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HOW TO RESIST THE TEMPTATION?

Vrnjačka Banja spa offers you an opportunity to take a less usual holiday. Here, in a relaxed atmosphere, one can admire the most marvelous creations of the nature, hundreds-year-old parks, fanciful flower roundels and tranquility generously offered to you, whereas one is asked nothing in return.

HAVE A NICE STAY!
 LOCATION

- **Vrnjačka Banja Spa** is the economic, political and cultural center of the municipality of 14 settlements altogether covering the area of 240 square kilometers. There are about 30,000 people living on the territory of the municipality, whereas Vrnjačka Spa alone has a population of about 16,000. Vrnjačka Spa is situated in the central part of the Republic of Serbia, at 43°37’ northern latitude and 20°54’ eastern longitude, about 200 km south of Belgrade. Vrnjačka Spa partly settles the mild slopes of Mount Goč towards the Zapadna Morava River, and partly the gentle valleys of the Vrnjačka and Lipovačka rivers. The altitude varies from one part of the settlement to the other and is of between 220 metres and over 300 metres. The spa is sheltered with the Mt. Goč and its spurs to the south, east and west, whereas the Glediće mountains protect it on the north.

The narrower mountain area of Vrnjačka Spa, along with Mt. Goč, makes a part of a huge forest-mountain complex of Mount Kopaonik which is the rear of Vrnjačka spa and spreads towards south. Apart from Goč (1,147 m) and Kopaonik (2,017 m) there are also Mt. Zeljin (1,785 m), Mt. Jastrebac (1,492 m) and the Stolovi (1,375 m). The whole mountain tourist region of the spa is intersected with green valleys through which a number of fast mountain springs and small rivers flow on their way to the Zapadna Morava.
For over 144 years Vrnjačka Banja Spa has been attracting people with the beneficial effects of its mineral waters accompanied by its scenic beauty. Its vast gardens created by famous gardeners of the time over a century ago are unique in Serbia. The large flower baroque roundel set in front of Thermomineral spa has become a symbol of Vrnjačka Banja Spa.

Colours of the flowers, valer and contrasts, low and high bushes of a central park have rejuvenating effects for the visitors of Vrnjačka Spa replenishing their physical and mental well-being. A stroll along the Vrnjačka River takes you to the part of the park with sculptures, where the important works of both the country's and foreign sculptors are blended together with rare exotic plants. Light and shadows dance beautifully on the ground. The whiteness of the marble sculptures and the redness of the leaves in autumn, the scents of linden trees and roses in bloom, pleasant twittering of birds, all these have rejuvenating effects on all senses.

The youngest ones have been thought of, too. There are swings, sliding boards, climbers and other children's joys waiting for them at a small park for children.

In the narrowest center of Vrnjačka Banja Spa a hill is rising up with all its rocks, flowers, shades of oak and other trees and presents a unique natural decoration. It is home to old villas built in a typical style of Vrnjačka Spa, an amphitheater, church, old steps and a fountain made of stone.
**CLIMATE**

- Vrnjačka Banja Spa has distinctive characteristics of the moderate-continental climate, slightly altered by local conditions with summers being moderately warm, and winters being moderately cold. The average annual temperature is 10.3°C, in winter it is −0.8°C, in spring 10.5°C, in summer 20.0°C and in autumn 11.4°C. The highest air temperature of 40.5°C was measured in 1939 (on July 22nd). The lowest temperature of −28.5°C was measured in 1929 (on February 11th).

- The average relative humidity is of 73.7%. The driest month is August, and the most humid is December. In most months morning humidity is higher than the evening one, the exceptions being June, July and December.

- Cloudiness at Vrnjačka Spa is not great, with the average cloudiness being 55%. There is a considerable difference between the clearest month (August) and the most clearly one (January), and is of 35%. During most months, apart from June, the morning cloudiness is greater than the evening one. In one year there are approximately 80 clear days, with the average cloudiness below 20%. The most part of a year is of moderate cloudiness.

- Average annual quantity of atmosphere sediments adds up to 779.2 mm at Vrnjačka Spa with the most sediments falling in June and October, and the least in September. The sun shines longest in July and August, and shortest in December and January.

- Elevations surrounding Vrnjačka Banja Spa shelter it from strong winds. There are windy days in February, March and April, whereas in other months there are much fewer of them. A great number of days of a year are without winds, about 170 of them. In the summer months a slight breeze can be felt in the early evening.
Steeped in history, using mineral waters of Vrnjačka Spa dates back to the ancient past at the time when Celtic Scordiscs settled this area. After the Roman conquest of the Balkans, in the last centuries BC and a few centuries AD, mineral waters were used for drinking and bathing, which is testified by a Roman well that was found during the capping of hot mineral water in 1924, along with lots of coins with figures of Roman emperors engraved on them. It is highly likely that in the Middle Ages the newly settled Slavs were aware of the health-giving properties of the waters. There is almost no evidence that the mineral waters were being used after the Turkish conquest of the Balkans, with the exception of several unreliable legends saying that the Turks were, however, familiar with the rejuvenating effects of the waters and in the end of their rule were using them, as such.

