ukuse Fruške gore, upoznajte se sa bogatom tradicijom i spomenicima koji svedoče o burnoj istoriji i snažnim ličnostima koje je iznedrio ovaj kraj.

🕒 PRVI DAN:

- 08.00** Polazak iz Beograda i vožnja zatalasanim obroncima Fruške gore do seoskog domaćinstva Banstolka.
- 09.00** Tradicionalni doček uz slatko i domaće sokove i rakije.
- 09.30** Kulinarska radionica: Naučite da spremate prave sremačke sarme, čuvene domaće rezance ili salčice sa pekmezom.
- 13.00** Bogat tradicionalni ručak sa specijalitetima kojima nećete odoleti.
- 14.30** Nastavak vožnje do Čortanovaca, poznatog izletišta na Dunavu.
- 15.00** Radionica starih zanata: Oprobajte se u izradi nakita i suvenira ili tkanju, vezenju i trukovanju, veštinama koje domaćini ovog kraja čuvaju od zaborava.
- 16.00** Vožnja planinskih bicikala padinama Fruške gore do Sremskih Karlovaca. Smeštaj u hotel.
- 19.00** Tradicionalna večera uz sremske specijalitete i tamburaše.

🕒 DRUGI DAN:

- 08.00** Sremački doručak koji će vas okrepiti.
- 09.00** Razgledanje znamenitosti Sremskih Karlovaca koje će vam dočarati zašto je ovo mesto kulturno-istorijski dragulj celog kraja.
- 10.30** Obilazak Kapele mira gde ćete prisustvovati predstavi potpisivanja istorijskog Karlovačkog mira koja se organizuje za turiste.
- 12.00** Vožnja do izletišta Stražilovo na Fruškoj gori, šetnja i obilazak spomenika slavnom srpskom romantičarskom pesniku Branku Radičeviću.
- 13.00** Ručak u prirodi i odmor uz specijalitete sa roštilja.
- 14.30** Povratak u Karlovce i radionica izrade kuglofa, uz degustaciju čuvenog bermeta.
- 18.00** Povratak u Beograd.

 **CENA: 115 €** (po učesniku)
Minimalan broj učesnika po grupi: 6

VIŠE INFORMACIJA NA:

www.fruskagora-dunav.rs
www.poetry-in-nature.com



The Abundance of Tradition, Culture and Flavours on Fruska Gora's Slopes

Join us on a short but very rich adventure, feel the aromas and flavours of Fruska Gora and get insight in extensive tradition and monuments, the testimony of turbulent history and strong people originated from this area.

🕒 DAY 1:

- 08.00** Departure from Belgrade and ride over hilly slopes of Fruska Gora towards the ethno house "Banstolka".
- 09.00** Traditional welcome with local specialties, fruits preserved in sugar, fresh fruit juices and rakija
- 09.30** Cooking workshop: Learn to prepare traditional cabbage rolls (sremacke sarme), famous homemade noodles and lard cookies with marmalade.
- 13.00** A plenteous traditional lunch with irresistible local specialties.
- 14.30** A ride to Cortanovci, the famous picnic area on Danube River.
- 15.00** Old crafts workshop: Learn jewellery and souvenir crafting or weaving, embroidery and pattern-transferring craft (trukovanje), the skills that hard-working people from this area preserve from the oblivion.
- 16.00** Mountain biking over Fruska Gora slopes, riding towards Sremski Karlovci. Arrival to the hotel and accommodation.
- 19.00** Dinner with local specialties in the ambience of music from Srem performed on traditional instruments.

🕒 DAY 2:

- 08.00** Traditional invigorating breakfast.
- 09.00** Sightseeing tour in Sremski Karlovci that will show you why this town is considered to be the cultural and historical jewel of the region.
- 10.30** Visit to the Peace Chapel, where you can watch a performance that shows signing of the Karlovci Peace Treaty.
- 12.00** Ride to picnic and hiking area Strazilovo on Fruska Gora, walk and visit to the monument of famous Serbian poet Branko Radicevic.
- 13.00** Rest in natural ambience with barbeque specialties.
- 14.30** Departure to Sremski Karlovci, workshop on preparation of local cake kuglof and degustation of famous local desert wine Bermet.
- 18.00** Departure to Belgrade.

