

B. MOUNTAINEERING AND TECHNICAL CLIMBING

The Velež Mountain Range offers a variety of challenging climbing and mountaineering experiences. Mount Velež is the summit of this range and this mountain is 1,958 meters above sea level. The ascent distance from the valley floor in Blagaj to the summit is nearly 1,900 meters.

The most challenging technical climbs in the Velež Mountains are located along the headwalls of the eastern face of the mountain range. These walls have extremely steep pitches and require expert technical mountaineering skills. The difficulty of these climbs is evidenced by the fact that mountaineers practicing their assault for Mt. Everest have used the climbs in this region.



The Headwalls along the Eastern Face of Velež Mountains

The north and south flanks of the Velež Mountains offer rigorous climbing experiences that require basic mountaineering skills. Access to these routes can be time consuming, but the scenery along the routes and locations for camps will compensate the climber who chooses one of these routes.

The western side of the Velež Mountains is definitely the easiest route to the summit and requires minimal mountaineering skills and equipment. Good hiking boots and warm clothing define the essential equipment requirements for this route. The western side of Mount Velež is a relatively gentle sloping, treeless moraine. Views of the Buna River and Neretva River valleys may be seen continuously during this mountaineering experience.



An Easier Route to the Summit

Great caution is required for all backcountry activities in the Mount Velež region because of the continued presence of minefields in certain areas. Unfortunately, the easiest route to the summit along the western face has the largest number of mines. Most importantly, Nevesinje does NOT have land mines and therefore the eastern side of the Velež Mountain Range offers considerably safer mountaineering and hiking experiences. The use of ANY of these routes should be used ONLY with the assistance of an experienced mountain guide.

(1) MOUNTAIN ASSOCIATIONS

BiH has three major mountaineering organizations located throughout the country. Each of the three major organizations has several clubs associated with them. This network of mountain clubs is very important because they provide the guides and any emergency search and rescue operations that may be required. There are two mountaineering clubs in the Mostar

Mount Velež Region and the community of Nevesinje is in the process of creating a club. All of these clubs are supported by the Klub Spasavalaca 2000 Rescue Club, Sarajevo which is capable of providing technical climbing support and conducting difficult mountain rescue operations.

(2) PRENJ MOUNTAIN ASSOCIATION

Persons seeking technical/expert guide services for the Velež Mountain Region should contact the Prenj Mountain Association. This club is based in Mostar and has perhaps 200 members. In addition, they own 3 camp sites in the Velež Mountain area. The only one remaining in operation is in the Rujiste area, north of Mt. Velež. The Prenj Mountain Association also has close relationships with several mountaineering clubs in both Bosnia and Croatia

(3) MOUNTAINEERING SERVICES IN PODVELEŽJE

At an elevation of 720 m height above sea-level at the foot of Mount Velež, the small community of Podveležje provides an excellent base from which to pursue mountaineering activities. This community consists of a 13 high mountain villages spread across an area of 160 km². The people living in these villages continue a long tradition of livestock grazing. The climate in this region is especially attractive in the summer.

The Podveležje area has great conditions for climbing and mountaineering. Although there is no mountaineering association, the farmers from Podveležje are very skillful climbers and have expert knowledge of the mountains. Very capable persons from this community have created two hiking routes to the summit and these people can provide guide services that will enable tourists reach the summit of Mount Velež. In addition, at the foot of Mount Velež there are two huts with 10 beds which can be used as quarters for the night.

Contact person: Ismet Stranjak, Motel „Sunce“ Podveležje bb

Phone numbers: 036/560-082

061/467-644



(4) MOUNTAINEERING IN NEVESINJE

The mountaineering and climbing conditions in the vicinity of Nevesinje are excellent. The visitor may select either leisurely or strenuous mountaineering experiences. The Velež Mountains may be approached from several hiking trails located on the eastern, southern, and northern sides of the mountains. Many of these routes offer leisurely hiking experiences. Access to these hiking routes is excellent. There are forest roads that provide direct access to the trailheads (starting points). In addition, there are two mountain huts that can be used for overnight stays by mountaineers and others using the backcountry. One of the huts can be visited by a car because there is direct road access from the village of Sopilja.

One of the most attractive locations for mountaineering in the Nevesinje region is in the vicinity of Mount Crvanj. This area has excellent and very scenic paths to the summit of the mountains. On the route to Mount Crvanj there is a very beautiful lake. The people A mountain hut near this lake is currently being renovated. All of these natural and man made features provide will provide enjoyable recreation experiences for persons visiting the Crvanj mountain region.



The technical climbing challenges begin when the mountaineer reaches the immense headwalls of the Velež Mountains. The rock walls, snow and ice, and weather conditions contribute to the difficulty of this climb. As stated earlier, skilled guiding and proper equipment is required to attempt these technical climbs. The Prenj Mountain Club or the Klub Spasavalaca 2000 Rescue Club, Sarajevo can provide this type of support services.



Mountaineering Experiences in the Least Difficult Terrain



Mountaineering Experiences in the Steep Terrain

(5) CREATION OF A NEVESINJE MOUNTAIN CLUB

There are about 30 people interested from the Nevesinje region interested in creating a Mountain Club. The mountaineering skills of these people varies considerably. By example, one of the leaders working to establish the Nevesinje Mountain Club is Miss Mirjana Vučinić. She is an active climber who has finished winter climbing school. Five of the 30 potential members are especially interested in technical climbing and they are learning these types of skills.



C. HERB AND MUSHROOM COLLECTION

The forests, fields, and river valleys in the Mount Velež Region contain a diversity of herbs and mushrooms that have many useful purposes. By example, the medical herbs and edible mushrooms found throughout the region and the lavender growing in the Blagaj region are not only attractive, but also have significant economic value. The people of this region use their many natural resources for food, medicines, and fragrances. They also obtain income from the sale of herbs and mushrooms.

The information contained in this section of the guide book describes (1) the types of herb and mushrooms found in the region, (2) the time of the year for collecting the herbs and mushrooms, and (3) qualified guides who can provide a successful collection experience for the tourist.

Given the distinct environmental characteristics found in each of the region's communities, there is a remarkable diversity of herbs and mushrooms available for collection. Nevesinje, Podveležje and Blagaj can provide the tourist with very different herb and mushroom collection experiences. Nevesinje offers the outdoor experiences of a mountain valley. Podveležje provides the natural setting for plants that are uniquely adapted to high mountain environments. Blagaj's Mediterranean climate and rich soil conditions provide the growing conditions necessary for herbs and lavender and grapes that have brought agricultural fame to this region.



Sl. 35. Saxifraga prenja



Sl. 19. Lilium bosniacum

The residents of the Mount Velež Region have extensive knowledge of the natural world that surrounds them and they are uniquely qualified to share this knowledge with tourists visiting the region. They know both the terrain and the plants and share this knowledge with the visitors they guide. The herb and mushroom collection tourism experience is both an enjoyable gathering activity and also a rewarding way to learn about the region's natural environment.

The natural vegetation growing on the Podveležje plateau numerous has a wide variety of herbs that have medicinal and aromatic benefits. The local population collects them subsidize their incomes by selling them to the herbal processing facilities located in the surrounding area. The most economically important herbs growing in the vicinity of Podveležje are *Salvia officinalis* L. (kadulja), *Rosa canina* L. (wild rose), autumn crocus, and elder tree.