After the liberation from the Turks, in the beginning of the 19th century, Prince Miloš hired a Saxon geologist, Baron Herder, to examine mineral springs in Serbia, so thermo mineral water of Vrnjić was examined as well. There are reliable data that the inhabitants of the village of Vrnjić, as well as of the surrounding places, used hot mineral water for healing in the middle of 19th century; the Bishop of Žiča Janja also used it for drinking and bathing. However, the history of modern spa at Vrnjić relates to the year of 1868, when Pavle Mutavdžić, the superintendent of Kruševac district, together with the few philanthropists and prominent people from Kruševac, Karanovac (Kraljevo) and Trstenik founded the Establishing funding society of hot mineral water at Vrnjić. In the same year two springs of hot mineral water were capped, and the construction of the buildings at the spa started, as well, first of all the baths. The first season of the following 1869-year confirmed the justification of founding such a society and the prospects of a new spa. After a few years of stagnancy owing to the lack of funds for the construction of the sanatorium/health center,
and partly because of the negligence of the country, in the '80s, when the spa at Vrnjić passed into possession of the country, and especially after the construction of the villa of general Jovan Belimarkovic, a regent to King Aleksandar Obrenović, Vrnjačka spa began to develop as a modern health resort.

In 1885 National Inn, run by Kosta Petrić – Rakica, started its work as a real catering facility. Energetic people from surrounding towns were having their villas and boarding houses built, the central part of the spa was being landscaped, and in the middle '90s the first regulation plan of Vrnjačka Banja Spa was drawn up. The number of guests was increasing year after year. The spa experienced spectacular rise in the years preceding the Balkan wars. In that time Vrnjačka Spa got a number of modern boarding houses, the new baths were built, one cinema was in operation, whilst the construction of another one was in the stage of preparation. Several doctors were running their medical practices. Just before the wars started, the railway between Stalač and Požega passed by Vrnjačka Spa, so the spa became very well connected to most important towns in Serbia.

Vrnjačka Spa stagnated during the wars of 1912/18. In 1915 it housed several allied hospitals accommodated at boarding houses and villas. After the First World War a meteoric rise was recorded, whose peak was reached in the end of the 1930s. The verve was not even diminishing during the years of economic crisis: modern villas were built, so were sanatoriums (St George, Živadinović), a hot mineral water was capped to a large extent in 1924/25, some modern baths were constructed, the Vrnjačka river was regulated, the gardens of the spa were extended and landscaped, traffic routes were mapped out, water supply and sewerage systems were improved. According to the census of 1933 there were 133 handcraft stores and shops. Cultural life was flourishing, as well, with kermises being organized, classical music concerts being held, renowned theatre groups putting their plays on stage.

The Tourist society "Goć" was created, and after the Law of Spas had been enacted all villas and boarding houses, which numbered up to 257 according to the census of 1939, were strictly categorized. In that year the accommodation of 28,080 guests was recorded, which vastly outnumbered the recorded visits of all other tourist resorts in Serbia.

After the Second World War the composition of the visitors changed: now the civil services started sending patients for treatment, the level of the provided services went down, a large number of exclusive spa buildings went out of use. During the '50s and '60s Vrnjačka spa was having a repeated rise owing to the increasing number of visitors and construction of new buildings. The greatest visit to the spa was recorded in the '80s – about 200,000 visitors and almost two million overnight stays.
A ROMAN WELL

Even Felix Kanic, in his travels account The Studying of Roman Monuments in the Kingdom of Serbia in the end of XIX century, claimed that the Romans knew for the mineral springs of the spa and made use of them. He states that the thermal springs were situated south of kastrum at the village of Gračac, but during the processes of capping and landscaping in the XIX century, either there were no visible remains on the ground, or those working on the spot were not able to recognize them.

The remains of Roman times were run across quite accidentally while the hot springs were being capped in the spring of 1924. On that occasion, at the depth of 2.40m, a vertical regularly chiseled stone with an opening through which hot mineral water was running was found. In the vicinity of the hot spring 200 Roman coins, belonging to the period of the August rule to that of Valentinian, were found in the stone. In the immediate vicinity of the Roman well, at the approximately same depth, the remains of the first known swimming pool were discovered. The swimming pool used to be filled in with the mineral water running from the special spring chiseled in the rock in the shape of a small well. Sixty Roman coins, dating from the end of 1st until the second half of the 4th century, one ring and one key were found in the well.

The water of this spring was specially capped because its temperature was lower and presence of minerals weaker than in the waters of other springs discovered in 1924. The well was decorated, two colonnades of little marble pillars, either one ending with a chandelier, were set up. The steps, on the either side of the well, were leading down to it. After the Second World War this well got covered with concrete slabs and thus hidden from sight. It revived again in 1989, when a glass pyramid was put up over the well following the proposed solution provided by architect Mihailo Mitrović.
THE BRIDGE OF LOVE

At the dawn of the First World War, while the war was not even suspected yet, schoolmistress Nada and a Serbian officer Relja started having deep feelings for each other. They fell in love indeed and made a commitment to each other. It was a love widely talked about, attracting the attention of all the people living at the Vrnjačka Banja Spa.

But the war did break out with all the horrors it entails. Relja went off to war fought in Greece. He left never to return because of a beautiful Greek woman he had fallen in love with, and therefore broke up the engagement to Nada. The legend does not say anything about his further fate, whereas, on the other hand, every inhabitant of Vrnjačka Spa is familiar with Nada’s destiny. Owing to overwhelming sorrow she had been fading away day after day and finally died, young and miserable.

Upset by Nada’s destiny, girls wishing to keep their own romances started writing down their names along with the names of their lovers on padlocks that they bound to the railings of the bridge which used to be Nada and Relja’s favourite meeting place. Afterwards the keys were symbolically thrown into the river.

