

SERBIA

Health, Spa & Wellness



NATIONAL TOURISM
ORGANISATION
of SERBIA

SERBIA

www.serbia.travel



MAP OF SERBIA

LEGEND



Spa Tourism in Serbia

Spa tourism is an old, yet authentic form of tourism which is suitable for a large number of tourists. It is based on various methods of use of natural curative resources, mostly thermomineral waters and a number of skills and practices used to treat both body and soul. A wide range of wellness treatments make use of long-known healing properties of thermomineral waters, peloid mud, gasses and climate, ensuring relaxation and relief from stress or treatment of various diseases. The resources also help visitors recharge batteries, improve their state of mind and get rid of bad habits. Serbia has a long tradition and rich experience in application of various spa treatments. Its spas have been adjusting to contemporary needs of many generations so that they have gradually become fantastic tourist resorts surrounded by unspoilt nature. This is why nowadays people visit them throughout a year seeking rest or recovery or simply looking for fun as these resorts have become popular with young and healthy people as well.

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SERBIA

VRNJAČKA BANJA

Fashionable Spa Resort

LOCATION

Vrnjačka Banja is located in central Serbia, 230 km far from Belgrade and 24 km from the town of Kraljevo. It is situated at the foot of Goč mountain, at 220-300 m above sea-level.

HISTORY AND TRADITION

Vrnjačka Banja has a long tradition as a health resort. Between the 2nd and 4th century AD, the Romans built their health and recuperation resort of AQUAE ORCINAE on Vrnjački thermomineral water spring. The modern spa has had a 150-year-long tradition. Before the Second World War it used to be a fashionable centre visited by kings, rulers, and numerous renowned people. According to the quality and the curative quality of the spa, Vrnjačka Banja was compared to Baden Baden and Karlovy Vary. Officially, the first season in the spa was opened in 1868.

NATURAL CURATIVE RESOURCES

- The warm mineral waters, unique in Europe, of 36.50°C which is the temperature equal to that of the human body
- The cold mineral waters with temperature ranging from 14 ° to 27°C

Health tourism

INDICATIONS

- Diabetes (Type 1, Type2 and complications)
- The condition after Hepatitis





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- Diseases of gallbladder and bile ducts
- Pancreas diseases
- Stomach and duodenum ulcer
- Non-infective diseases of the small intestine and colon
- Digestive tract diseases
- The condition after surgery removal of the gallbladder
- The condition after resection of esophagus, stomach and intestines
- Chronic gynecological diseases and sterility
- Infections of the kidney pelvis, urethra and ureters
- Calcicosis of the ureters and functional diseases
- Rheumatic diseases
- Posttraumatic conditions
- Degenerative conditions

TREATMENTS

- Thermo mineral bath
- Diabetes and obesity treatment
- Gastroenterology
- Physical therapy and mud bath
- Gynaecological therapy
- Endoscopy
- Cardio-vascular examinations
- Eye laser therapy
- Sports medicine
- Industrial medicine
- Neuropsychiatry
- Reflex therapy
- Acupuncture
- Hyperbaric medicine
- Physical therapy





SERBIA



HEALTH CENTRE

The modern health care centre "Merkur" provides professional medical services through complete diagnostics, administers a series of therapies in order to prevent the disease and provides patients with quality treatments. It ensures rehabilitation of patients with diseased digestive organs and diabetics.

Merkur Health Centre
www.vrnjcispa.com

Wellness Tourism

Fons Romanus – wellness centre offers 24 types of massage, the King's Bath, the Queen's Bath, the Eastern Bath, under-water massage, saunas, jacuzzi with warm water, anti-stress and relaxation programmes.

The "Kavifit" and "Kavilift" are newly-introduced contemporary methods for shaping the face and the body for liposuction without surgical operation.

The "Water Fall" Aqua Centre with indoor swimming-pool with the curative warm therapeutic water of 29°C.

Other wellness centres with modern equipment
 Six outdoor and four indoor swimming pools.

HOTEL ACCOMMODATION

Hotel Breza ***
www.hotelbreza.rs
Garni hotel Kralj ***
www.hotelkralj.co.rs



TOURIST ATTRACTIONS

- The Park, with its rich floral baroque-style roundel, floral alleys, lawns, fountains, sculptures and marvellous illumination which covers the Goha area
- The Bridge of Love
- Belimarković Homeland Museum
- Japanese Garden
- Music Pavilion
- Roman Spring
- Church Hill
- Carnival and film and music festivals (of traditional, popular, classical and electronic music)
- Goč Mountain (a ski-slope, fish ponds with fresh trout, a lake, paths for hikers and cyclists)
- The Western Morava River
- Monasteries of Studenica, Žiča, Gradac, Sopoćani and Đurđevi stupovi (George's Pillars)
- The remains of fortresses Ras, Maglič, Brvenik and Koznik

TOURIST INFO AND PRIVATE ACCOMMODATION

Tourism Organisation of Vrnjačka Banja
www.vrnjackabanja.co.rs





SERBIA

SOKOBANJA SPA

An Ecological Gem in the Heart of Serbia

LOCATION

Sokobanja spa is located in the central part of eastern Serbia, 234 km away from Belgrade, and 60 km from Niš. It is nestled in the valley between Ozren and Rtanj mountains, on the bank of the Moravica River. Surrounded by the mountains from all the sides Sokobanja spa is situated at 400 m above sea-level.

HISTORY AND TRADITION

The spa existed in the Roman time as well, which is testified by numerous Roman graves and objects as well as by the remains of the Soko-grad fortress. On the Roman foundations, the Turks erected a hamam bath in the 15th century, which is the oldest building for curing people in Sokobanja spa. Sokobanja spa is specific for its climatic conditions, its unique flora and fauna and rich cultural-historical heritage. In 1992 the spa became the first ecological municipality in Serbia.

NATURAL CURATIVE RESOURCES

- Invigorating air with a high concentration of oxygen, ozone and negative ions. Above Sokobanja's valley, a specific circulation of the air forms the so-called "rose of winds".
- The thermo-mineral water which ranges from 28°C to 45.5°C. The warm water comes to surface from the depth of 1,000 meters.

Health Tourism

INDICATIONS

- Respiratory diseases
- Neuroses
- Condition after injuries,
- Chronic hepatitis,
- Psychoneurosis,
- Neurasthenia,
- Milder forms of hypertension.
- Chronic rheumatism,
- Sciatic

TREATMENTS

- Bathing
- Inhalation
- Physiotherapy
- Massage
- Kinesitherapy
- Education of patients



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HEALTH CENTRE

The spa is suitable for curing respiratory diseases. The air cures those suffering from asthma and bronchitis. The treatment is administered through bathing in the warm water and inhalation.

"Sokobanja" Health Centre
www.soko-banja.rs

"Banjica" Health Centre
www.banjica.co.rs

Wellness Tourism

The "Hamam Bath". The authentic Turkish "Hamam" bath offers luxurious wellness and spa treatments that enables guests to relax and eliminate the consequences of chronic stress. Visitors are also offered the paths of health, fitness, the "Soko Life" programme for the reduction of body weight and other.

The "Sokoterme" Wellness Centre is located on the Moravica river bank and offers visitors the following facilities: Finnish sauna, hamam Turkish bath, salt room, jacuzzi, various types of massage, fitness and mini-gyms, swimming-pools and sports fields.

"Podina" aqua park: with the swimming-pools for children and adults, water slides, and devices for water entertainment.