The Nevesinje region has numerous species of herbs and mushrooms, but is particularly well known for its fruits and berries. The growing conditions in this area are well suited for the growing of plums, apples, pear, sour cherries, currant, raspberry, and strawberry. Nevesinje frequently enjoys a large harvest of these fruits and berries and they ship part of this product to food processing plants and also make local fruit products. Home production includes juices, jams, and a very high quality brandy.



Sl. 40. *Carlina acanthifolia* subsp. *utzka*

Types of Herbs and Mushrooms and Collection Calendar

Forest Products	Collecting Calendar
Wild cherry	June
Wild pear	September October
Wild apple	October
Cornel	October
Sloe, blackberry	September October
Hazelnut	October
Bilberry	October

Mushrooms	Collecting Calendar
Boletus mushrooms	Summer-autumn
Yellow chanterelle	
Button mushroom	
Bukovača	
Maslenica	
Smrčak	

Medicinal Herbs	Collecting Calendar
Linden flower	Collection period May, June and July
Elder flower	
Hawthorn flower	
Blackberry flower	
Klamath flower	
Vervain flower	
Black thorn flower	
Meadow saffron flower	
Camomile flower	
Mint flower	

Medicinal Herbs	Collecting Calendar
Hawthorn	Collection period September October
Dog rose	
Mountain pine	
Bilberry	
Plod muginje	
Raspberry	
Blackberry	
Thorns	
Strawberry	

Medicinal Herbs	Collecting Calendar
Gentian root	Collection period September and Octob.
Wild tobacco root	
Herbs	Collecting Calendar
Sallow	Collection period from June till September
Horse tail	
Wild thyme	
Hernia	
Sweet fern	
Nettle	

(1) CONTACTS

Two companies operate the region's herbs and mushroom economic activities. As a result, they are especially well qualified to lead tourists interested in herb and mushroom collection. In addition, there is an individual from the Podveležje area who is an expert in the herbs and mushrooms located there. Contact information is provided below:

AGRICULTURAL ASSOCIATION NEVESINJE
Phone/fax number 059/601-428, 065/640-892

TIMITEX Nevesinje
Phone number: (059/601723, 065/628-623).

Ismet Stranjak

Motel 'Sunce' Podveležje bb

Phone numbers: 036/560-082 and 061/467-644



Sl. 39. (23.) *Gladiolus illyricus* (dupl.)

(2) AGRICULTURAL PRODUCTS AND ATTRACTIONS

Agriculture provides the economic base of The Mount Velež Region. The region produces honey, dairy products, wines, fruits, and a diversity of field crops. For the tourist interested in naturally grown and processed agricultural products, the region has a lot to offer. By example, honey, cheeses and dairy products are still produced in the traditional ways.

Tourists interested in the agricultural animals of the region, the Podvelež region has a very distinct breed of horse. The Podvelež Hill Horse is an animal that specifically bred for the steep and cold conditions of the region. This horse is quite a tough, firm and steady animal. In the past, it was of enormous importance for the nomadic cattle grazing in the area. Management of the cattle required long-distance transportation of heavy loads. The Podvelež Hill Horse plays a vital role in sustaining this nomadic way of life.

• CONTACTS

Tourists who wish to view these agricultural activities and purchase these products should contact the following organization: "Perfeto" Nevesinje (phone number 059/601-723, and 065/628-623)

For persons interested in the local beekeepers and their honey products, tourists are

encouraged to contact the Apiarist Association 'Ulište' Blagaj. This organization was created to insure the production of quality honey. The contact person Mustafiæ Meho. The telephone number is 387 061 203 131.

D. WILDLIFE VIEWING, BIRDING AND PHOTO SAFARI

(1) INTRODUCTION

The environmental conditions located in the Mount Velež Mountains and the Zalomka River Valley offer excellent habitat for a remarkable diversity of wildlife. These regions are essentially enormous wilderness areas located near the center of Europe. Mount Velež Region provides vital habitat for dominant predators such as the European brown bear, wolves, lynx, and wild boar. The environmental quality of the rivers has sustained the rare River Otter. The close distance between the Balkans and northern Africa makes this region the natural migration path for birds. The characteristics of the region, specifically its remoteness, enormous size, rugged terrain, abundance of water, and few human inhabitants all contribute to the variety of rare wildlife species that have thrived in this area for centuries.

(2) THE ECOTOURISM EXPERIENCE

Wildlife viewing is single greatest natural attraction to ecotourists. This activity is considered to be the most rewarding personal experience associated with nature based tourism. The diversity and abundance of wildlife species, and the opportunity for seeing rare and endangered animals and birds offers the tourist an experience that is unique in the world.

The Bosnia and Herzegovina wildlife experiences are especially unique to Europe. The abundance of wildlife in BiH and the diversity of bird species are created by the occurrence of bountiful and expansive habitats that remain wild in character. This wilderness setting offers both a sanctuary for the animals and also a challenge to viewing them safely.

The information provided in this section of the guide identifies the kinds of animals and birds that can be viewed in BiH. The wildlife viewing philosophy and methods for sustaining these wildlife populations are described. The tourist may pursue wildlife viewing and nature photography by means of nature hikes, guided tours, sport fishing, and photo safari.

The wildlife nature photography techniques and precautions required to take pictures in the Mount Velež Region are explained. For those persons seeking additional detailed wildlife information, the guide services and lists of the animals and birds are provided.

(3) WILDLIFE VIEWING PHILOSOPHY AND METHODS

The primary responsibility of the guides in the Mount Velež Region is to provide safe recreation experiences to their guests. The approach to conducting organized tours is to limit the size of the tourist group and to select an appropriate mode of transport that offers both a safe and enjoyable tourist experience. This approach insures that the group is safely managed in order to prevent wandering or straying that may result in either a confrontation with a wild animal or getting lost. In some instances the transport may be by hiking, in others a vehicle, and in others off-road vehicles. The size of the groups is consistent with a quality recreation experience and visitors will receive the maximum amount of interpersonal relationship with the naturalist guides.

For the purpose of providing an enjoyable and informative wildlife viewing experience to the tourists, the guides will combine several guest service functions. Interpretive services provide and introduction by the wildlife expert prior to a tour's departure. While the tour is in progress the guide not only speaks about the wildlife, but also explains the environmental conditions that enable the animals to survive. And, of course, the guide is available to answer questions that the tourist may have. This approach is designed to allow tourists to view animals in their natural habitats and also to enhance their enjoyment of that experience by gaining an improved understanding of the animals and their relationship to the BiH environment.

(4) WILDLIFE SPECIES

Perhaps the most remarkable environmental characteristic of the Mount Velez Region is that it is the home of complete environmental systems. All of the animals that are essential for sustaining the region's ecology are present. This means that animals ranging from dominant predators to very small wildlife species may be found in this region. These conditions and the presence of these animals provide a potentially valuable opportunity for the tourist to view wildlife in their natural habitats.

The environmental value and rarity of the wildlife in the Mount Velez Region has been recognized by the international community. According to National Museum in Sarajevo, there are two endangered species, 11 vulnerable species, and 31 rare species, which are registered "the IUCN Red List" in terms of the flora in the Mount Velez Region.