New wars and sufferings came along. The story fell into oblivion, and the girls’ custom to “bind” their love became uncustumary. It had been the case until Desanka Maksimović, according to the stories of old residents of Vrnjačka Banja Spa, while being on one of her numerous visits to the Spa, became acquainted with this tragic story. Inspired by it she wrote down one of her most beautiful love poems "A Prayer for Love".

Although we tend to forget things, this story remains to be unforgotten; and in order to prolong its existence the young kept on with the tradition of “binding” their love and the bridge itself has got the name The Bridge of Love.

A PRAYER FOR LOVE

Brzo kao kratkovečne cveća liske
i ova ljubav stače da se kruni i drobi:
žedan je zaborava tamni vir.
O, bože, drugi ti se mole za sreću i mir,
a ja: saćuvaj u srcu mom, zarobi,
jučerašnjeg dana nestalni pram.

Zaklopi dušu moju sad kć zlatnu skrinju, načini je ljubavi hram.
O, duša moja ne moli sreću za se-
sve dosadašnje radosti nek se snište-
ali pobožno ona od tebe ište
da dan se ovaj od strašnog brodoloma spase.

Bez pomoći tvoje povuče sve brzo
kao bulka u zrelu žitu i lanu.
O, bože ne molim za sreću, za radost, za slast.
Da bol ovaj ne umre, mene je strah;
da ognj sveti što u meni planu
ne sagori iznenađno u prah,
ne razbukti se prekonoč u strast.

Desanka Maksimović
Temple of the most holy mother of god
Hadži Jeftimije Popović, the archpriest of Vrnjačka Banja, had this temple erected in 1834 during the rule of Prince Miloš Obrenović. Achpriest Jeftimije performed religious duties at this temple for 47 years. He was buried at the southern side of the temple judging by his tombstone.

In the south of the temple there is a memorial stone to the Serbian soldiers who fought at The Salonika Front and gave their lives for faith and fatherland during the wars of 1912-1918. The iconostas was donated to the church by Jovan Kujundžić, a merchant from Belgrade, in 1875. The temple is dedicated to the birth of The Most Holy Mother of God (the feast, Nativity of the Mother of God, is celebrated on 21 (8)

September testified by a wonderful mosaic above the front door. It was rebuilt twice in its length, in 1936 and 1973. The late PhD Dragomir Tadić, an architect from Belgrade, designed the present appearance of the west side. Summer feast day – procession of Vrnjačka Banja is on 28 July, the date dedicated to St Kiriš and Julita the Martyrs.

In the vicinity of Vrnjačka Banja spa one can visit several sacred shrines: Church of Mother of God at Stanišinci, Church of Saint Sava at Gračac, Church of Saint John at Vukušica, The Mausoleum of the Belimarković at the Vrnjačka spa cemetery and Monastery of Saint Paraskeve at Stubal.
MONASTERIES

The Spa resort offering rejuvenation to your body is surrounded by many places to heal your despairing soul.

Žiča Monastery – The Žiča Monastery is 32 km away from Vrnjačka Spa. The best way to reach the monastery is taking the route that leads to Mataruška Banja Spa.

Studenica Monastery – Studenica Monastery is 82 km away from Vrnjačka Spa. The best way to reach the monastery is taking the route that leads via Mataruška Banja spa along Ibarska Highway to the place of Ušće where the road forks right after the monastery.

Ljubostinja Monastery - Ljubostinja Monastery is 16 km far from Vrnjačka Spa. The best way to reach the monastery is taking the road via Trstenik and the village of Grabovac.

Stubal – The Monastery of Saint Paraskeve at Stubal is 7 km far from Vrnjačka Spa. It is located on the slopes of the Gledičke Mountains. The best way to reach the monastery is taking the road to the village of Ugljarevo via the Zapadna Morava river.

The Church Lazarica - The Church Lazarica is situated at the entrance to the town of Kruševac 38 km far from Vrnjačka Spa. These monasteries that serve as remainders to our past are all shrines in which one can experience Serbian history in a single day. Apart from churches and monasteries, the fortresses, which once used to be strong, are still on the watch on the nearby crags: Ras (VII century), Maglić (XII century), Brvenik and Koznik (XV century).
CULTURAL CENTER

The Cultural Center of Vrnjačka Banja is a public institution in the field of culture; in its possession it has a cinema also used for theatre performances, The Culture Castle together with gallery and museum premises, and The Amphitheatre with 1,500 seats.

The Cultural Center plays host to one of the most significant cultural events in Serbia called "Cultural Festivities of Vrnjačka Banja Spa" lasting for 100 summer days and including excellent events in the fields of literature, theatre, film, television an music arts accompanied by accomplishments in visual art, publishing, particularly these:

- The International Classic Music Festival, apart from numerous concerts, is accompanied by a teaching programme including courses in chamber music and playing the violin.
- The Literary Summer is a programme intended for the field of literary works including the portraits of distinguished writers, the promotions of books, literary regions and towns of Serbia, literary events and winners of literary awards, in addition to public debates on current topics in history, philosophy, social sciences, politics, theology etc.
- The Theatrical Days of the Serbian Theatre provide to guests a series of theatrical performances of the plays included in the repertoire of theatres in Serbia, making possible for them to see exclusive opening nights, classics and avantgarde drama, portraits of actors etc.
- The Festival of Visual Arts of Serbia presents a collection of exhibitions, actions and events in the field of visual arts, and consists of programmes of exhibition form and visual arts accomplishments such as The Center of Modern Graphics, The Landscape Festival, The Synthesis Programme, The Summer Academy of Visual Arts, The Sculptures Symposium and The Biennale of Yougoslav Sculptures.
THE LIBRARY

National Library “Dr Dušan Radić” has a hundred-year lasting tradition: its beginnings are connected with “Šucin paviljon” that included a reading room in the beginning of XX century. Nowadays the library has in its possession over 40,000 books, available to the inhabitants as well as to the guests of the Spa, conveniently furnished reading rooms offering for reading copies of all daily newspapers, magazines and periodicals in the fields of science and culture, together with homeland inheritance available to the services beneficiaries on certain conditions.

