According to the legend, Una was named by Roman legionaries who, upon seeing it for the first time, exclaimed:

**Una! – One and only!**

The river of Una springs in Croatia, in the part of Lika located in the Zadar County, and for the most part it flows through the north-west part of Bosnia and Herzegovina. Its 212,5 km long course finishes in the vicinity of Jasenovac, where it flows into the river of Sava.

This river, considered by many as the most beautiful one, has been precious to all people inhabiting its banks since ancient times. In order to preserve its natural beauty, wealth of biodiversity, cultural and historical heritage, in 2008 the upper course of the river of Una was named a national park of Bosnia and Herzegovina.

For the best part of its course, the river of Una represents a border between the two countries, Croatia and Bosnia and Herzegovina. As Aristotle said, “A river is not protected by borders, but by people”, which is why it is up to us to preserve this unique mutual treasure.
The Una Spring is located at 395.8 meters above sea level in the part of Lika belonging to the Zadar County, under the slopes of Lička Plješivica and Stražbenica, in the vicinity of Donja Suvaja, located in the Municipality of Gračac.

The spring of Una is a fairy tale turquoise-coloured lake surrounded by forests and steep cliffs. With its calm surface, this lake is one of the deepest and strongest springs of this area. The first Una waterfall is located some 10 meters from the spring.

In 2007, the lake was explored by cave divers who participated in an international expedition. An Italian cave diver named Luigi Casati reached the depth of 205 m and took photographs of this natural phenomenon.

Thanks to its incredible beauty and exceptional hydro-morphological value, in 1968 the lake and the canyon surrounding it, as well as 150 meters of downstream flow were named a protected hydrological monument of nature.
Martin Brod is the first major village in Bosnia and Herzegovina and the Una National Park through which the river runs. It is located at the exit from the two canyons, at the point where the Una tributary flows into the river of Una.

With numerous tufa canals, fast currents, islands and a few waterfalls, this location is one of the most beautiful and attractive parts of the river of Una and the national park of the same name. This is also the home of the biggest waterfall on Una; it is some 54 meters high and makes for beautiful larger and smaller waterfalls and cascades.

According to the legend, the village was named after a young girl, Marta, who was in love with a soldier. As she was crossing the river to reach her beloved, a strong current pulled her into the water and she drowned. And as for brod? Brod is what the people of this region call any passage over the river.
The fortified town of Ostrovica is located on the hill of the same name, on the left bank of Una, above Kulen Vakuf. The first records of Ostrovica date back to 1407, when Ladislaus, king of Hungary and Croatia, confirmed that the fortress was the property of duke Sandalj Hranić. The fortress came into Hranić’s possession thanks to the dowry of his wife, Katarina Vukčić Hrvatinić. Seeing as Katarina hailed from the Hrvatinić family of Bosnia, we can assume that the fortress was built by a member of this aristocratic family some 500 years ago. It was probably built by Hrvoje Vukčić Hrvatinić, who also built Jajce.

Due to the fact that it was an exceptionally important border fort, Ostrovica was continually expanded by towers, bastions and ramparts as much as 10 meters high.

The importance of Ostrovica is also demonstrated by many historical monuments scattered in its immediate vicinity. The royal town of Ostrovica forms a part of Kulen Vakuf, a town lying on both sides of the river of Una. The town’s strategic location and the fact that it is virtually inaccessible to the enemy on all sides further corroborates the theory that it was visited by Bosnian kings.
Rafting, kayaking, canoeing

Rafting on the river of Una makes for an unforgettable adventure. Thanks to its strong source, the water level of Una allows rafting during almost the entire year. During high water levels, the water is at level IV, and its currents represent a real treat for rafting enthusiasts, while during low water levels, you can enjoy the river and its crystal clear water, waterfalls, green banks and steep canyons.

Where?
The Štrbački buk - Lohovo section

Along the border between Croatia and Bosnia and Herzegovina, Una plummets down Štrbački buk, which is also one of the most magnificent natural attractions of the Una River. Štrbački buk is made of several waterfalls, among which the biggest one is 24 meters high. Thanks to its extraordinary beauty and height, Štrbački buk is an unmissable destination of all rafting enthusiasts and the starting point of one of the most attractive rafting sections on Una.

Hunting and fishing

Untouched nature of this area represents a wealth of possibilities for hunting and fishing tourism. Some wild animals inhabiting this region are: wild boar, deer, roe, bear, fox and marten. The clear and cold waters of the Una River are rich in fish species. You can catch brown trout, grayling, European chub...