A representative list of the wildlife species in the Mount Velez Region includes the following:

- ▶ European brown bear (*Ursus arctos*)
- ▶ Wolves (*Canis lupus*)
- ▶ Chamois (*Rupicapra rupicapra*)
- ▶ Roe deer (*Capreolus capreolus*)
- ▶ Wild boar (*Sus scrofa*)
- ▶ Wild cat (*Felis silvestris*)
- ▶ Marten (*Martes foina*)
- ▶ Badger (*Meles meles*)
- ▶ Fox (*Vulpes vulpes*)
- ▶ Rabbit (*Lepus europaeus*)
- ▶ Squirrel (*Sciurus vulgaris*)

Chamois



Roebuck



Bear



Rabbit



Wild sow



Wolf



Fox



Wild cat





(5) BIRDING

Birding is a recreational activity that is avidly pursued by persons of all ages. Birding, once considered an obscure hobby of a few nature lovers, is now one of the world's most popular outdoor activities. Numerous organizations throughout the world, such as the International Audubon Society, have millions of members who actively pursue birding, and spend billions of dollars in the process.

Bosnia and Herzegovina's geographic location represents an enormous opportunity to provide birding experiences to tourists. The Balkan Peninsula represents one of the most significant bird migration paths between the continents of Europe and Africa. Tens of thousands of birds migrate through BiH each spring and fall. A total of 240 bird species have been positively identified in BiH. Most of these are migratory, but because of the great abundance of water and cover several resident bird species may also be found in BiH.

Based on extensive field observations and research performed by BiH ornithologists a bird species list for the southern part of BiH has been produced. The information provided is the list of confirmed bird species in the southern region of BiH.

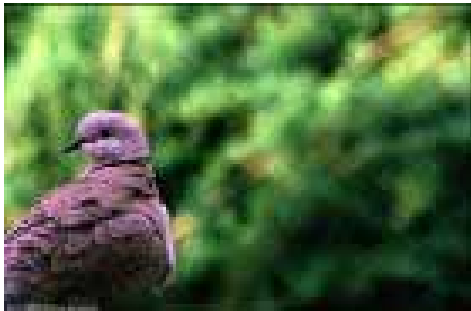
Partridge gray



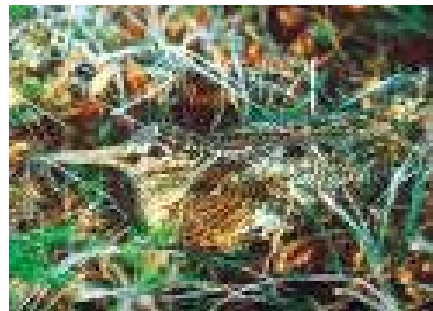
Quail



Turtle dove



Snipe



BIRD SPECIES

PODICIPEDIDAE Gnjurci

1. *Podiceps ruficollis* (Pallas)
Tip rasprostranjenosti: Starosvjetski.
2. *Podiceps nigricollis* C. L. Brehm
Tip rasprostranjenosti: Starosvjetski.
3. *Podiceps cristatus* (Linnaeus)
Tip rasprostranjenosti: Starosvjetski.

PHALACROCORACIDAE Vranc

4. *Phalacrocorax carbo* (Linnaeus)
Tip rasprostranjenosti: Starosvjetski.
5. *Phalacrocorax pygmaeus* (Pallas)
Tip rasprostranjenosti: Sarmatski.

ARDEIDAE Čaplje

6. *Ixobrychus minutus* (Linnaeus)
Tip rasprostranjenosti: Starosvjetski.
7. *Nycticorax nycticorax* (Linnaeus)
Tip rasprostranjenosti: Kozmopolitski.
8. *Ardeola ralloides* (Scopoli)
Tip rasprostranjenosti: Etiopski.
9. *Egretta alba* (Linnaeus)
Tip rasprostranjenosti: Kozmopolitski.
10. *Egretta garzetta* (Linnaeus)
Tip rasprostranjenosti: Starosvjetski.
11. *Ardea cinera* Linnaeus
Tip rasprostranjenosti: Palearktički.
12. *Ardea purpurea* Linnaeus
Tip rasprostranjenosti: Indoafrički.

THRESKIORNITHIDAE Ibis

13. *Platalea leucorodia* Linnaeus
Tip rasprostranjenosti: Starosvjetski.
14. *Plegadis falcinellus* Linnaeus
Tip rasprostranjenosti: Satrosvjetski.

CICONIIDAE Rode

15. *Ciconia ciconia* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

ANATIDAE Patke

16. *Anser anser* (Linnaeus)
Tip rasprostranjenosti: Palearktički.
17. *Anser albifrons* (Scopoli)
Tip rasprostranjenosti: Arktički.
18. *Anas platyrhynchos* Linnaeus
Tip rasprostranjenosti: Holarktički.
19. *Anas crecca* Linnaeus
Tip rasprostranjenosti: Holarktički.
20. *Anas strepera* Linnaeus
Tip rasprostranjenosti: Holarktički.
21. *Anas penelope* Linnaeus
Tip rasprostranjenosti: Palearktički.
22. *Anas acuta* Linnaeus
Tip rasprostranjenosti: Palearktički.
23. *Anas querquedula* Linnaeus
Tip rasprostranjenosti: Palearktički.

ZVIZDARA

24. *Anas clypeata* Linnaeus
Tip rasprostranjenosti: Holarktički.

25. *Aythya ferina* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

26. *Aythya nyroca* (Güldenstädt)
Tip rasprostranjenosti:
Turkestansko-mediteranski.

38. *Circus macrourus* (Gmelin)
Tip rasprostranjenosti: Turkestanski.

39. *Circus pygargus* (Linnaeus)
Tip rasprostranjenosti:
Euro-turkestanski.

40. *Circus aeruginosus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

PANDIONIDAE Bukoč

27. *Pandion haliaetus* (Linnaeus)
Tip rasprostranjenosti: Kozmopolitski.

ACCIPITRIDAE Jastrebovi

28. *Milvus korschun* (Gmelin)
Tip rasprostranjenosti: Starosvjetski.

29. *Accipiter gentilis* (Linnaeus)
Tip rasprostranjenosti: Holarktički.

30. *Accipiter nisus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

31. *Buteo lagopus* (Pontoppidan)
Tip rasprostranjenosti: Arktički.

32. *Buteo buteo* (Linnaeus)
Tip rasprostranjenosti: Holarktički.

33. *Aquila clanga* Pallas
Tip rasprostranjenosti: Palearktički.

34. *Aquila pomarina* C. L. Brehm
Tip rasprostranjenosti: Palearktički.

35. *Aquila chrysaetos* (Linnaeus)
Tip rasprostranjenosti: Holarktički.

36. *Circaetus gallicus* (Gmelin)
Tip rasprostranjenosti: Indo-afrički.

37. *Circus cyaneus* (Linnaeus)
Tip rasprostranjenosti: Holarktički.

FALCONIDAE Sokolovi

41. *Falco biarmicus* Temminck
Tip rasprostranjenosti: Etiopski

42. *Falco peregrinus* Tunstall
Tip rasprostranjenosti: Kozmopolitski

43. *Falco subbuteo* Linnaeus
Tip rasprostranjenosti: Palearktički.