MORE INFO AT:

www.poetry-in-nature.com
www.fruskagora-dunav.rs

 **PRICE: 115€**
(per participant)

Required minimum no. of participants per group: 6

Zdravo telo, zdrava hrana, zdrav duh

Pozivamo vas da iskusite brojna zadovoljstva tokom vikend antistres programa na Fruškoj gori.

PRVI DAN:

- 08.00** Vožnja do Udruženja „Aktivna Fruška“ u Starim Ledincima.
- 09.00** Kratak kurs o ponašanju u prirodi, zdravoj ishrani i kontroli stresa.
- 10.00** Jahanje konja: Uz prethodnu kratku obuku i nadzor iskusnog učitelja jahanja, krećete u uzbudljivo iskustvo po planinskim vrletima ovog kraja.
- 11.30** Osveženje i kratak odmor u manastiru Rakovac.
- 12.30** Prevoz do vinarije u Banoštoru na obali Dunava, gde vas čeka bogat tradicionalni ručak uz degustaciju najfinije selekcije fruškogorskih vina.
- 14.30** Radionica po izboru: priprema domaćih rezanaca za pileći paprikaš ili juneći gulaš, stari zanati - slikanje na staklu ili pravljenje lutkica od kukuruzovine.
- 18.00** Vožnja do turističkog centra „Koruška“ na Dunavu i smeštaj u dvokrevetnim sobama.
- 19.00** Riblja večera sa tamburaškom muzikom.

DRUGI DAN:

- 08.00** Sremski doručak sa testom koji će vam dati snagu i probuditi želju da istražujete.
- 09.00** Obilazak manastira Šišatovac i ikonopisačka radionica gde ćete upoznati osnove kaligrafije.
- 11.00** Vožnja do seoskog gazdinstva iznad Neština poznatog po proizvodnji autohtonih rasa koza, ovaca i mangulica i kvalitetnim vinima i rakijama.
- 13.00** Tradicionalni ručak uz degustaciju vina i tamburaše.
- 16.00** Obilazak gazdinstva i podruma vina i rakija okruženih beskrajnim vinogradima i voćnjacima, zatim povratak u turistički centar „Koruška“.
- 19.00** Lagana večera.

TREĆI DAN:

- 08.00** Najslade za kraj - doručak sa degustacijom kuglofa i bermeta.
- 09.00** Prevoz do središta Nacionalnog parka, prirodnog područja pod najvišim stepenom zaštite; šetnja pešačkom stazom uz iskusnog vodiča koji će vam predstaviti najinteresantnije vrste flore i faune.
- 12.00** Vožnja grebenom planine do Info centra Nacionalnog parka.
- 13.00** Ručak u prirodi i učenje narodnih igara uz pomoć folklornog ansambla.
- 16.00** Povratak.

CENA: 295 €
(po učesniku)
Minimalan broj učesnika
po grupi: 6

VIŠE INFORMACIJA NA:

www.fruskagora-dunav.rs
www.poetry-in-nature.com



Healthy Food, Healthy Body and Healthy Mind

We invite you to enjoy your weekend with Anti-stress Program on Fruska Gora.