Being engaged in publishing work, the library brings out books on history, culture, philosophy, tourism, literature, literary critics and other fields compiled in several editions, the most important of which is Fons Romanus. Throughout the whole year, during the tourist season in particular, the library plays host to poetry evenings, debates on literature, lectures and promotions of new books thanks to the participation of eminent envoys of cultural, scientific, religious and other organizations and institutions.

THE FILM SCREENPLAY FESTIVAL

The Film Screenplay Festival takes place on the summer stage from 12 to 16 August. This year the festival is to celebrate an important jubilee, that is 30 years since this prestigious festival in the field of film art was set up.

In the course of these 30 years numerous film achievements were shown which also provided opportunities for the film audience to meet outstanding people of film industry.

Screenplay writers, directors, actors, as well as others of no less importance for film production, have always been heartily welcomed guests.

The festival also provides a unique opportunity to take an autograph, or being photographed with the celebrities.

The Film Screenplay Festival will be an unforgettable memory to your stay at Vrnjačka Spa, remembered not only for the beautiful nature, but also the Spa will be remembered as a place of film encounters.
**BELIMARKOVIĆ CASTLE**

The summerhouse of General Jovan Belimarković, the King's regent for the period of King Aleksandar Obrenović's juvenile, is, besides the church at the Spa, the oldest and most outstanding construction. Built on the slope above the thermal spring, it was constructed following the model of north Italian - polish castles of that time, according to the proposed solution of his nephew, a civil engineer Pavle Denić, accompanied with the project and supervision of Austrian civil engineer Franc Winter. Its construction lasted from 1888 to 1894, whereas the greatest part of work was ended in 1889. It had been the dwelling of Belimarković's successors until the '70s of the last century when it was bought up with the intention to be used in culture purposes. By the law on the protection of cultural monuments it was designated a cultural heritage of great significance to the Republic of Serbia.

Nowadays it houses the Homeland Museum of a complex type appertaining to the territory of Vrnjačka Spa with the vicinity, displaying archeological, ethnographic, historical (collection of graphical-tourist propaganda of Vrnjić, collection of the construction inheritance, collections of old postcards, photographs, and of old photo negatives) art work (sculptures, paintings, graphics...) and natural collections.
Three permanent exhibitions are on stage: "Ladarište – the prehistoric period of Vrnjići", "Ethnographic heritage of Vrnjačka Banja" and "Commemorative Room of General Belimarković". The exhibition "Ladarište – the prehistoric period of Vrnjići" displays the traces of the oldest settlement on the territory of Vrnjačka Spa dating back to the early Stone Age (IV millennium BC), and the exhibition "Ethnographic heritage of Vrnjačka Banja" illustrates a way of life in the region from the second half of XIX century to the '60s of the XX century, whereas the exhibition "Commemorative Room of General Belimarković", comprising some of the furniture and household objects from his legacy dating back to the end of XIX and the beginning of the XX century, represents a brief insight into the life of the general who, owing to his renown and influence, contributed a lot to the development of the Spa.

The exhibition "The Arts Collection of the Culture Castle" shows ample holdings of Serbian graphics, paintings and sculptures from the second half of the XX century.

CONCERTS

The castle hosts concerts of classic music, books promotions, lectures, summer schools and academies (The Summer Academy for Visual Arts, The Center for Contemporary graphics, The Summer Academy of Classic Music).

GALLERIES

In addition to the gallery at The Culture Castle, there are a few more galleries at Vrnjačka Spa where one can buy the works by the artists from this town as well as the works by the most famous painters of the country.
THE CARNIVAL OF VRNJAČKA BANJA

Since the contemporary spa was founded in the year of 1868, the inhabitants have been attaching considerable importance to balls, masked balls, kermises... This spirit has remained up to the present days. The date (14 July) of establishing the first tourist organization in the Balkans has been taken as a reason to set up a manifestation called "The Carnival of Vrnjačka Spa". The carnival events are scheduled throughout the week related to this date.

AWARDS

The Carnival of Vrnjačka Spa has officially been proclaimed to be the best tourist manifestation in the country by The Tourist Organization of Serbia, and it certainly is the highlight of the events taking place throughout the season. The award "Tourist Flower" certainly guarantees lavish entertainment. In addition to this prestigious recognition Vrnjačka Banja Carnival is at the Novi Sad Fair of Tourism, twice awarded with Grand Gold Medal for quality, as
the best tourist event which ranked him among the greatest Serbian brands. Throughout the week of July this manifestation gathers about 300,000 visitors. During that period Vrnjačka Banja Spa is one large stage on which numerous mask balls, festival exhibitions, concerts, theatre plays, sporting events take place. The central event of the carnival is beyond doubt the Great international carnival procession that takes place on 12 July for children and on 15 July for the adults this year. A large number of carnival companies coming from all over the world are a guarantee of having good time and entertainment. During this week of carnival days you will be heartily welcomed by the hosts and captured in carnival mood, which will help you to put all the problems aside.