HOTEL ACCOMMODATION

Hotel Moravica***
www.hotel-moravica.com

Garni hotel Sokoterme***
www.sokoterme.net

TOURIST ATTRACTIONS

- Central Town Park, "Banjica" Park, "Čuka II" Forest Park
- Spring of the Moravica river, Lepterijska, the Borići well
- Mountains: Ozren, Rtanj, Devica and Bukovik
- The beaches on the banks of the Moravica river
- Ripaljka waterfall
- Sesalačka cave
- Lake Bovansko and Vrmdžansko

TOURIST INFO AND PRIVATE ACCOMMODATION

Tourism Organisation of Sokobanja
www.sokobanja.org.rs





SERBIA

BANJA KOVILJAČA

*Healing Waters
Surrounded by a
Magnificent Park*

LOCATION

Banja Koviljača is situated in western Serbia, 142 km far from Belgrade and 143 km from Novi Sad. The spa is located on the right bank of the Drina River at 128 m above sea-level at the foot of Gučevo mountain.

HISTORY AND TRADITION

Banja Koviljača was spontaneously established in the area covered with marshes around a spring of healing water. The first written record of Koviljača dates back to 1533. As in those times wealthy Turks visited the spa with their families they built the first female hamam baths there in 1720. Banja Koviljača became a spa resort during the rule of Serbian King Peter I Karadjordjević, who built a modern sulphur bath in 1908, which has remained in use even today.

NATURAL CURATIVE RESOURCES

- The mineral water with temperatures ranging from 27° to 31°C
- The curative mud (peloid)

Health tourism

INDICATIONS

- Rheumatic diseases,
- Degenerative joint and spinal column mutations,
- Discus hernia,
- Osteoporosis,
- Minor damages of the central nervous system,
- Sterility.





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TREATMENTS

- Bathing
- Peloido-therapy
- Electromagnetic therapy
- Laser therapy
- All kinds of electro therapies
- Vacuum therapy
- Sono therapy
- Manual, vibro and underwater massage
- Different kinds of special manual massage
- Paraffin therapy
- Different kinds of photo therapy
- Hydro therapy
- Hydro kinesis therapy
- Physical therapy
- Occupational therapy

This spa health resort also has a children's department, which is the first department of this kind in the Balkans.

HEALTH CENTRE

This elite healthcare institution is dedicated to prevention, healing and rehabilitation. Owing to decades of experience it has succeeded in bringing together the treasures of traditional, natural methods of treatment and those of modern physical medicine and its rehabilitation techniques.

Banja Koviljača Health Centre
www.banjakoviljaca.rs

Wellness Tourism

- The Wellness Centre is located in the old edifice of the sulphur bath
- Swimming-pool (outdoor and indoor)
- Jacuzzi and a royal bathtubs
- Sauna
- Various types of massage and cosmetic facial and body treatments
- Fitness center
- Aqua detox
- Wrap of your choice (mud, algae, chocolate or wine mask)

HOTEL ACCOMMODATION

Hotel Royal Spa****
www.royalspa.rs

TOURIST ATTRACTIONS

- One of the largest and the most beautiful parks in Serbia surrounded by a forest
- The Kur-salon spa ballroom
- Gučevo, Cer and Vidojevica mountains
- The river Drina
- Tršić, the birthplace of Vuk Stefanović Karadžić, the reformer of the Serbian language and the person who created Serbian Cyrillic alphabet;
- Tronoša and Čokešina monasteries

TOURIST INFO AND PRIVATE ACCOMMODATION

Tourism Organization of Loznica
www.togl.rs



SERBIA

PROLOM BANJA

The ancient crystal-clear spring

LOCATION

Prolo lom Banja is situated in southern Serbia, 290 km away from Belgrade, and 22 km away from Kuršumljia. This spa is perched on the eastern slope of Radan mountain, at 550 to 668 m above sea level. It is surrounded by pristine nature of exceptional beauty.

HISTORY AND TRADITION

In this region the remains of prehistoric spas from the third millennium BC have been discovered. Therefore, some argue that this may be the oldest spa in the world. Following this discovery in 1928 the modern exploitation of mineral water started.

NATURAL CURATIVE RESOURCES

- The curative water with temperatures ranging from 30°C to 33,8°C
- The curative mud
- A large number of sunny days
- Clean air
- Prolo lom water is bottled and sold in the stores. The water is without chemical and physical modifications.

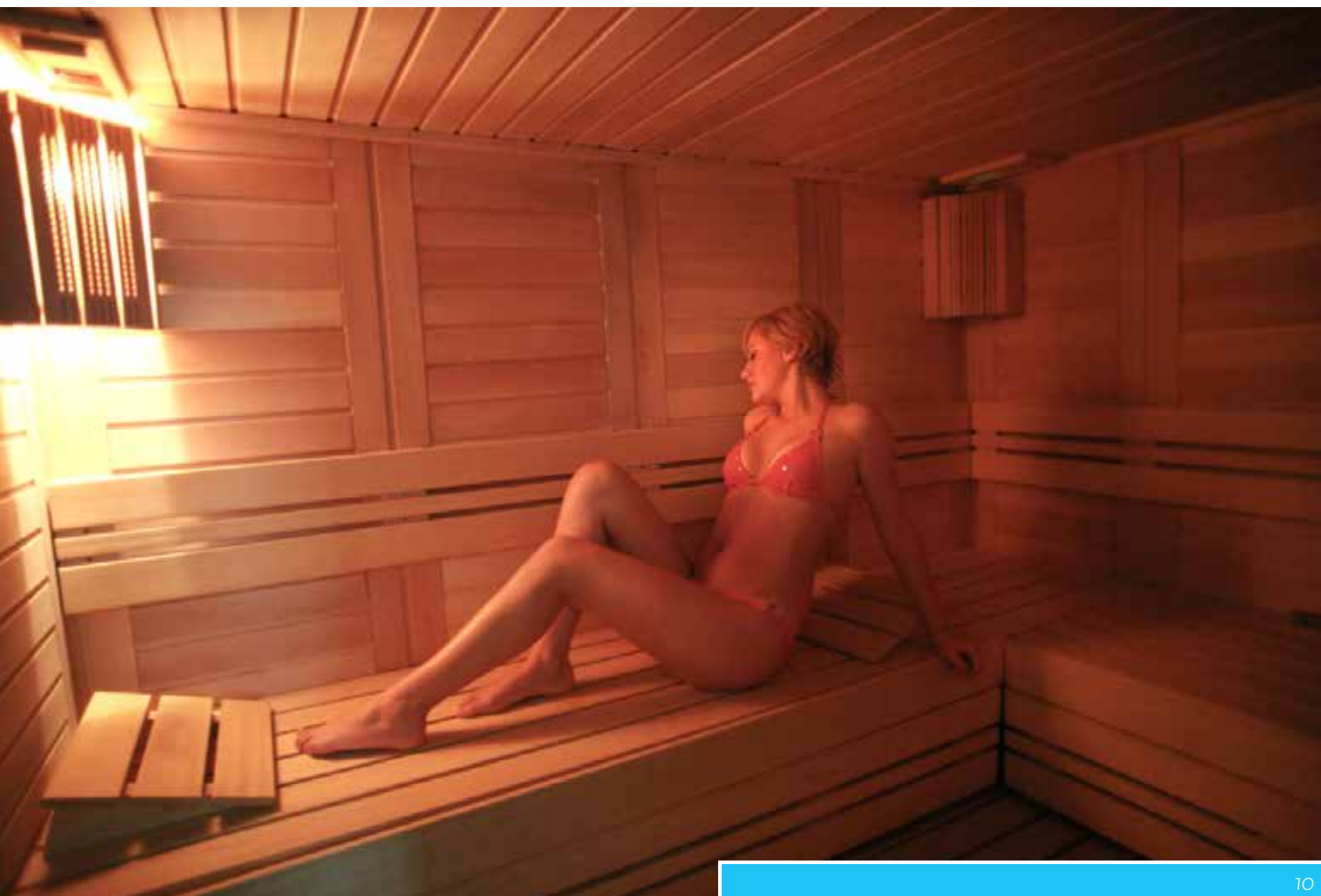
Health tourism

INDICATIONS

- Kidney and urinary tract diseases
- Diseases of digestive organs
- Skin diseases
- Diseases of the peripheral – arterial and venous – blood vessels
- Inflammatory rheumatism in its quiet stage and
- Degenerative and extra-articular rheumatism

TREATMENTS

- Hydrotherapy
- Peloid therapy
- Electrotherapy
- Manual massage



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HEALTH CENTRE

At Prolom Banja Health Centre treatments are applied in a well-equipped block with a diagnostic centre, and therapy, hydrotherapy and peloid therapy departments. Treatments are performed by professional medical staff who are on duty for 24 hours a day.