44. *Falco columbarius* Linnaeus
Tip rasprostranjenosti: Holarktički.

45. *Falco tinnunculus* Linnaeus
Tip rasprostranjenosti: Starosvjetski.

PHASIANIDAE Kokoške

46. *Alectoris graeca* (Meisner)
Tip rasprostranjenosti:
Turkestansko-mediteranski.

47. *Coturnix coturnix* (Linnaeus)
Tip rasprostranjenosti: Starosvjetski.

48. *Phasianus colchicus* Linnaeus
Tip rasprostranjenosti: Nepoznat

GRUIDAE Zdralovi

49. *Grus grus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

RALLIDAE Kokošice

50. *Rallus aquaticus* Linnaeus
Tip rasprostranjenosti: Palearktički.
51. *Porzana porzana* Linnaeus
Tip rasprostranjenosti: Europski.
52. *Porzana parva* (Scopoli)
Tip rasprostranjenosti: Palearktički.
53. *Porzana pusilla* (Pallas)
Tip rasprostranjenosti: Starosvjetski.
54. *Gallinula chloropus* (Linnaeus)
Tip rasprostranjenosti: Kozmopolitski.
55. *Fulica atra* Linnaeus
Tip rasprostranjenosti: Palearktički.

CHARADRIIDAE Kulici

56. *Vanellus vanellus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.
57. *Calidris alpina* (Linnaeus)
Tip rasprostranjenosti: Arktički.
58. *Tringa erythropus* (Pallas)
Tip rasprostranjenosti: Sibirski.
59. *Tringa totanus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.
60. *Tringa nebularia* (Gunnerus)
Tip rasprostranjenosti: Sibirski.
61. *Tringa ochropus* Linnaeus
Tip rasprostranjenosti: Palearktički.
62. *Tringa glareola* Linnaeus
Tip rasprostranjenosti: Palearktički.
63. *Tringa hypoleucos* Linnaeus
Tip rasprostranjenosti: Holarktički.
64. *Limosa limosa* (Linnaeus)

Tip rasprostranjenosti: Palearktički.

65. *Gallinago gallinago* (Linnaeus)
Tip rasprostranjenosti: Holarktički.
66. *Gallinago media* (Latham)
Tip rasprostranjenosti: Palearktički.

LARIDAE Galebovi

67. *Larus minutus* Pallas
Tip rasprostranjenosti: Palearktički.
68. *Larus ridibundus* Linnaeus
Tip rasprostranjenosti: Palearktički.
69. *Larus argentatus* Pontoppidan
Tip rasprostranjenosti: Palearktički.
70. *Larus canus* Linnaeus
Tip rasprostranjenosti: Palearktički.
71. *Chlidonias niger* (Linnaeus)
Tip rasprostranjenosti: Holarktički.
72. *Chlidonias leucopterus* (Temminck)
Tip rasprostranjenosti: Palearktički.
73. *Chlidonias hybrida* (Pallas)
Tip rasprostranjenosti: Starosvjetski.
74. *Sterna hirundo* Linnaeus
Tip rasprostranjenosti: Holarktički.

COLUMBIDAE Golubovi

75. *Columba palumbus* Linnaeus
Tip rasprostranjenosti:
Euro-turkestanski.
76. *Columba livia* Gmelin
Tip rasprostranjenosti:
Turkestansko-mediteranski.
77. *Streptopelia decaocto* (Frisvaldszky)
Tip rasprostranjenosti: Indo-afrički.

78. *Streptopelia turtur* (Linnaeus)
Tip rasprostranjenosti:
Euro-turkeštanski.

PICIDAE Djetlići

CUCULIDAE Kukavice

79. *Cuculus canorus* Linnaeus
Tip rasprostranjenosti: Palearktički.

86. *Jynx torquilla* Linnaeus
Tip rasprostranjenosti: Palearktički.

87. *Picus viridis* Linnaeus
Tip rasprostranjenosti: Europski.

STRIGIDAE Sove

88. *Dendrocopos major* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

80. *Bubo bubo* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

89. *Dendrocopos medius* (Linnaeus)
Tip rasprostranjenosti: Europski.

APODIDAE Čiope

HIRUNDINIDAE Lastavice

81. *Apus apus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

90. *Riparia riparia* (Linnaeus)
Tip rasprostranjenosti: Holarktički

82. *Apus melba* (Linnaeus)
Tip rasprostranjenosti: Indo-afrički.

91. *Hirundo rustica* Linnaeus
Tip rasprostranjenosti: Holarktički

ALCEDINIDAE Vodomari

92. *Hirundo daurica* Linnaeus
Tip rasprostranjenosti: Indo-afrički.

83. *Alcedo atthis* (Linnaeus)
Tip rasprostranjenosti: Starosvjetski

93. *Delichon urbica* (Linnaeus)
Tip rasprostranjenosti: Palearktički

MEROPIDAE Pčelarice

ALAUDIDAE Ševe

84. *Merops apiaster* Linnaeus
Tip rasprostranjenosti:
Turkeštansko-mediteranski

94. *Eremophila alpestris* (Linnaeus)
Tip rasprostranjenosti: Holarktički.

95. *Galerida cristata* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

UPUPIDAE Pupavci

96. *Lullula arborea* (Linnaeus)
Tip rasprostranjenosti: Europski.

85. *Upupa epops* Linnaeus
Tip rasprostranjenosti: Starosvjetski.

97. *Alauda arvensis* Linnaeus
Tip rasprostranjenosti: Palearktički.

MOTACILLIDAE Pastirice

98. *Anthus pratensis* (Linnaeus)
Tip rasprostranjenosti: Europski.
99. *Anthus spinoletta* (Linnaeus)
Tip rasprostranjenosti: Palearktički.
100. *Motacilla flava* (Linnaeus)
Tip rasprostranjenosti: Palearktički.
101. *Motacilla cinerea* Tunstall
Tip rasprostranjenosti: Palearktički.
102. *Motacilla alba* Linnaeus
Tip rasprostranjenosti: Palearktički.

LANIIDAE Svrāci

103. *Lanius collurio* Linnaeus
Tip rasprostranjenosti: Palearktički
104. *Lanius senator* Linnaeus
Tip rasprostranjenosti: Mediteranski
105. *Lanius minor* Gmelin
Tip rasprostranjenosti:
Euro-turkeštanski.
106. *Lanius excubitor* Linnaeus
Tip rasprostranjenosti: Holarktički.

ORIOOLIDAE Vuge

107. *Oriolus oriolus* (Linnaeus)
Tip rasprostranjenosti: Starosvjetski.

STURNIDAE Čvorci

108. *Sturnus vulgaris* Linnaeus
Tip rasprostranjenosti:

Euro-turkeštanski.

CORVIDAE Vrane

109. *Garrulus glandarius* (Linnaeus)
Tip rasprostranjenosti: Palearktički.
110. *Pica pica* Linnaeus
Tip rasprostranjenosti: Palearktički.
111. *Coloeus monedula* (Linnaeus)
Tip rasprostranjenosti: Palearktički.
112. *Corvus cornix* Linnaeus
Tip rasprostranjenosti: Palearktički.
113. *Corvus corax* Linnaeus
Tip rasprostranjenosti: Holarktički.