CONCERTS AND FESTIVALS

In recent years Vrnjačka Spa has become the place for putting various concerts on. Many famous stage performers have provided entertainment on the stage in the spa: Toto Cutugno, Bonnie Tyler, Vaya Con Dios, Zdravko Čolić, Hari Mata Hari, Vlado Georgijev, Van Gogh, Balkanika, Riblja Ćorba, Legende, Željko Samardžić, Crvena Jabuka, Masimo Savić, Film, Jelena Rozga, Ceca, Magazin, Haris Džinović... In addition to concerts, many festivals of folk, pop, classic music also take place in Vrnjačka Banja so that everyone can find something for themselves.
MINERAL WATERS

Mineral waters are considered to be the ones that at the spring contain per liter more than 1 gram of solid substance, biologically active microelements, free and dissoluble gasses, and in addition have appropriate physical qualities: temperature – thermal and thermo-mineral waters, radioactivity, so that they consequently can be used in therapeutic purposes.

Location of the springs – Vrnjačka Banja Spa is home to 7 mineral springs namely: Hot-water mineral spring (Hot water), located at the central core area of the Spa; Snežnik, located within the zone around the Vrnjačka river; Slatina – within the zone of the Lipovačka river; Jezero – the spring located in the park at the half way point from Snežnik to Slatina; Beli izvor – located near the mouth of the Lipova stream into the Lipovačka river; Borjak – the spring 700 meters far from Snežnik going upstream the Vrnjačka river and Vrnjačko vrelo – located at the half way point of the main road Kraljevo Kruševac. Four of the springs mentioned above are applied in balneological treatments: Hot-water mineral spring,

Snežnik, Slatina and Jezero, whereas two mineral waters are being bottled as stone mineral waters (Voda Vrnjci taken from the Hot-mineral water spring and Vrnjačko Vrelo).

Classification of mineral waters – according to organoleptic qualities (colour, transparency), mineral content, value of pH factor, carbon-dioxide presence and temperature, the following can be stated:

Hot water is colourless, transparent, sodium hydro carbonated, poor in mineral contents, weak acid pH, cold (temperature 16.8°C). The water flowing from the spring Snežnik is light yellow, transparent, sodium, calcium, magnesium, hydro carbonated, poor in mineral contents, weak acid pH, cold (temperature 16.8°C). The water coming from the spring Slatina is yellow, slightly murky, sodium hydro carbonated, weak acid pH, carbon mineral, of the medium concentration, cold (temperature 14.0°C). The water flowing from the spring Jezero is light yellow, transparent, sodium, calcium hydro carbonated, poor in mineral contents, weak acid pH, slightly mineral hypotherma (temperature 25.5°C). The water flowing from the spring Beli izvor is light yellow, transparent, sodium, calcium hydro carbonated, poor in mineral contents, weak acid pH, slightly mineral hypotherma (temperature 25.5°C).
acid pH, hypothermia (temperature 29.5°C). The water coming from the spring Borjak is lightyellow, slightly murky, sodium, calcium hydro carbonate, poor in mineral contents, weak acid pH, cold (temperature 16.0 degrees Celsius).

**Indications for the adults’ treatment:**

**Gastrointestinal system diseases:** acute and chronic inflammation of the esophagus, reflux esophagus disease, acute and chronic gastritis and inflammation of the duodenum, disease of stomach and duodenum without any complications, the condition following the resections of stomach and duodenum, digestive system disorders, both inflammatory and functional diseases of the small intestine and colon (enteritis, enterocolitis, colitis, Cron's disease, ulceral colitis, irritable colon, post-radiation colitis).

**Diseases of the pancreas and hepatobiliar system:** convalescence following acute infective and toxic inflammation of the liver, chronic inflammations of the liver, early stages of hypertrophic cirrhosis of the liver, chronic noncalculs inflammation of the gallbladder and duct, states following a surgical removal of the calculus and chronic inflammation of the pancreas lacking in tendency for frequent aggravations.

**Metabolism related diseases:** lighter and medium serious forms of diabetes and obesity.

**Kidneys and urinary system diseases:** chronic inflammations of the urinary duct, mycrolities, litises with the possibility of spontaneous removal of the calculus, conditions after surgical removal of the calculus and operations on urinary duct, toxic deteriorations of the kidney and chronic inflammation of the prostate gland.

**Cardiovascular diseases:** increased blood pressure in an unstable condition and lighter forms in a stabilized condition, chronic peripheral circulatory disorders.

**Chemothopes system diseases:** cyderopanic anemia doubled with anemia related to hypocholhydra.

**Rheumatic diseases:** non-joint rheumatism, degenerative rheumatism and chronic inflammatory rheumatism at the remission stage.

**Post-traumatic and post-operative conditions**

**Gynecological disorders and illnesses:** chronic inflammation of the interior genital organs at the stage of remission, functional disorders and conditions following surgical interventions.

**Treatment and rehabilitation of children:** Chronic gastritis with hyper or hypacidity, ulcus disease, enterocolitis both repetitive and chronic, post-hepatitis conditions, chronic diseases of the liver without any signs of decomposition, diabetes, mycrolities, conditions following the removal of the calculus, tendency for creating calculoses relapses relapse urinary infections.

**Contraindications of treatment both adults and children:** acute diseases, infective diseases, tuberculosis of the lungs and other organs, malignant neoplasm and malign hemopathy, venereal diseases, chronic diseases at the aggravated stadium with complications, parasite diseases, ample and frequent bleedings of any cause, karhexy, psychosis and epilepsy.