Prolom Banja Health Centre
www.prolombanja.com



Wellness Tourism

- Indoor and outdoor pools with thermal water
- Weightlifting gym,
- Steam room
- Salt cave
- Relax programme
- Entertainment hall with table tennis, billiards and darts
- Sports courts for small-scale sports (football and basketball) and open-air chess

HOTEL ACCOMMODATION

Hotel Radan ***
www.prolombanja.com

TOURIST ATTRACTIONS

- Djavolja Varoš (Devil's Town), a breath-taking I category Natural Monument
- St. Lazarus' Temple
- Monasteries of St. Nicolas and the Mother of God.
- Archeological site Pločnik dating back to 7000 years BC

TOURIST INFO AND PRIVATE ACCOMMODATION

Tourism Organisation of Kuršumlija
www.tokursumlija.rs



SERBIA

LUKOVSKA BANJA

The Highest Serbian Spa

LOCATION

Lukovska Banja is situated in the south of Serbia, 34 km to the west of the town of Kuršumlija. The spa is located on the eastern slopes of Kopaonik mountain, at an altitude of 681 m above sea level, making it the highest spa in Serbia. The spas is nestled in unspoilt nature of the eastern slope of Kopaonik mountain.

HISTORY AND TRADITION

Lukovska banja is a spa that has only recently started to be exploited in modern sense. However, curative springs were used by the Romans as shown by the pipes and ancient ruins found on this site. The settlement also existed during the Middle Ages, as evidenced by old mines, churches and medieval fortifications.

NATURAL CURATIVE RESOURCES

- Thermal waters with temperatures ranging from 35°C to 69,5°C.
- Clean air

Health tourism

INDICATIONS

- Inflammatory rheumatism
- Degenerative rheumatism
- Osteoporosis
- Conditions after bone breaks
- Gynaecological diseases





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TREATMENTS

- Hydrotherapy
- Peloidotherapy
- Electrotherapy
- Manual massage

Wellness Tourism

- Indoor pools and thermal water pools which can be used throughout the year
- Gym
- Sports courts (futsal, basketball, volleyball, tennis courts)
- Indoor sports court with a professional floor cover
- Marked "Paths of Health" lead through nature and past cultural-historical monuments. These are suitable for walking, running and some for cycling. The paths are of varied length and difficulty.
- 300-metres ski track with a ski lift

HOTEL ACCOMMODATION

Hotel Jelak ***

www.lukovskabanja.com

TOURIST INFO AND PRIVATE ACCOMMODATION

Tourism Organisation of Kuršumljia

www.tokursumlija.rs





SERBIA

BUKOVIČKA BANJA

The Royal Spring of Rejuvenation

LOCATION

The town of Arandjelovac and Bukovička spa are inseparably connected with each other. They are located in central Serbia, only 76 km away from Belgrade, at the foot of Bukulja (696 m) and Venčac (658 m) mountains. The spa is situated in the centre of a magnificent park, surrounded by one-hundred-year-old forests. Its altitude is 256 m above sea-level.

HISTORY AND TRADITION

Bukovička spa has celebrated its 200th anniversary as the beneficial effect of this mineral water has been known for a long time. Officially, the spa started operating in 1811 while the spa water was analysed first in 1835. The members of Serbian royal dynasties Obrenović and Karađorđević as well as their court retinue were treated here or visited the spa for rest. The spa was developed following the model of elite European spas.

NATURAL CURATIVE RESOURCES

- The healing mineral water with temperatures ranging from 12° C to 28°C.
- The curative mud
- Favourable climate and fresh air
- "Knjaz Miloš" mineral water from Bukovička banja springs has an optimal amount of selenium and has been bottled for a hundred years

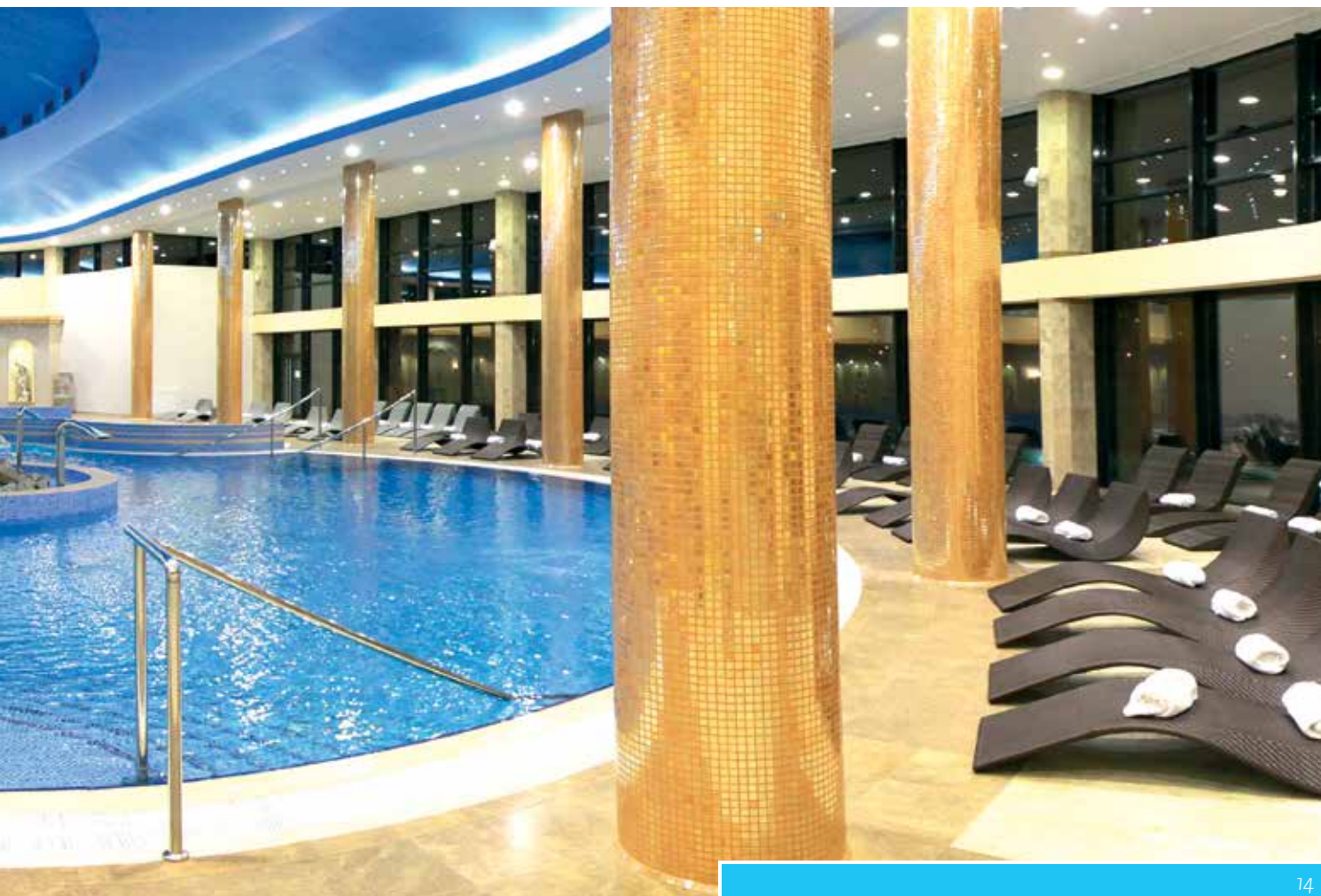
Health tourism

INDICATIONS

- Gastrological diseases
- Metabolism diseases
- Chronic neurologic diseases
- Dystrophic mutations and injuries
- Rheumatic diseases
- Diabetes in children
- Sports medicine