CINCLIDAE Vodenkosovi

114. *Cinclus cinclus* (Linnaeus)
Tip rasprostranjenosti: Paleomontani.

TROGLODYTIDAE Palčići

115. *Troglodytes troglodytes* (Linnaeus)
Tip rasprostranjenosti: Holarktički.

PRUNELLIDAE Popići

116. *Prunella modularis* (Linnaeus)
Tip rasprostranjenosti: Europski.

MUSCICAPIDEA Muharice

117. *Cettia cetti* (Temminck)
Tip rasprostranjenosti:
Turkeštansko-mediteranski.

118. *Locustella naevia* (Boddaert)
Tip rasprostranjenosti:
Euro-turkeštanski.
119. *Luscinola melanopogon* (Temminck)
Tip rasprostranjenosti:
Turkeštansko-mediteranski.
120. *Acrocephalus schoenobaenus* (Linnaeus)
Tip rasprostranjenosti:
Euro-turkeštanski.
121. *Acrocephalus scirpaceus* (Hermann)
Tip rasprostranjenosti:
Euro-turkeštanski.
122. *Acrocephalus arundinaceus* (Linnaeus)
Tip rasprostranjenosti:
Euro-turkeštanski.
123. *Hippolais pallida* (Hemprich & Ehrenberg)
Tip rasprostranjenosti: Mediteranski.
124. *Sylvia hortensis* (Gmelin)
Tip rasprostranjenosti: Mediteranski
125. *Sylvia atricapilla* (Linnaeus)
Tip rasprostranjenosti: Europski.
126. *Sylvia communis* (Latham)
Tip rasprostranjenosti:
Euro-turkeštanski
127. *Sylvia curruca* (Linnaeus)
Tip rasprostranjenosti:
Euro-turkeštanski.
128. *Sylvia melanocephala* (Gmelin)
Tip rasprostranjenosti:
Turkeštansko-mediteranski.
129. *Sylvia cantillans* (Pallas)
Tip rasprostranjenosti: Mediteranski.
130. *Phylloscopus trochilus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.
131. *Phylloscopus collybita* (Vieillot)
- Tip rasprostranjenosti: Palearktički.
132. *Phylloscopus sibilatrix* (Bechstein)
Tip rasprostranjenosti: Europski.
133. *Saxicola rubetra* (Linnaeus)
Tip rasprostranjenosti: Europski.
134. *Saxicola torquata* (Linnaeus)
Tip rasprostranjenosti: Palearktički.
135. *Oenanthe hispanica* (Linnaeus)
Tip rasprostranjenosti: Mediteranski.
136. *Phoenicurus ochruros* (Gmelin)
Tip rasprostranjenosti:
Paleokseromontani.
137. *Erithacus rubecula* (Linnaeus)
Tip rasprostranjenosti: Europski.
138. *Luscinia megarhynchos* C. L. Brehm
Tip rasprostranjenosti: Europski.
139. *Turdus pilaris* Linnaeus
Tip rasprostranjenosti: Sibirski.
140. *Turdus merula* Linnaeus
Tip rasprostranjenosti: Palearktički.
141. *Turdus viscivorus* Linnaeus
Tip rasprostranjenosti:
Euro-turkeštanski.

AEGITHALIDAE Dugorepe sjenice

142. *Aegithalos caudatus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

PARIDAE Sjenice

143. *Parus lugubris* Temminck
Tip rasprostranjenosti: Mediteranski.
144. *Parus coeruleus* Linnaeus
Tip rasprostranjenosti: Europski.

145. *Parus major* Linnaeus
Tip rasprostranjenosti: Palearktički.

REMIZIDAE Sjenica mošnjarka

146. *Remiz pendulinus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

PLOCEIDAE Vrapci

147. *Passer domesticus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

148. *Passer hispaniolensis* (Temminck)
Tip rasprostranjenosti:
Turkestansko-mediteranski.

149. *Passer montanus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

FRINGILLIDAE Zebe

150. *Fringilla coelebs* Linnaeus
Tip rasprostranjenosti: Europski.

151. *Fringilla montifringilla* Linnaeus
Tip rasprostranjenosti: Sibirski.

152. *Serinus serinus* (Linnaeus)
Tip rasprostranjenosti: Mediteranski.

153. *Carduelis chloris* Linnaeus
Tip rasprostranjenosti:
Euro-turkestanski.

154. *Carduelis spinus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

155. *Carduelis carduelis* (Linnaeus)
Tip rasprostranjenosti:
Euro-turkestanski.

156. *Acanthis cannabina* (Linnaeus)
Tip rasprostranjenosti:
Euro-turkestanski.

157. *Coccothraustes coccothraustes*
(Linnaeus)
Tip rasprostranjenosti: Palearktički.

EMBERIZIDAE Strnadice

158. *Emberiza calandra* Linnaeus
Tip rasprostranjenosti:
Euro-turkestanski

159. *Emberiza citrinella* Linnaeus
Tip rasprostranjenosti: Palearktički.

160. *Emberiza cia* Linnaeus
Tip rasprostranjenosti: Palearktički

161. *Emberiza cirlus* Linnaeus
Tip rasprostranjenosti: Mediteranski.

162. *Emberiza melanocephala* Scopoli
Tip rasprostranjenosti:
Turkestansko-mediteranski.

163. *Emberiza schoeniclus* (Linnaeus)
Tip rasprostranjenosti: Palearktički.

(6) PHOTO SAFARI

The Mount Velež Region is an exceptional place for photo safari wildlife photography. In order to successfully and safely take pictures of BiH wildlife there are certain considerations regarding safe stalking techniques, appropriate photographic equipment, and safety guidelines that the photographer should be aware of. The information presented in this section of the guide is intended to be the minimum guidelines in this regards. It is suggested that in addition to this information, the photographer try to become familiar with the behavioral characteristics of the animals. Field guidebooks and the experience of naturalist guides can offer the photographer valuable information.

• GUIDELINES FOR PHOTO SAFARI

The elimination of human profiles and smells is very important. Don't stand against a skyline. Wear clothing that blends with your environment. Do not act like a predator. Crawl; don't walk when approaching wildlife from short distances. Move in oblique or zig zag patterns and exercise extreme patience. Adapt yourself to circumstances and be aware of how the animals respect your presences. If you respect their needs and desires, they will often accept you.

Stalking (tracking) is the most commonly used method for approaching wild animals to get a good photograph. Prepare by wearing clothing that blends with the natural setting. Binoculars and spotting scopes are helpful in locating animals at a distance. Be sure to scan the entire area to determine if there is more than one animal in the vicinity. For example, the safe way to photograph a bear is to be certain that there are no cubs in the area. Before string off for your animal, have your camera ready to go and mounted on the tripod. Anticipate where the animal will be when you get close enough to get a good picture. Plan your approach to the animal so that lighting and background will produce the best possible picture.

When you get close to an animal and it is aware of you, be patient. Allow the animal to adjust to your presence. Move only when it is busy feeding or otherwise occupied in an activity that will make it less likely to notice your movement. Once you are in its view, it is best to remain in the open where your subject can keep track of you. Never block an animal's escape path. Always be sure they have a clear path to run away.