Dr Dejan M. Nešić

**Mineral waters should be applied only consulting a doctor**
HEALTH AND WELLNESS PROGRAMS

- “Treatment as a rest”, “Living with diabetes”,
  “Fast diagnostics”, “Gastro package”,
  “Managers prevention programe”,
  “Linea life”, “Lady life”, “For your easy step”,
  “For move without pain”,
  “For your best years”,
  “Wellness weekend”, “Honey moon”,
  “Royal wellness weekend”,
  “Relax wellness weekend”,
  “Romantic weekend for two”, “Kavifit”,
  “Kavifit”.

PELOID CENTER “Limus Romanus”

Contents:
- Pool with thermo-mineral water
- Partial mud therapy
- Velvet bed
- Mineral baths

AQUA CENTER “Waterfall”

Contents:
- Swimming pool with thermo-mineral water
- Underwater massage by water jets and air
- Whirlpool, body-jets, geyser, waterfalls and massage showers
- Teppidarium deck chairs
- Sauna
- Fitness center

WELLNESS CENTER “Fons Romanus”

Contents:
- Pool with thermo-mineral water and underwater massage
- Sauna park, finnish sauna
- Turkish bath
- King’s bath
- Teppidarium deck chairs
- Kneipp bench
- Welthy offer of relax hand massages
- Beauty treatments for face and body
- Exclusive treatments with Mary Cohr cosmetic
"MERKUR" INCLUDES

- The facilities are: "Merkur" new building, "Merkur" old building, "Šumadija Lux", "Šumadija" and "Sveti Đorđe" with capacity of 780 beds.
- Thermo mineral bath and Congress Hall
- Outpatient – polyclinic department with specialist services: Clinical – biochemical laboratory with RIA laboratory, Diabetes and obesity treatment department, Gastroenterology department, Physical therapy and mud bath department, Gynecological therapy department.
- Outpatient departments for ultrasound diagnostics, endoscopy, cardio-vascular examinations, eye diseases and laser therapy, sports medicine, industrial medicine, neuropsychiatry, EMNG, reflexotherapy – acupuncture.
- Department for hyperbaric medicine
- Emergency medical department

PEOPLE – THE BIGGEST VALUE

- The "Merkur's" biggest value are people, and management of human resources is one of the major concerns of the managerial team. Therefore, a great attention is paid to self-improving and education. The main motto in the business is "satisfied visitor", who is looked after by 35 doctors (most of them are specialists and sub-specialists), 100 health-care workers with high school or college of medicine, organized in units, offices, laboratories and departments, within each and every single visitor's reach, and 150 employees in hospitality services, administration and technical services, and associates – professors from Faculty of Medicine in Belgrade, Niš and Kragujevac.

USE OF MINERAL WATERS

- Four springs of thermo mineral water, „Topla voda“ (Hot Water), „Jezero“ (Lake), „Snežnik“ and „Slatina“ are used for therapy and prevention. The mineral waters are used for treatment by drinking, bathing, inhaling and clyses.
- In addition to these, the treatment at the „Merkur“ is carried out by applying modern medical doctrines, appropriate diet under supervision of dieticians, properly dosed physical activity, phsycical therapy, education and medicament therapy.

INDICATIONS

- Diabetes (Type 1, Type2 and complications)
- The condition after Hepatitis
- Diseases of gallbladder and bile ducts
- Pancreas disease
- 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
- Calciosis of the ureters and functional diseases
- Rheumatic diseases
- Posttraumatic conditions
- Degenerative conditions
SPORT TOURISM

Vrnjačka Spa has considerably opted in the development of sport tourism so that the number of those coming to the Spa for various sports preparations, matches, recreation etc has increased. The Sport Recreational Center "Raj" equipped with three green football pitches and an athletics track is considered to be important sports facility at Vrnjačka Spa. The most important sports facility is of course Sports Hall "Vlade Divac" where many famous clubs and representatives, from this country as well as from abroad, did their preparatory trainings. The few open fields for minor sports (Stadium for minor sports "Kocka" – located at the very center of the town) offer ideal conditions for playing minor field sports such as minor football, basketball and handball along with the possibility for the fields to be rented in the evening hours.

For all those who prefer summer, a river and fishing, the pools at Podunavci (10 km) on the river Zapadna Morava have been landscaped so that big sports competitions take place here. Ideal conditions for practicing hunting are also provided at the hunting grounds on Mt Goč. The ski slope on Mt Goč (11 kilometres far from the center of the Spa) is inviting for great number of winter sports fans. The both slopes measures 520 meters in horizontal longitude, and so do two landscaped ski runs wit the width of about 60 meters. The altitude difference is of 132 meters. There are as many as 36 lifting devices providing room for 1195 skiers in an hour. The average rise of the ski slope is of 30 degrees. Skiing by night makes a special event. In addition to the slope there is a ski school and few catering facilities providing refreshments at very reasonable prices at any time.
**Outdoor swimming pools** during the summer season provide great opportunities for rest and relaxation. Olympic swimming pool is the sports facility appealing to children, the young and guests of Vrnjačka Spa.