TREATMENTS

- Hydrotherapy
- Thermotherapy
- Kinesiotherapy
- Electrotherapy
- Mechano-therapy
- Rehabilitation of insulin-dependent children and overweight patients
- Injuries of various kind



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HEALTH CENTER

The Center is located in the park, next to the healing water springs. In the center diseases are diagnosed, prevented and cured and patients come for rehabilitate and rest. The warm water is used for bathing while the cold water is used for drinking. The clay is applied cold as a compress.

Bukovička Banja Health Centre

www.bukovickabanja.co.rs

Wellness Tourism

- Swimming-pool with jacuzzi
- Air baths
- Heliotherapies
- Sunbed
- Sauna
- Hydrokinetic showers
- Shower-massage
- Fitness centre
- Mud baths
- Bowling
- Aqua park with curative water

HOTEL ACCOMMODATION

Hotel Izvor *****

www.a-hotel-izvor.com

Garni hotel Kruna ***

www.hotelkruna.com

TOURIST ATTRACTIONS

- The Park- the magnificent symbol of the spa and the town of Arandjelovac. The Park boasts the largest open-air collection of sculptures made of the famous white marble from the Venčac mountain
- The building of "Staro zdanje" built by two Serbian royal dynasties
- Bukulja and Venčac mountains
- The Church of St. George, a mausoleum of Karađorđević Dynasty in Oplenac
- The historical complex of Orašac
- Risovača cave
- The artificial lake of Garaši
- Hunting ground
- The Royal Vineyards of Oplenac (wine tasting opportunities)

TOURIST INFO AND PRIVATE ACCOMMODATION

Tourism Organisation of Arandjelovac

www.bukovickabanja.rs





SERBIA

BANJA GORNJA TREPČA

*Synonym for Effective
Cure*

LOCATION

Banja Gornja Trepča is situated in central Serbia in the Šumadija region, 125 km away from Belgrade and 18 km from the town of Čačak. The spa is called Atomic spa because of its slightly radioactive water.

Banja Gornja Trepča is located at the foot of Vujan and Bukovik mountains, in the narrow valley of the small Banja River, at 460 m above sea-level. It is encircled by lush green forests and boasts fantastic natural surroundings.

HISTORY AND TRADITION

In the time of Ancient Rome, Roman legionaries found a cure for their diseases on these springs. The first record of the natural healing quality of the water dates back to 1525. The official natural health resort was established in the late 19th century, thanks to a distinguished merchant from the village of Gornja Trepča, who had built the bathing establishment. It was ten years later that the administration of the Vujan Monastery added bathrooms to it and erected a 10-room building and an inn. The curative water was analysed for the first time in 1904, and the spa officially started operating in 1955.

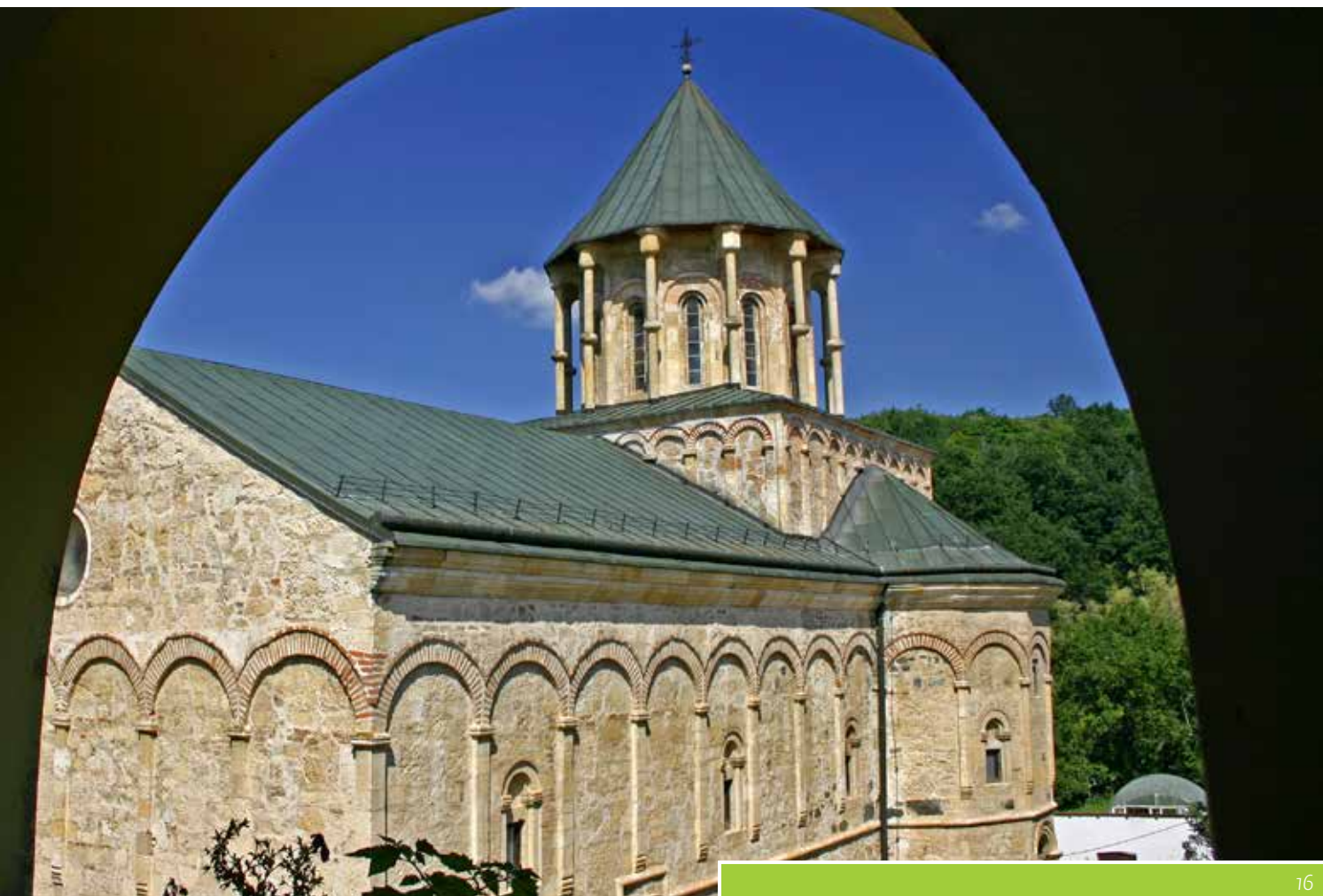
NATURAL CURATIVE RESOURCES

- The thermal mineral spa water is lightly radioactive and it comprises other rare elements
- The temperature of the water ranges from 27° to 31° C
- The spa is situated in an eco-zone with fresh air and clean environment

Health tourism

INDICATIONS

- Neurological diseases, proved to be effective particularly in multiple sclerosis,
- Rheumatic diseases,
- Gastrointestinal tract diseases,
- Peripheral blood vessels diseases



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TREATMENTS

- Hydrotherapy,
- Kinesitherapy,
- Electrotherapy,
- Laser therapy,
- Magnetic therapy,
- Massage.