Take your pictures as discreetly as possible in order to get more natural poses and cause the animal the least distress. Ideally, you should stalk, photograph, and leave without

unreasonably disturbing the animal. When you achieve this, you are an excellent stalker and ethical photographer.

A good understanding of the animal's behavior is helpful when stalking. Some species living in open habitats, such as bear and wolves, may approach rather than flee from an intruder they sense by sight. They come closer to catch the intruder's scent before deciding to escape. This behavior often provides an ideal opportunity for photographs. Special care should be taken around nests and dens where disturbance can lead to abandonment and death of eggs and young. Extreme caution should be used when photographing young animals the mother is around somewhere and will be very protective. Always consider the consequence of your photographic activities on both the animal's and your well-being.

- **PHOTO SAFARI GUIDE SERVICES**

Guide services for Photo Safari are provided by the traditional hunting clubs in the communities of Nevesinje, Podvelež, and Blagaj. The members of these organizations have many years of experience of knowledge regarding the wildlife in the Mount Velez Region.

Hunters' association "Srndać" Nevesinje
Street Obilića bb. Nevesinje,
Phone number 065 547 845

Hunting Club "Velež"
address Podveležje bb 88000 Mostar
phone number 061 371 370

Hunting club "Golub" Blagaj
Telephone number- 036/572 006

The Scouts Association cooperates with the Golub Club to provide photo safari. The Scouts were established in 1962 and their organization was renewed again in 2002. The Scouts have visited different places to determine suitability for camping. Photo safaris are organized with their help. Scouts Association Blagaj contact person is Mirsad Studenovic.

E. HUNTING

(1) HUNTING MANAGEMENT IN THE MOUNT VELEŽ REGION

A large amount of forest land in the Mount Velež Region is privately owned and its wildlife is managed in accordance with government regulations. The hunting area of Velež consists of 19,636 ha that is managed by “Lumber Camp Velež”. The natural resource management practices employed by Lumber Camp Velež are strongly supported by government regulations. According to the Institute for Urbanism Banja Luka document entitled Physical Planning 1981-2000 in BiH, the Mount Velež Region is designated as a Protected Area. Specifically, it is classified as a “Second Regime of Protection Area”. Also, the municipalities of this region have proposed the creation of 19 new protected areas. Each of these proposed areas have rare environmental characteristics and scenic beauty. The proposals demonstrate the communities’ commitment to environmental conservation.



The Velež area provides essential natural habitat for a diversity of wildlife. Within this region the government has identified specific protected and non-protected hunting game areas and wildlife species. For the lands managed by Lumber Camp Velež, the protected species

include roe deer, chamois, bear, wolf, wild boar, squirrel, and owl. The unregulated game species in hunting area include wildcat, marten, fox, badger, and other small game such as rabbit and squirrel. The Velež area is an extremely popular site for hunting game birds.

The environmental conditions and abundance of wildlife in the Mount Velež Region have resulted in a long tradition of hunting. Each of the three communities in the region has established hunting clubs that manage specific regions for controlled hunting. The hunting practices in this region are extremely regulated. The hunter may pursue large trophy animals such as wild boar and bear as well as birds such as grouse and pheasant.

The information presented in this guide describes the

- ▶ areas managed by the clubs,
- ▶ wildlife species that are especially unique to a particular area, and
- ▶ hunting seasons, rules and regulations.

(2) HUNTERS' ASSOCIATION "SRNDAĆ" NEVESINJE

• THE HUNTING CLUB

There are about 200 members in the hunting club. Most of them are qualified for guiding based on their extensive experience and education. The club does not rent hunting equipment or supplies. Each hunter has his own equipment and can advise the guest regarding the types of weapons, ammunition, and other equipment that is most appropriate for hunting in the Mount Velež Region. This association cooperates with Italian hunting associations. Currently, Italians are the most frequent hunters visiting Nevesinje.

The hunting ground managed by "Srndać" occupies about 4/5 of community of Nevesinje and consists of 81.298 ha. Most of this land provides excellent hunting opportunities. Hunting is permitted in 73.528 ha and prohibited in 7.764 ha.

- **REGULATED GAME SPECIES**

Type of game	Hunt area in hectares	Hunt capacity
Roe Deer	9.200	184
Chamois	1.300	65
Bear	10.000	12
Rabbit	58.500	2756
Duck	1.000	150
Wild sow	70.000	280
Wolf	73.000	22
Partridge gray	11.800	590
Partridge	3.000	150

- **HUNTING CONDITIONS**

The hunter has the opportunity to experience a diversity of natural environments and weather conditions. Hunting areas consist of plough fields, orchards, meadows, pastures, wood, thickets, bare mountains, cliffs, marshes, and water. The "Srndać" hunts are best characterized as mountain hunts. The hunting terrain in this region is between 800 m and 1920 m above sea level. The game in this region benefits from the favorable water conditions. The River Zalomka, Batuša Stream and Zivanj stream flow throughout the hunting area. In addition, there are many springs and wetlands that provide hunting opportunities.

Weather conditions in the mountains can be cold and they are always unpredictable. But weather conditions in the southern part of the Nevesinje Valley are considerably milder. The average annual temperature is 8.5°C. Air temperature averages for each season are as follows: spring 7.2°C, summer 17°C, autumn 9.1°C, and winter 0.6°C .

Snow blankets the land for 3 to 4 months of the year. At the lower elevations it averages about 20 cm deep, and in the higher mountains the average is about 50 cm. Cold weather starts in November and it lasts until March. There are a lot of windy days during the year. The wind generally blows either up or down the valley, in a north or south direction.

The dense vegetation in the mountains is excellent for the game, but can be a challenge for the hunter. The vegetation starts to bloom in May and it finishes in September. The lush and

diverse provides a wealth of food for the game. The meadows and pastures provide abundant browse and graze food for mammals and excellent cover and nesting sites for game birds.

- **HUNTING LOCATIONS**

The hunter may pursue game from a variety of settings. The hunting club has developed hunting sites and is currently renovating its club headquarters and a remote hunting house. The various hunting locations include:

- ▶ There are specific sites that have been scouted and that are known for their reliable hunting.
- ▶ Raised hides (blinds) have been constructed in the region.
- ▶ Game paths have been created in the region.

- **HUNTING REGULATIONS**

1. Everyone must have permission to hunt. Game killing without a license is not allowed.
2. Game killing is allowed only with adequate guns and ammunition.
3. Daily hunting rates include the costs for hunting arrangements, hunting license, guide service, use of the hunting sites, preparing game for transport.
4. The costs are established by the law of Republic of Srpska, and those costs are expressed in KM.
5. Most regulated hunting is allowed between 1st November and 5th January. Hunting for unregulated wildlife is between 1st November and the last day of February.

- **CONTACT**

Hunters' association "Srndać" Nevesinje
Street Obilića bb. Nevesinje,
Phone number 065 547 845



(3) HUNTING CLUB "VELEŽ" PODVELEŽJE

- **THE HUNTING CLUB**

Hunting club "Velež" provides guided hunting services in the Podveležje area. This club has 120 members who are skillful hunters. The club can provide well-trained guides for persons wishing to hunt in this region.