**Indoor swimming pools** in hotels: “Breza”, “Zvezda”, “Fontana” and “Merkur” can be used all year round.
A large number of extremely attractive locations in the vicinity of Vrnjačka Spa provides opportunity to enjoy the beauty of numerous monasteries, old churches and fortresses, cultural historical monuments, picnic grounds on mountains, marvelous rivers, intoxicating vineyards. In order to experience the pleasure offered by these formidable sights, you can contact agencies that organize excursions to the above-mentioned locations: "Putnikos": 063 85 85 755 and "MD turs": 036 613 991, 064 24 66 525

The Morava is really challenging for all those who enjoy fishing and nature. It is the place for those who prefer taking long walks coupled with a cooling breeze that refreshes and alleviates intense heat of summer months’ days. For those who prefer extreme sports the right choices are: Ibar river rafting, paragliding, mountain biking, archery, mountain walks, orientiring. All this you can experience in the organization of ESC Faith: 064 64 68 319
Panoramic tour of Vrnjačka Banja and its environment is the best way to overlook the beauty of this area, by plane, at a very affordable price. Aero - Club Trstenik: 063 603 381, 064 571 17 378

THE PATHS OF WINE

It is said that in every glass of good wine lays a hidden lesson in history, geography, botanic, religion and philosophy. Wine is regarded to be the only drink rousing all senses and mind. It is the destiny of hardworking and decent people living in the district of Aleksandrovac whose genetic code contains inscribed immense love for both the sweetest fruit – grapes and the most tasteful drink of all – wine. Join us while touring the area of Aleksandrovac full of vineyards, you will have an opportunity to buy and taste wines and brandies of the finest quality at the wine cellars with many decades lasting family tradition.

GOČ

Goč abounds in lush vegetation owing to the combination of ideal climate and fertile grounds. The slopes are covered with thick beech and pine forests, plum orchards, vineyards and numerous raspberry patches. It is an ideal place for footings, taking walks, gathering wild fruit and medicinal herbs (the mount is home to endemic herb species) and having a picnic by rich mountain springs. Homemade cheese and kajmak (a dairy dish – cream) can be purchased at friendly hosts, and brandy tasted by the brandy still while a peasant from Goč is warmly smiling. Special experience is provided by numerous fishponds containing trout where on the spot one can enjoy a delicious meal and beautiful setting of unspoiled nature by the barbecue and pleasant surroundings.
ACCOMODATION

“Sunny Hill”
Mare Jakovljević bb
(036) 620 470, 620 480

Vila “Minjon”
Svetog Save 11
(036) 615 663

Vila “Casablanca”
Proleterskih brigada 11
(036) 620 450, 620 451, 620 461

Vila “AS”
Prvomajska bb
(036) 620 777

“Iwa Wellness Center”
Miloša Obilića 23
(036) 620 333

“Kralj”
Kneza Miloša 6
(036) 611 232

Apartmani „Šumadija”
Kneza Miloša 5
(036) 622 240

Vila „Dionica”
Bul. srpskih ratnika 57
(062) 77 85 88

Apartmani “Prestige”
Vrnjačka 51
(036) 620 660, 063 72 65 751

“Aleksandar”
Čajkina 7
(036) 617 999

Etno selo “Rakezići”
Brezovica village
(036) 611 625, 611 626

Specijalna bolnica “Merkur”
Bul. srpskih ratnika bb
(036) 611 625, 611 626

“Cvetni konaci”
Vrnjačka 42a
(036) 622 448, 622 449

Vila “Paradi”
Cara Dušana bb
(063) 740 64 43, 063 815 36 32

“Zvezda”
S. Kovačevića bb
(036) 612 201, 612 202

“Fontana”
Cara Dušana bb
(036) 612 168

Apartmani „Dukat”
Kneza Miloša 1
(036) 611 101, 064 234 29 03

Apartmani „Raj”
Miloša Obilića 23
(064) 300 74 30

Apartmani „Dental”
Kneza Miloša 13
(063) 829 39 36, 036 618 230
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<td>(036) 612 150</td>
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<td>Nemanjina bb</td>
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<td>(061) 142 05 29, 061 142 05 29</td>
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<td>(036) 612 679, 612 680</td>
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<td>Gavrila Principa 3</td>
<td>(036) 612 260, 612 368</td>
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<td>(036) 611 136, 611 138</td>
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<td>(036) 611 021, 611 022</td>
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<td>Banović Strahanje 8</td>
<td>(036) 611 922, 611 923</td>
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<td>(036) 615 500</td>
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<td>(036) 612 041, 612 653 Faks: (036) 612 043</td>
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<td>&quot;Teodora&quot;</td>
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<td>(036) 620 470</td>
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<td>&quot;Lenka 2&quot;</td>
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<td>(063) 213 011, (063) 201 590, (026) 522 350</td>
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<td>(063) 775 96 98</td>
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<td>&quot;Gočanka&quot; on Mt Goč</td>
<td>Goč Mountain</td>
<td>(036) 641 570</td>
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<tr>
<td>&quot;Horizon&quot; on Mt Goč</td>
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PLACES TO EAT

- "Anđela"
  Bul. srpskih ratnika
  (036) 614 001
  J3

- "Gočko"
  Miška Erčevića bb
  (036) 614 483, 468 200
  I1

- "Breza"
  Štulac
  (036) 651 428
  I1

- "Vrnjci" i roštij "Kod Koče"
  Zanatski centar "29. novembar"
  (036) 611 800 i 631 053 (Vrnjci)
  I9