Where?
Hunting grounds Gračac, Donji Lapac and Bihać

The hunting grounds near Una have many observatory points, feeding areas and forest trails. Fishing in the Una National Park is regulated by special regulations, while hunting is completely banned.
**Trekking, mountaineering**

Trekking and mountaineering represent the ideal way of maintaining and improving psychological and physical fitness. Enjoying the nature, spending time with your friends and family and walking in clean air represent active and relaxing activities that relieve stress and stimulate positive emotions.

**Where?**
**Lička Plješivica, Osjećenica**
Numerous mountaineering trails and paths of Lička Plješivica and Osjećenica and the diversity of landscape and terrain guarantee an unforgettable experience and true relaxation for all lovers of recreation and nature.

**Una National Park**
Many marked paths and trails of the Una National Park allow for recreation in the forest and by the rivers whose natural beauty we enjoy, while the freshness of water makes us cool during the warm days.

**The river of Dabašnica and the Sklop canyon**
The Dabašnica River flows through one of Croatia’s deepest and most impassable canyons before plummeting into three picturesque waterfalls by the village of Srb, where it becomes Srebrenica. Two hiking trails are available in the Sklop canyon.

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**Speed river diving and cave diving**

Speed river diving is diving in a wild river, full of excitement and struggle with river currents and obstacles. The beautiful natural springs and caves are a unique phenomenon and a destination of international cave diving expeditions.

**Where?**
**Bihać, Una National Park**
Speed river diving is an adventure created and named in Bihać. Diving trips are guided by experienced instructors who take care of the safety of everyone taking part in this adrenaline-fuelled recreational activity.

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**Cycling**

For anyone who enjoys excitement and new experiences, mountain cycling is the way to go. The diversity of the landscape and the terrain vouches for exciting rides depending on your wishes, fitness level and company. You can use various cycling trails, from those less demanding to the ones intended for experienced devotees of mountain cycling.

**Where?**
**Babić lake**
Right by the Babići hamlet, you can find a lake called Babić lake. Surrounded by limestone cliffs and mountains on three sides, this 22 meters deep circular lake boasts an exquisite azure blue colour and cold and clear water. You can reach the lake by an off-road vehicle, on foot or by bicycle.
Una Regatta
The Una Regatta is a traditional international sports and cultural event attracting fans of rafting from around the world. The regatta takes place in 3 stages and lasts for 4 days. In addition to rafting, it also offers other cultural and recreational events, such as jumping off the Bihać and Bosanska Krupa town bridges and various concerts.
The first Una Regatta took place in 1964 and has been attracting and bringing true rafting and Una River enthusiasts together thanks to its charm and recognizable image. The challenge that the river puts before the participants is exactly what makes numerous people visit the regatta year after year.

Bihać Summer
From its establishment in 1999, Bihać Summer, a theatre arts festival taking place in Bihać on an annual basis has become a tradition. The focus of this festival is the theatre, including plays catering to the youngest audience. Other than the rich theatre program, the Bihać Summer also offers exhibitions, documentaries, book launches and concerts of various performers.

Gračac Autumn
Gračac Autumn gives visitors a chance to get to know the tradition and customs of Lika and try local delicacies. Also, the locals gladly share their secrets about preparing meals and other autochthonous products of the region.
Lost Theory festival

The Lost Theory festival is an international annual art and music festival taking place in the Deringaj village in Lika, nearby Gračac. This festival is intended for fans of electronic music, who can also enjoy other activities, such as massages, yoga, pilates, creative workshops, screenings of documentaries and lectures. Parents with children will be thrilled to discover there is a playground and a daylong workshop program for children led by experts educators.

Kulen Vakuf Art Colony

The art colony entitled “For the Children of the Duga Centre” features many artists who help ensure the work of the centre for homeless children “Duga” through socializing, exchange of experience and cooperation and thus make the little ones’ childhoods easier and happier. The Kulen Vakuf art colony takes place every May and represents one of the most important cultural and charity events in Bosnia and Herzegovina.
Autochthonous cuisine in the Una river valley

Other than trout, the fish living in the crystal clear water of the river of Una and its tributaries and the gastronomic trademark of the Una river valley, the untouched nature of this region also offers a wealth of diversity and foodstuffs for the preparation of delicious, healthy and traditional meals that will leave no true food lover disappointed.

If you find yourself in the Lika part of the Zadar County or in the vicinity of Donji Lapac, be sure to try police, baked potato halves made with famous Lika potato, venison or sauerkraut with sausages and other cured meats, goat, sheep or cow cheese, basa, delicacies such as Lika fritters or drinks - famous Lika plum brandy and various liqueurs.