HEALTH CENTRE

The natural healing factor in Atomic spa has successfully been implemented through numerous therapies and balneo-physical treatments applied by highly-specialized medical staff in well-equipped therapy blocks.

Atomic Spa Health Centre
www.atomicspasserbia.com

TOURIST ATTRACTIONS

- Vujan and Bukovik mountains
- Ovcar-Kablar gorge, a unique blend of natural and cultural heritage
- Vujan monastery and the monasteries of the Ovčar-Kablar gorge – the Serbian Holy Mountain, the Church of the Holy Mother of God
- Events such as “The Flute-players’ Festival” in Prislonica
- The town of Čačak with its rich cultural-historical heritage

TOURIST INFO AND PRIVATE ACCOMMODATION

Tourism Organisation of Čačak
www.turizamcacak.org.rs





SERBIA

RIBARSKA BANJA SPA

A Temple of Health and Beauty

LOCATION

The spa is situated in central Serbia, 218 km away from Belgrade nestled amidst forested hills by the Ibar River. Surrounded by lush vegetation, Ribarska banja spa is located on the slopes of Veliki Jastrebac mountain, at 540 m above sea-level.

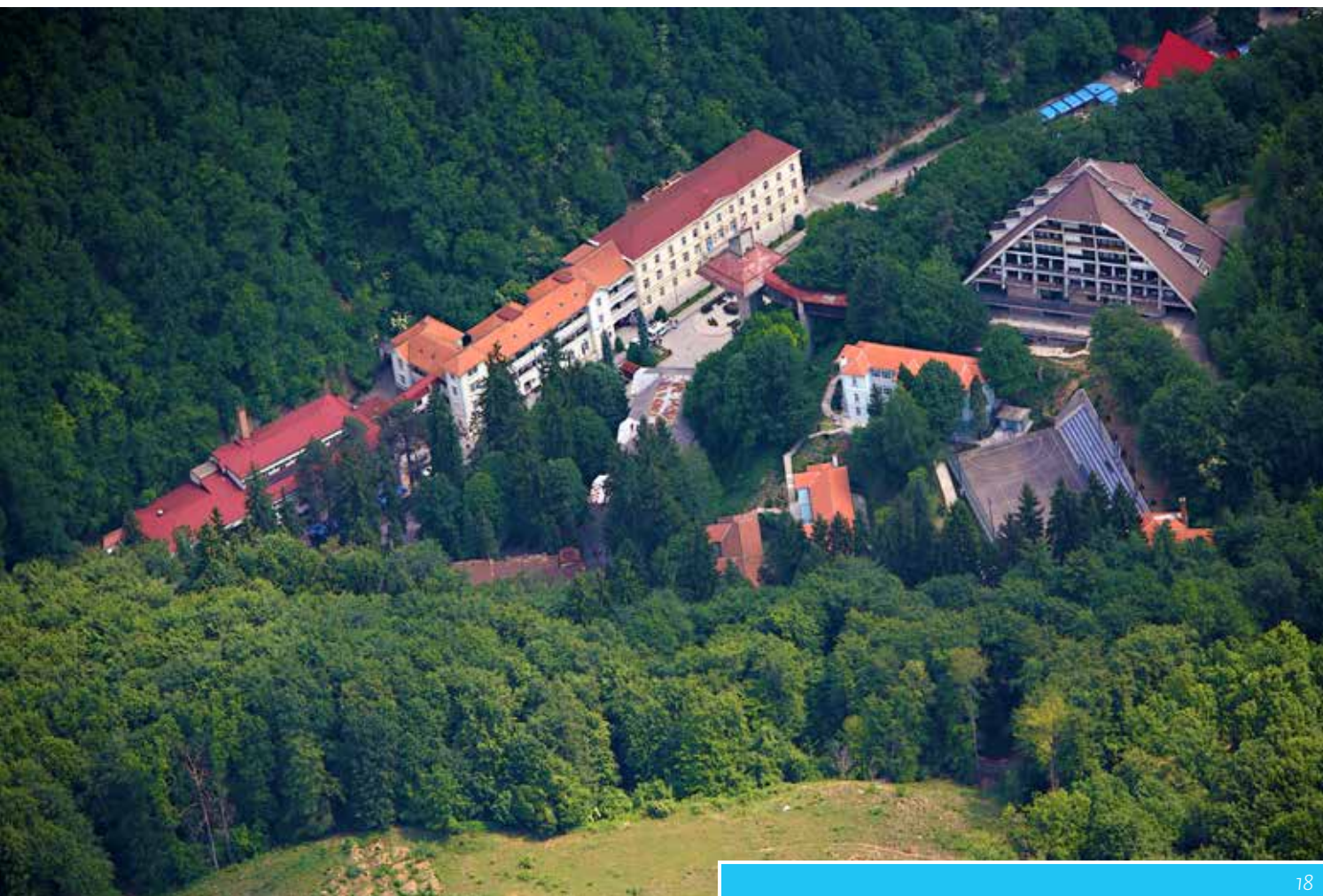
HISTORY AND TRADITION

People have always been visiting these healing springs to treat their diseases and recover or simply to enjoy the beauty of the landscape. According to the written sources in Roman times this place used to be a true health resort. In the Middle Ages, during the rule of the Ottoman Turks, a hamam bath was built on this spot. Later, the springs were frequently visited by many Serbian rulers.

NATURAL CURATIVE RESOURCES

- The water is sulphurous with a certain percentage of iron. There are six springs of mineral water with temperatures ranging from 38° to 54° C, with one lightly alkaline silicic water (20°C) and one spring of cold water (16°C).
- The spa is a true eco-resort due to invigorating fresh air of Jastrebac mountain.





Health Tourism

INDICATIONS

- Orthopaedic diseases
- Ankle-bone diseases
- Degenerative diseases

TREATMENTS

- Kinesiotherapy
- Electrotherapy
- Occupational therapy and bathing in indoor thermal mineral water pools

THE HEALTH CENTRE

The Centre conducts prevention, curing and rehabilitation through bathing in or consuming the curative water. The institution applies all contemporary medical treatments by using the most up-to-date equipment administered by highly professional medical personnel.

Ribarska Banja Health Centre
www.ribarskabanja.rs

Wellness Tourism

Ribarska banja spa has impressive outdoor and indoor swimming-pools with curative thermal water as well as Queen Draga's pearl bathtub, jacuzzi tubs, a tepidarium, "aqua bic", saunas etc. Fitness activities, water therapies and hydro-massage, as well as over 30 different types of massage are provided to guests. The programmes are intended for both individual persons and couples whose maximal enjoyment is ensured by luxurious programmes and complete comfort. All this enables visitors to improve their psychophysical health, eliminate stress, relax, and rest.