- "Vuk"
  Olge Jovičić 10
  (036) 612 131, 618 370
  E6

- "Dionis"
  Bul. srpskih ratnika 38
  (036) 612 048
  I1

- "Avlja"
  Bul. srpskih ratnika
  (069) 631 085, 069 631 088
  I5

- "Dukat"
  Kraljevačka bb
  (036) 611 101
  I11

- "Istra"
  Vrnjačka promenada
  (036) 611 377
  I9

- "Jezero"
  Slatinski venac 11
  (036) 617 870
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PLACES FOR GOINGS OUT

- "Švajcarija"
  Vrnjačka
  (036) 612 373

- "Goč"
  Vrnjačka
  (036) 612 374, 612 373

- "Kralj"
  Vrnjačka
  (036) 611 231, 611 232

- "IN kafe"
  Vrnjačka
  (036) 611 021, 611 022, 611 023

- "M.K."
  Vrnjačka
  (036) 621 445

- Picerija "Vuk"
  Bul. srpskih ratnika
  (063) 657 994
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<td>&quot;Caffe Di Milano&quot;</td>
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<td>(063) 77 95 016</td>
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<td>&quot;Boss&quot;</td>
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<td>&quot;Ariston&quot;</td>
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### BANKS

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<td>CREDY Banka AD Kragujevac</td>
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<td>Vojvođanska Banka AD Novi Sad</td>
<td>Kneza Miloša bb</td>
<td>(036) 611 100, 619-411</td>
</tr>
<tr>
<td>Societe Generale</td>
<td>Kneza Miloša 17-19</td>
<td>(036) 629 990</td>
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<td>Agrobanka</td>
<td></td>
<td>(036) 612 055</td>
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<td>AlK banka</td>
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<td>(036) 619 290, Faks 614 460</td>
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<td>Čačanska banka</td>
<td></td>
<td>(036) 620 909</td>
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<tr>
<td>Uni kredit banka</td>
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<td>(036) 620 960</td>
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### BEAUTY SALONS

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
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<tbody>
<tr>
<td>Altera</td>
<td>T.C. &quot;Pijaca&quot;</td>
<td>(036) 613 633, (063) 743 55 74</td>
</tr>
<tr>
<td>Relax</td>
<td>&quot;Gradište&quot;</td>
<td>(064) 411 74 58, (036) 612 250</td>
</tr>
<tr>
<td>Afrodit</td>
<td>Gradište</td>
<td>(036) 613 001</td>
</tr>
<tr>
<td>Emilija</td>
<td>T.C. &quot;Robna kuća&quot;</td>
<td>(036) 611 432</td>
</tr>
<tr>
<td>Collin</td>
<td>T.C. &quot;Robna kuća&quot;</td>
<td>(036) 612 747, (063) 821 76 55</td>
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<tr>
<td>Suzana</td>
<td>Kneza Miloša 13</td>
<td>(036) 622 271, (064) 644 36 91</td>
</tr>
<tr>
<td>Beauty line</td>
<td>T.C. &quot;Pijaca&quot;</td>
<td>(036) 612 875, (063) 836 55 50</td>
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### EXCHANGE OFFICES

<table>
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</thead>
<tbody>
<tr>
<td>&quot;Iva plus&quot;</td>
<td>Nemanjina bb</td>
<td>(036) 615 418</td>
</tr>
<tr>
<td>&quot;Art&quot;</td>
<td>Vrnjačka 6</td>
<td>(036) 611 557, (064) 120 50 90</td>
</tr>
</tbody>
</table>
TOURIST AGENCIES

- "Putnikos"
  Nemanjina bb
  (063) 85 85 755

- "Blu Travel"
  T.C. "Robna kuća"
  (063) 617 666

- "MD turs"
  (064) 24 66 525

- "Barsino turs"
  T.C. "Pijaca"
  (036) 618 166

- "Spa travel"
  Kneza Miloša 4
  (036) 620 660, Fax 620 661

TAXI

- "Mega Taksi"
  (036) 319 019, (063) 319 019

- "Palma Taksi"
  (036) 616 700

- "Profi Taksi"
  (036) 61 80 90

MINI TRAIN

- The Mini train operates on a daily basis on a route from the bus station - Snežnik - Olympic pool in the period from 8.00 to 19.15 in the intervals of 30 minutes.

CARRIAGE OF VRNJAČKA BANJA SPA

- The best way one can experience Vrnjačka Spa is by taking a romantic ride on the horse-drawn carriages that operate daily from the bridge of love through the immense park, riding along the same paths they used to ride Desanka Maksimović, Ivo Andrić, Maksim Gorki, Danilo Bata Stojković...
“vrnjčanje” and so the people doing that were named Vrnjčani whereas the place got the name Vrnjci. At Vrnjačka Banja Spa the largest peasant shoe can be seen. It has an entry at Ginis book of records and cobbler Slavko made it of the skins of three oxen. It has 3.2 meters in length, which corresponds to a shoe number 450.

CRAFTS

- Surrounded by beauty and good intentions just keep on with your walk. There is somewhere around here what you have actually wanted to come across... traditional crafts that bring back memories to the past. The tradition of cobblers making peasant shoes at Vrnjačka Banja Spa dates back to ancient times so that Vrnjci was named after it. According to the legend the Greeks, who were cattle breeders, inhabiting Mt Goč used to make their footwear of untanned animals’ skin. The most important stage of making that footwear, the forerunners of peasant shoes, was called
Japanese Garden is another thing that Vrnjačka Banja has to offer, the perfect place to balance mind and body and shows the nature in the full sense of the word. Near the garden there is a Free climbing wall (PSD "Goc" 064/249 80 01 064 800 86 841) and two tennis courts.