DAY 1:

- 08.00** Transport to "Aktivna Fruska" Association in Stari Ledinci.
- 09.00** Short training regarding behaviour in nature, healthy nutrition and stress control.
- 10.00** Horseback riding: After a short training given by a skilled instructor, you will start an exciting adventure in mountain landscape.
- 11.30** Refreshment and a short rest in Rakovac Monastery.
- 12.30** Transport to a wine cellar in Banostor, a village on Danube River bank, a traditional lunch with degustation of the finest wines from Fruska Gora vineyards.
- 14.30** Workshop with 2 optional courses: Preparation of domestic noodles for chicken haricot or beef goulash, and Old crafts: painting on glass or crafting dolls from corn leaves.
- 18.00** Transport to the Tourist Centre "Koruška" on Danube River bank and accommodation in twin rooms.
- 19.00** Fish dinner with traditional tambourine music.

DAY 2:

- 08.00** Breakfast with specialties from Srem to invigorate you and inspire you for more exploration.
- 09.00** Visit to Sisatovac Monastery and participation in iconography workshop and calligraphy course.
- 11.00** Transport to ethno-house above Nestin, which is famous for breeding of autochthonic races of small cattle (goats, sheep and black coloured pigs, called mangulica) and production of the finest wines and brandies.
- 13.00** Traditional lunch with wine degustation and traditional tambourine music.
- 16.00** Visit to the household and wine and brandy cellars in the middle of endless vineyards and orchards; arrival to the Tourist Centre "Koruška".
- 19.00** Light dinner.

DAY 3:

- 08.00** Breakfast with degustation of homemade kuglof and desert wine Bermet.
- 09.00** Transport to the heart of the National Park, the natural area under the highest level of protection. Walk along forest tracks with an experienced guide who will introduce you to the most important species of flora and fauna.
- 12.00** Transport over Fruska Gora cliffs to the Info Centre of the National Park.
- 13.00** Lunch in natural ambience and an opportunity to learn folklore dances with assistance of local folklore ensemble.
- 16.00** Departure.

PRICE: 295 € (per participant)
Required minimum no. of
participants per group: 6

MORE INFO AT:

www.poetry-in-nature.com
www.fruskagora-dunav.rs

O projektu

Projekat „Održivi razvoj turizma Fruškogorsko-dunavskog regiona – prema konkurenstkim regionima Dunava“, započet 2013. godine, usmeren je na stvaranje preduslova za održivi razvoj turizma u Fruškogorsko-dunavskom regionu.

Aktivnosti su pre svega fokusirane na razvoj ljudskih resursa, razvoj kapaciteta za rad u turizmu i promovisanje prirodnih, kulturnih i istorijskih vrednosti u kontekstu socio-ekonomskog razvoja regiona. Osim edukativnih aktivnosti usmerenih na nosioce turističke ponude, stvarajući inovativne turističke proizvode, povezali su se značajni subjekti i donosioci odluka koji učestvuju u razvoju turističkog sektora, dok se institucionalni karakter projekta ogleda u osnivanju regionalnog Resursnog centra za održivi razvoj kroz javno-privatno partnerstvo. Konačno, ovaj projekat treba da doprinese razvoju Fruškogorsko-dunavskog regiona kao nove turističke destinacije, promoviše ga kao celinu i motiviše turiste da im destinacija sledećeg putovanja bude upravo planina u sred vojvođanske ravnice čije obronke zapljuskuje Dunav.



About the Project

Started in 2013, project “Sustainable Tourism Development in Fruska Gora Danube Region – towards competitive regions of Danube” is oriented to creation of preconditions for sustainable tourism development in Fruska Gora Danube Region.

Activities are focused on support to development of human resources and workforce capacities based on promotion of natural, cultural and historical values under common framework of regional socio-economic development. Beside educational activities oriented towards major stakeholders of tourism offer, innovative tourism products were created in order to connect significant subjects and decision makers engaged in tourism sector development. On the other hand, the institutional side of the project appears through establishment of the regional Sustainable Development Resource Center through public-private partnership. Finally, this project is intended to contribute to development of Fruska Gora Danube Region as a new tourist destination, to promote it and to motivate tourists to choose this mountain in the middle of Vojvodina plain the slopes of which are being washed by Danube to be their next destination.



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for Economy, Employment
and Gender Equality