TOURIST ATTRACTIONS

- "Jastrebac" Mountain Centre
- Rafting on the river Južna Morava (South Morava)
- Sports grounds
- Hiking through breathtakingly beautiful valleys
- the monasteries of Naupara, Veluće, St. Roman, Pokrov Presvete Bogorodice Monastery (The Monastery of the Protection of the Holy Mother of God) and Monastery of St. Trojice (The Holy Trinity Monastery)

TOURIST INFO AND PRIVATE ACCOMMODATION

Tourism Organization of the City of Kruševac
www.turizamkrusevac.com



SERBIA

BANJA VRDNIK

Oasis of Peace and Tranquillity

LOCATION

Banja Vrdnik is situated in Vojvodina, northern part of Serbia, 74 km away from Belgrade and 24 km from Novi Sad. The spa is located at 240 m above sea-level at the foot of the southern slopes of Fruška Gora mountain which was declared the first Serbian national park. The landscape of the surrounding area ranges from gentle hills covered with vineyards and fruit plantations to fragrant lime forests.

HISTORY AND TRADITION

At first Vrdnik was a mine. Thermal water gushed forth into the pits of the mine in 1931, but it was not until the 1970s that the spa became a health resort with accommodation capacities and recreational facilities.

NATURAL CURATIVE RESOURCES

- The thermo-mineral water of 32.8° C
- Clean air with the high concentration of ozone.

Health Tourism

INDICATIONS

- Rheumatic diseases
- Post-operative conditions of the locomotory apparatus,
- Respiratory problems
- Gynaecological diseases

TREATMENTS

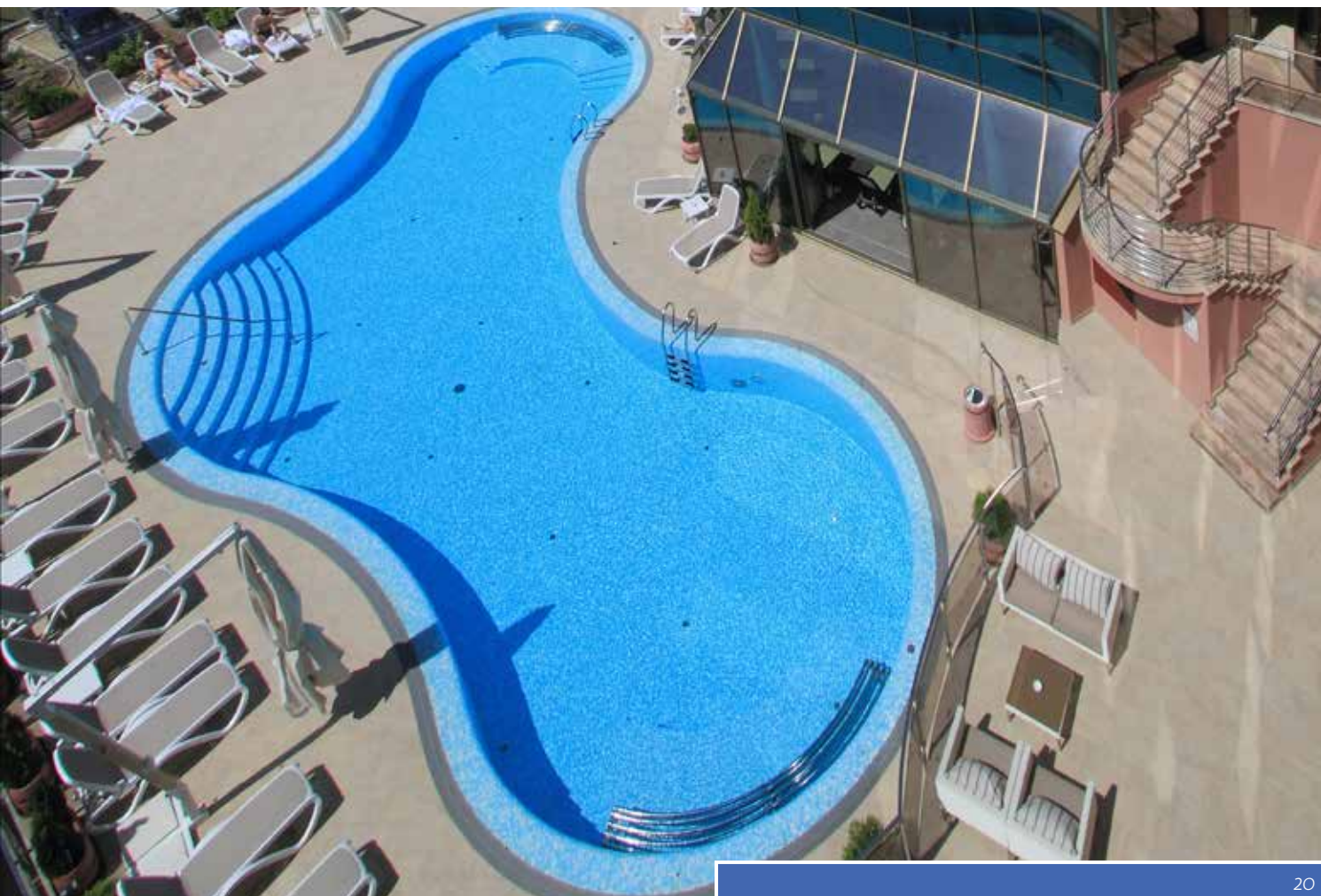
- Hydrotherapy,
- Electrotherapy,
- Paraffin therapy,
- Phototherapy,
- Sono therapy
- Kinesitherapy.

HEALTH CENTRE

In this well-equipped modern complex, professional medical personnel treat patients using the most modern methods, especially in the field of physical medicine. The health center focuses on prevention, rehabilitation, recreation and relaxation.

Termal Health Centre

www.termal-vrdnik.com



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Wellness Tourism

- Outdoor Olympic-sized swimming-pool with thermal water
- Shallow swimming-pool for children
- Indoor recreational and therapeutic swimming-pool
- State-of-the-art gym
- Finnish sauna,
- Fitness club,
- Sports pitches

HOTEL ACCOMMODATION

Hotel Premier Aqua *****
www.hotelpremieraqua.com

TOURIST ATTRACTIONS

- Fruška Gora National Park
- The Tower of Vrdnik (Vrdnička kula),
- The Memorial House of a poetess Milica Stojadinović-Srpkinja
- The town of Sremski Karlovci
- 20 monasteries of Fruška gora also known as Serbian Athos
- Ravanica Monastery
- Vineyards
- The Danube river
- The town of Novi Sad (Petrovaradin)

TOURIST INFO AND PRIVATE ACCOMMODATION

Tourism Organisation of Irig
www.turorgirig.org.rs





SERBIA

BANJA KANJIŽA SPA

Quiet health resort

LOCATION

The spa is situated in north-eastern Serbia, on the right bank of the Tisa River, 200 km away from Belgrade and 15 km away from the state border with Hungary. The spa is located at the zero meter of the former Pannonian Sea, at 87 m above sea-level.

TRADITION AND HISTORY

The tradition of this spa is 900 years long. However, the first health resort was built at the beginning of the 20th century by Herman Grinfeld, a renowned industrialist. The spa was officially established in 1913.

NATURAL CURATIVE RESOURCES

- The thermo-mineral water with temperatures of 51°C, 64°C and 72°C which comes to surface from three wells from the depth of 1,000 m.
- The healing mineral mud

Health tourism

INDICATIONS

- Inflammatory and degenerative rheumatism
- Treatment of conditions after loco-motor apparatus and spine injuries and surgery
- Osteoporosis
- Central and peripheral nervous system damages
- Post-operative conditions
- Children rehabilitation

TREATMENTS

- Balneotherapy
- Electrotherapy
- Magnetic therapy
- Thermotherapy
- Kinesitherapy
- Massage
- Acupuncture



Health Centre

The professional teams of specialized doctors and therapists treat patients by using up-to-date medical equipment while applying numerous therapies and medical treatments. There are also diagnostic centres with the possibility of diagnosing a disease in its early stage so as to ensure prevention and rehabilitation.