**LOVAČKO DRUŠTVO
"VELEŽ"**

PODVELEŽJE

Adresa: Podveležje bb

88000 Mostar

Tel: 061-371-370

Žiro račun kod

RAIFFEISEN BANK d.d. BiH

br. 1610200005070094

- **REGULATED GAME SPECIES**

The premier trophy animal in the Podvelež area is the chamois (*Rupicapra rupicapra*). In this region the chamois is often called the mountain's beautiful one. Hunting for this animal is extremely regulated. Regulations for wildlife hunting in this part of the Velež region apply to the following species:

- ▶ European brown bear
- ▶ wild boar
- ▶ Roe deer
- ▶ wild cat
- ▶ partridge
- ▶ pheasant

Hunting for the following unregulated species is also active the Velež region.

- ▶ wolf
- ▶ fox
- ▶ marten
- ▶ rabbit
- ▶ rock pigeon

- **HUNTING CONDITIONS**

Hunting in the Velež region provides a variety of experiences. The region has three distinctly different wildlife habitat zones. Each of these offers different hunting opportunities. The first

zone is up to 700 m above sea level. The second zone is sub Alps, up to 1,700 meters above sea level. And the third zone is the high mountain or Alps zone, from 1,700 meters to the summit of the mountain range.

The first zone includes the largest number of wildlife species. Representative wildlife in this zone includes the horned viper, common adder, lizards, rabbit, forest chicken, partridge, and quail, fox, wolf, marten, and wild cat. There are many sorts of birds that live in various caves and cavities, such as: rock pigeon, falcon, eagle, sparrow-hawk, owl, and little owl. Specific areas with unique rock formations provide excellent habitat for rock pigeon that is a very popular hunting species. Examples of these regions include Red Rocks, Oslji do and Kracani.

The second zone features the following animals: wolf, fox, marten, polecat, deer, and rabbit. Birds of prey are also numerous, as well as snakes and lizards.

The highest, third zone, is the upper, mountain or Alps zone. It is mostly inhabited by birds such as the wheateater, rock pigeon, eagle, hawk, and sparrow-hawk. Since the highest zone is a remote environment, it makes an ideal habitat for rare animal species such as chamois.

- **HUNTING LOCATIONS**

The “Velež” Hunting Club manages and conducts its hunt in the Busak Kričanje region. This is an extremely large area that is approximately 20 km in length and includes the central portion of the most of the Velež Mountain Range.

- **HUNTING REGULATIONS**

1. Everyone must have permission to hunt. Game killing without a license is not allowed.
2. License for entering the hunt is issued in the club.
3. Hunting is allowed only with adequate guns and ammunition.
4. Daily hunting rates include the costs for hunting arrangements, hunting license, guide service, use of the hunting sites, preparing game for transport.
5. The costs are established by the law of Republic of Srpska, and those costs are expressed in KM.
6. Its hunting season is from October to January.

- **CONTACT**

Hunting Club "Velež

address Podveležje bb 88000 Mostar

phone number 061 371 370

A limited amount of hunting equipment can be hired from the club members.



(4) HUNTING CLUB "GOLUB" BLAGAJ

- **THE HUNTING CLUB**

The registered hunting club in the region of Blagaj is called "Golub". There are a total of 80 club members. Included within the membership is a game warden and persons qualified to provide guide services. The hunting regions managed by the Glob Club include Dobrič, Rabina, Zulja, and Kamena. In March, when the hunting season is finishes, the members of the association organize a hunting dinner.

The Hunting Club Golub manages its hunting areas from administrative facilities located in Blagaj. It also maintains a hunting house in Rabina. This lodging has six beds for overnight stay.

- **REGULATED GAME SPECIES**

This Blagaj area is rich in many types of game. Rabbit, wild boar, wild cat, marten, quail, pheasant, wolf, and fox are hunted in the Blagaj region. Bird hunting is the most popular type of hunting in the Blagaj region. Partridge, pheasant, quail, and grouse are the prized game species. Regulations for wildlife hunting in the Blagaj region include:

- ▶ Roe deer
- ▶ wild cat
- ▶ Hilly partridge
- ▶ pheasant
- ▶ grouse
- ▶ quail

Hunting for the following unregulated species is also active in the Blagaj region.

- ▶ wolf
- ▶ fox
- ▶ marten
- ▶ rabbit

- **HUNTING CONDITIONS**

The climate of the Blagaj area is the most comfortable in the entire Mount Velez Region. The temperatures are mild for the majority of the year and, relative to the rest of the region, this area receives the least amount of rain. For these reasons the hunting conditions in the Blagaj area are very favorable.

- **HUNTING LOCATIONS**

The Blagaj Hunting Club co-manages a unique hunting preserve. This special area is called Ravnice. Before the war this region was designated as a special hunting area for partridge and hunting has been allowed only with special conditions. This hunting location is co-managed with the Podvelež Hunting Club. The "Golub" Hunting Club of Blagaj is taking care of maintaining this special hunting location.

That and wider space contains the other game (rabbit, fox, marten, wild pig, wolf), birds (hilly partridge, white-headed vulture, pheasant) and fish (trout, conger, eel and other). Special attention in this sphere deserves white-headed vulture, and then hilly partridge and soft-mouthed trout.

- **HUNTING REGULATIONS**

1. Everyone must have permission to hunt. Game killing without a license is not allowed.
2. Game killing is allowed only with adequate guns and ammunition.
3. Daily hunting rates include the costs for hunting arrangements, hunting license, guide service, use of the hunting sites, preparing game for transport.
4. The costs are established by the law of Republic of Srpska, and those costs are expressed in KM.
5. Season: Hunting is allowed in the period from the first of November to the fifth of January. From the fifth of January till the first of March wolf and fox hunts are organized.

- **CONTACT**

Hunting club "Golub" Blagaj

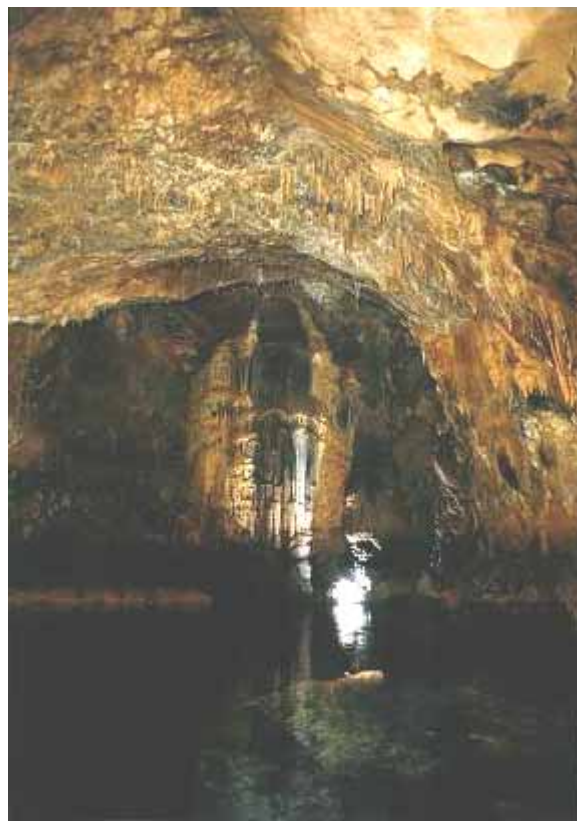
Telephone number: 036/572 006



F. CAVE EXPLORATION

(1) UNIQUE NATURAL CONDITIONS

The environmental conditions in the Mount Velež Region have combined to produce numerous caves and a remarkable underground river system. The types of rocks in this region are predominantly dolomite and limestone and their geological formations in this region are known as karsts. The region also has an abundance of both underground water and precipitation. The rock is extremely vulnerable to water erosion and the combination of these natural dynamics results in the creation of caves and underground streams. The caves and underground rivers are constantly increasing in size, as the erosion process continues.