Banja Kanjiža Health Centre
www.banja-kanjiza.com

Wellness Tourism

- Thermo aroma
- Choco-mint therapy
- Algae therapy
- Relaxation massage
- Reflexology massage
- Lymphatic drainage
- Body form wellness specials
- Swimming pools
- Sports hall
- Two outdoor tennis courts
- Tables for table tennis
- Gym
- Recreational activities (Aerobics, Pilates, etc.)

HOTEL ACCOMMODATION

Hotel Aqua Panon ****
www.aquapanon.com

Garni hotel Art ***
www.arthotel.rs

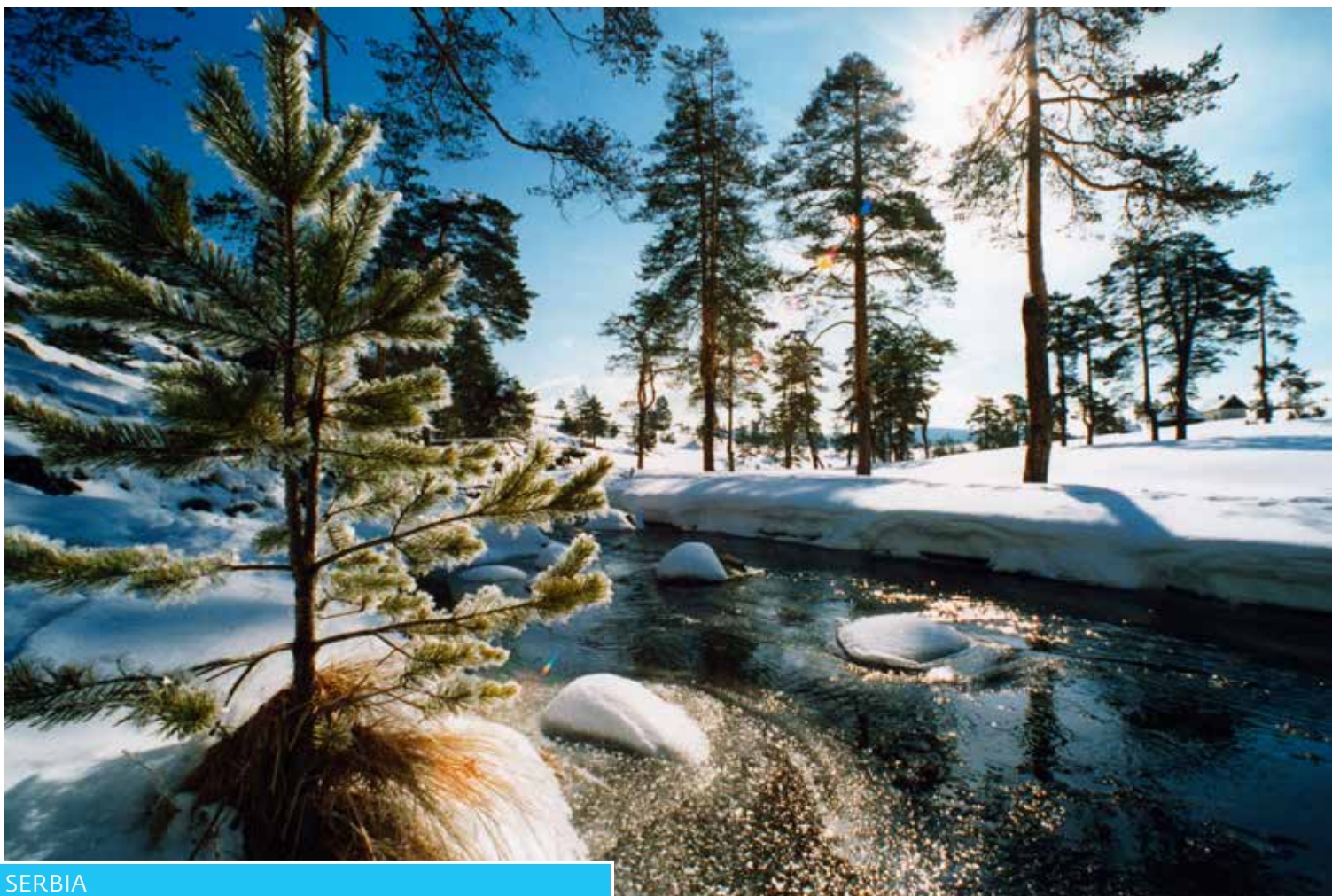
Garni hotel Lupus ***
www.lupushotel.com

TOURIST ATTRACTIONS

- The forest park covering an area of 9 ha is the symbol of the town of Kanjiža
- The Tisa River
- The natural phenomenon of the blooming of the Tisa River
- The promenade along the Tisa,
- Cycling Tours
- "Kapetanski rit" hunting ground
- Fishing areas

TOURIST INFO AND PRIVATE ACCOMMODATION

Municipality of Kanjiža
www.visitkanjiza.rs



SERBIA

MOUNTAIN ZLATIBOR

Experience for All Senses

LOCATION

Zlatibor mountain is located in south-western Serbia, 230 km away from Belgrade and 300 km from the Adriatic Sea. The main road and the railway connecting Belgrade with the sea-coast lead across Zlatibor, so the mountain can be reached by car or by train. The mountain lies at 1,000 m above sea-level, with several peaks, the highest being Tornik (1,496 m) and Čigota (1,422 m).

Zlatibor is a mosaic of vast meadows, exuberant pastures, clean brooks rich in fish and conifer forests offering shelter to numerous wild animals.

Zlatibor is a peaceful mountain which offers refreshing views, peaceful atmosphere and refreshment.

HISTORY AND TRADITION

Since the distant past, Zlatibor has been known as a mountain where people go for rest or treatment. The beginnings of the development of tourism date back to 1893, namely when King Alexander I Obrenović visited the mountain. Since then, the Kulaševac spring has been named the King's Water (Kraljevavoda) and the development of the resort began.

NATURAL CURATIVE RESOURCES

- Clean and dry air
- Low air pressure
- A rose of winds
- Favourable ultraviolet radiation

Health Tourism

INDICATIONS

- Thyroid gland diseases and metabolism disorders
- Obesity in adults and children
- Cardiovascular and lung diseases,
- Diseases of the bone and joint system
- Osteoporosis

TREATMENTS

- Diagnostics, rehabilitation and treatment of patients suffering from the diagnosed diseases

HEALTH CENTRE

The unique center for treating thyroid gland disorders on the Balkans. The Health Centre basic activity is to provide medical services in endocrinology, nuclear and physical medicine, and is well-known for its programme for body weight regulation.

Čigota Health Centre
www.cigota.rs



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Wellness Tourism

- Excellent opportunities for those who come for recreation as well as for those who want to improve their fitness and vigour
- Hiking, mountaineering, horse-riding, mountain-biking, paragliding
- Outdoor and indoor swimming-pools and bathing pools
- Cross-country skiing, off-road touring in jeeps etc.
- Finnish sauna
- Steam bath
- Hydro-massage
- Sunbed
- Aromatherapies
- Massage of various types
- "Oxygen" revitalising treatment

ACCOMMODATION

Hotel Mir ****

www.hotelmirzlatibor.com

Hotel Palisad ****

www.palisad.rs

Hotel Olimp ***

www.hotelolimp.com

Hotel Zlatibor Mona ****

www.monazlatibor.com

Hotel Idila ****

www.hotelidila.com

Hotel President ***

www.hotel-president.biz

TOURIST ATTRACTIONS

- "Staro selo"- an old ethno village museum
- Stopića Cave
- the "Šargan Eight"-an old narrow track railway
- Mečavnik – ethno village built in local ethno style by the famous film director Emir Kusturica
- Shrines
- The town of Užice
- Waterfall in Gostilje

TOURIST INFO AND PRIVATE ACCOMMODATION

Tourism Organisation of Zlatibor

www.zlatibor.org.rs





SERBIA

IVANJICA

A Gem in the Mountains

LOCATION

Ivanjica is situated in south western of Serbia, 220 km far from Belgrade. It is located in the valley of the Moravica river, surrounded by the mountains of Golija, Javor, Mučanj, Kukućnica, Murtenica and Čemernica. Its altitude is 468 m above sea-level.

HISTORY AND TRADITION

The area of Ivanjica has been populated since ancient times. Ivanjica was located at the crossroads of the old imperial road from Europe to Istanbul. Before the 19th century Ivanjica was known as a place which offered lodging for trade caravans and soldiers. Ivanjica was declared an air spa and tourist resort in 1931. Its main advantage is the closeness of Golija mountain, a mountain rich in forests and medical herbs which is home to more than 1000 species of plants. Golija mountain has been declared a first-category nature park and a biosphere reserve by UNESCO.

NATURAL CURATIVE RESOURCES

- Mediterranean and mountain climate merge there which results in moderately warm summers and moderately cold winters
- More than 100 species of medical herbs

Health tourism

INDICATIONS

- Neurological diseases
- Metabolism diseases
- Oncological diseases
- Blood diseases
- Respiratory diseases
- Diseases of the bone and joint system and rheumatic diseases

TREATMENTS

- Internal medicine and haematology
- Laboratory diagnostics
- Physical medicine and rehabilitation

HEALTH CENTRE

The Center lies high above the town. It is an architectonically perfect edifice, surrounded by a park spreading over 4.5 ha, where medical services are provided incessantly – 24 hours a day.

In the Health center great attention is paid to education and training, creativity, innovation, motivation and awareness of employees in both medical and non-medical sector.

Ivanjica Health Centre
www.zavodivanjica.rs



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Wellness Tourism

- Indoor swimming pool
- Sauna
- Gym
- Outdoor sports grounds
- Hiking paths
- Relax programme

ACCOMMODATION

Hotel Park ****

www.hotel-park.co.rs

Hotel Logos ***

www.hotellogos.rs

TOURIST ATTRACTIONS

- Kameni most (Stone Bridge) - the largest single-arch bridge in the Balkans
- Rimski most (Roman Bridge)
- Hydropower plant built in 1911
- Churches: Lazarica, St. Cosmas and Damian`s Church
- Monasteries: Pridvorica and Kovilje
- Golija Mountain with the highest peak at 1 833 m above sea-level
- Lakes: Daičko, "Nebeska suza" (The Sky's Tear), Košaninovo
- Waterfall on the Moravica river

TOURIST INFO AND PRIVATE ACCOMMODATION

Tourism Organisation of Ivanjica

www.ivatourism.org



**TOURIST INFORMATION CENTRE
& SOUVENIR SHOP**
NATIONAL TOURISM ORGANISATION OF SERBIA
Čika Ljubina 8, 11000 Belgrade
Phone: +381 11 6557 127
Email: info@serbia.travel
www.serbia.travel



INFO



USEFUL INFO

ENTRY REQUIREMENTS/VISAS

Citizens of the EU, Swiss Confederation, Kingdom of Norway and Republic of Island need only a valid identity card. For other countries a valid passport, and for some countries, a visa is required.

TIME ZONE

Central European Time, GMT + 1

ELECTRICAL APPLIANCES

Voltage: 220 V

Frequency: 50 Hz

AIR SERBIA

Phone: +381 11 3112 123

www.airserbia.com

BELGRADE "NIKOLA TESLA" AIRPORT

Phone: +381 11 209 4444

www.beg.aero

SERBIAN RAILWAYS

Phone: +381 11 3602 899

www.zeleznicesrbije.com

BELGRADE BUS STATION

Phone: +381 11 2627 146

www.bas.rs

SERBIAN AUTOMOBILE ASSOCIATION (AMSS)

www.amss.org.rs

NATIONAL CURRENCY

The Dinar (RSD) is Serbian national currency. Money can be exchanged at banks, currency exchange offices, and ATMs.

CREDIT CARDS

ATMs accept major credit cards and are located throughout the country. Major credit cards are accepted by almost all restaurants, hotels, travel agencies, petrol stations, and stores.

TAXES

The default Value Added Tax (VAT) rate is 20%, while some goods and services are subject to VAT at a reduced rate of 10%.

TELEPHONE CALLS

For Serbia +00 381,

for Belgrade (0)11,

for Novi Sad (0)21,

for Niš (0)18.

FOR INTERNATIONAL CALLS FROM SERBIA

00 + the number of the country you wish to call

+ the number of the city

IMPORTANT TELEPHONE NUMBERS

Police 192

Fire brigade 193

Medical emergency 194

Road assistance 1987

MOBILE PHONE OPERATORS

064 and 065 – mt:s Telekom Srbija

www.mts.telekom.rs

062 and 063 – Telenor

www.telenor.rs

060 and 061 – Vip mobile

www.vipmobile.rs

NON-WORKING PUBLIC HOLIDAYS

New Year's Day: 1 and 2 January

Orthodox Christmas Day: 7 January

Statehood Day: 15 and 16 February

Orthodox Good Friday: date varies

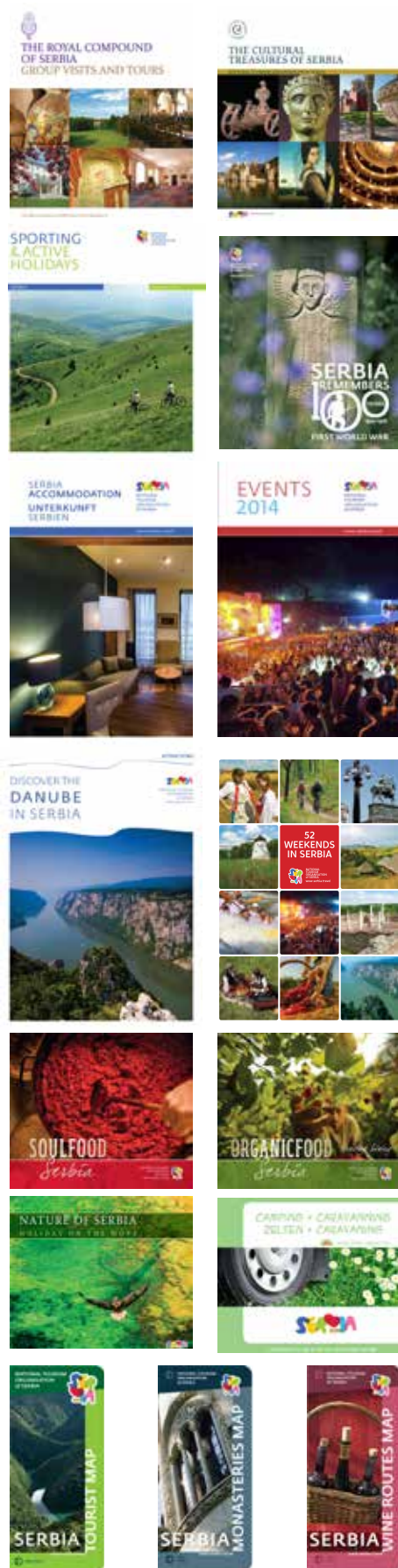
Orthodox Easter Monday: date varies

Labour Day: 1 and 2 May

Armistice Day: 11 November

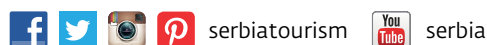
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SERBIA

Health, Spa & Wellness



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