A Cave in the Mount Velež Region

The location of 20 large caves has been identified in the Mount Velež Region. A map of these

caves is provided in this section of the guide. The cave system closely follows the river system. This is most apparent when viewing the map. And the river system is especially remarkable because it travels both above and below ground.

PLEASE SEE THE CAVE MAP OF A3 SIZE

- **THE BLAGAJ CAVES**

The most prominent caves in Blagaj are located either in or near the Buna River. The source of the Buna is, in fact, the entry to an enormous cave system. Research and mapping of this cave system has been conducted by a team of French cave experts. They have used underwater scuba diving techniques to explore the caves. Their research indicates that the cave extends into the mountain for a distance of 385 m from the spring. The underground river found in this cave flows 68m below the ground. The cave has numerous decorations called stalactites that hang from the roof of the cave.

Caves above the Buna's spring are the habitat of white-headed vulture. This is a rare species of bird that is a significant attraction for both birders and wildlife photographers.



Entry to the Buna River Cave

First cave, rich with decoration, is possible to reach by diving in length of 90m, what can be

motive to extreme sports. The caves above the spring are not examined, but the fact that they are dry indicates that there is a connection between them and the cave which Buna springs. Their research and arrangement for walking through it, can contribute to tourism.

During prehistoric time the caves in the Mount Velež Region provided shelter to men and women. The most notable example of this is Green Cave where signs of man's existence from two different Neolithic periods were found. Archaeological research determined that the oldest artefacts in Green Cave are rare examples from the Impress culture. These ancient people lived in the Stolac and Treinje areas of this region in 6500 BC. The second ancient group of people lived in the cave between 3000 and 2800 BC. A variety of ceramic products provide evidence of their lives. All of the artefacts are now in the Earth Museum in Sarajevo.

- **THE NEVESINJE CAVES**

The majority of known caves in the Mount Velež Region are located in the vicinity of Nevesinje. A total of 15 caves are located to the north and south of the Town of Nevesinje. The most famous and attractive cave in this area is called Cave Novakusa. This cave has a multitude of stalagmites and stalactites. These stone pillars and columns provide beautiful decorations.

- **THE PODVELEŽ CAVES**

The Podvelež caves provide habitat for a variety of rare birds. There are many sorts of birds that live in various caves and cavities located throughout this area. Examples of bird species that use the caves for their habitat include: rock pigeon, falcon, eagle, sparrow-hawk, owl, and little owl.

(2) THE CAVE EXPLORATION EXPERIENCE

There are two types of caving experiences and each requires expert knowledge and special equipment. Many of the cave systems are actually underground rivers. In order to explore these caves it is essential to have a very competent knowledge of both caves and scuba diving techniques. The dry cave requires both knowledge of caves and also technical climbing skills. Organizations in the Mount Velez Region are interested in providing these specialized types of recreation experiences, however, the technical support systems required to accomplish are not yet in place.



III VISITOR SAFETY and PRECAUTIONS

(1) TERRAIN AND ANIMALS

The majority of the terrain in Mount Velež Region is either flat or has hills that can be easily hiked. Many locations in the Velež Mountains are, of course, very steep. Travel in these areas requires substantial technical climbing skills.

The tourist can experience a rapid increase in elevation in this region. For those persons with breathing difficulties or who may have problems acclimating, caution is suggested when traveling from the valleys to the mountains.

Snakes: There are two species of poisonous snakes in the Mount Velež Region. One of these is a viper and the other an adder. Both are hemeotoxic (blood poisoning) and bites require immediate medical attention. A bite wound will display swelling and skin discoloration.

Bears: The European brown bear (*Ursus arctos*) inhabits this region. Confrontations with this animal are rare. The best advice when encountering this type of bear is as follows: do not run, this will trigger their predator instincts and they will quickly pursue and overtake you; back away slowly; if an attack is imminent then lay on the ground and curl into a ball covering your head and neck with your arms; do not approach bear cubs, the mother is nearby and will definitely defend them from any threat.

Wolves: The wolf (*Cannis lupus*) roams freely throughout this region. They will avoid humans. If wolves are seen then attempt to stay upwind of their position. Allow them to migrate through your area.

Wild Boar: These animals also roam freely through the region. Because these animals are hunted they fear man. However, these animals are belligerent and are especially dangerous when protecting their young.

(2) CLOTHING

Staying dry is essential for having an enjoyable outdoor experience in the Mount Velež Region. Wet weather can occur throughout the year and the visitor is advised to be prepared for this

event. Raincoats, a windbreaker or light jacket, or umbrella will all serve this purpose very well. When hiking, rain pants are strongly suggested so that blue jeans, or other pants, do not "wick up".

Proper footwear will promote an enjoyable outdoor experience. The footwear should be both sturdy and have a lug type sole that will provide excellent traction. Layering techniques are recommended to stay comfortably warm and dry. A good hat is recommended with a brim for keeping both the sun and the water off. In the fall months, gloves are suggested, especially for anglers.

(3) THE "TEN ESSENTIALS" FOR BACKCOUNTRY EQUIPMENT

- Map and Compass
- Flashlight
- Whistle
- Emergency shelter
- Appropriate clothing
- Sun protection
- Waterproof matches or fire starter
- Pocket knife
- Personal First Aid Kit

(4) COMMUNICATIONS

Tourist can be in connection with the rest of the world through mobile phones (GSM B&H and ERONET), anywhere on the area. Area is fully covered with the signal, except in two caves.

(5) FIREARMS

If you are hunting then be sure to know how to use your firearm. Always assume that a firearm is loaded.

If you are NOT hunting, then know that hunting is allowed in the Mount Velež Region and be certain that you are not hiking or fishing in an area where firearms are being used.

(6) MEDICAL SERVICES

Medical facilities in the Mount Velež Region include a hospital in Mostar and clinics in the communities. Ambulance service is provided throughout the entire region.

A First Aid Kit is intended to be used during minor emergencies, but if properly stocked, can help you to deal with serious emergencies until professional medical help arrives. Having the right supplies nearby during an emergency can make a big difference in your ability to promptly respond.

The Kit should be large enough for you to clearly see and find anything you need quickly. The location of the kit should always be the same so you can find it immediately, but out of the reach of young children. Keep it apart from other medicines and supplies, and check it frequently to be sure to replace used and expired supplies. Add any special items, for example, an allergy kit that may be needed by you or your family.

This Section of the Guide has been prepared as a quick-reference, but should in no way substitute for the extensive and professional training you should receive to be fully prepared for an emergency. We recommend you contact your local hospital or the Red Cross for comprehensive First Aid training and certification.