The autochthonous flavours and aromas of traditional Bosnian cuisine will make you try Bosnian meat stew – jahnija, dish traditionally prepared in a crock with various types of meat and vegetables, world-famous stuffed onions - sogan dolma, and desserts such as hurmašice or brdare.
Family farms

You can try and buy traditional Lika products such as cured meats, various cheeses, brandies and liqueurs on family farms, which prepare these products according to traditional recipes.

Gračac Municipality, Republic of Croatia

Family farm Mira Ćopić, Donja Suvača
cheese and dairy products

Family farm Perica Keča, Ajderovac
excursion tourism, meat and milk production, riding horses

Family farm Đuro Vekić, Gornja Suvača
raspberry products

Family farm Milan Rastović, Srb
honey and honey products

Family farm Dragan Tankosić, Dugopolje
home-made products (jams, liqueurs, juices, meat production, Lika potato...)

Family farm Milena Pualić, Brotnja
meat production

Family farm Slavenko Radenović, Kruškovače
meat production

Family farm Božo Dubajić, Neteka
meat production

Family farm Zoran Dubajić, Podastrana
meat and milk production, Lika potato

Family farm Jovo Dubajić, Donja Suvača - Zalužje
meat and milk production

Family farm Duško Ćopić, Gornja Suvača
meat and milk production

Family farm Radivoje Vojvodić, Neteka
meat and milk production, riding horses

Family farm Milenko Brkić, Kunovac
raspberry and forest fruit products

Catering facilities

Gračac Municipality, Republic of Croatia

CF Monaco, Donja Suvača 54, Donja Suvača
Restaurant Tomić, Kozarčeva 2, Gračac
Vila Dijana, Nikole Tesle 22, Gračac
Restaurant Kralj Zvonimir, Zagrebačka 47, Gračac

Donji Lapac Municipality, Republic of Croatia

Buffet Marta, Trg Ivo Andrića bb, D. Lapac
Buffet Lika LD Ozeblin, G. Lapac 69, D. Lapac
Bistro Ozeblin, Plitvička bb, D. Lapac
Buffet Una, Doljani bb, Doljani

Bihać Municipality, Bosnia and Herzegovina

Restaurant Kostelski buk, Kostela bb
Restaurant Opal, Krupska bb
Restaurant River, Midžić mahala
Restaurant Belvedere, Trg maršala Tita
Restaurant Paviljon, Aleja Alije Izetbegovića bb
Restaurant Bondeno, Bosanska bb
Restaurant Emporium, Irfana Ljubijankića 90
Restaurant Čardak na Uni, 502.slavne br.b.
Restaurant Kamenko, Ripač bb
Restaurant Tale, Ripač bb
Restaurant Sunce, Put 5. Korpusa, Orljani bb
Restaurant Slap, Ripač bb
Restaurant Sojenica, Rupač bb

Restaurant Mlin, Put 5. Korpusa, Orljani bb
Restaurant Teatar, Put 5. Korpusa, Kulturni centar
Restaurant Amfora, Hasan paše Predojevića 2A
Tavern Žute dunje, Hatinački progon bb
Restaurant Alma, Bosanske državnosti bb
Accommodation facilities in the Municipality of Gračac, Republic of Croatia

<table>
<thead>
<tr>
<th>APARTMENTS</th>
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<tr>
<td><strong>Apartment Nada ★★★</strong>&lt;br&gt;Djura Tot&lt;br&gt;Ante Starčevića 5, Gračac&lt;br&gt;tel: + 385 (0)23 773 592&lt;br&gt;mail: <a href="mailto:apartman.tot@gmail.com">apartman.tot@gmail.com</a>&lt;br&gt;web: <a href="http://www.apartman-nada.com.hr">www.apartman-nada.com.hr</a></td>
<td><strong>Rooms ★</strong>&lt;br&gt;Zdravko Drlja&lt;br&gt;K.A. Stepinca 2 A, Gračac&lt;br&gt;tel.: + 385 (0)23 773 163&lt;br&gt;mail: <a href="mailto:igor.drlja@gmail.com">igor.drlja@gmail.com</a></td>
</tr>
<tr>
<td><strong>Apartment ★★★</strong>&lt;br&gt;Senko Slobođanac&lt;br&gt;Joze Ilijića 9, Gračac&lt;br&gt;tel: + 385 (0)23 773 251&lt;br&gt;mail: <a href="mailto:senko.sulobodanac@gmail.com">senko.sulobodanac@gmail.com</a></td>
<td><strong>Rooms★</strong>&lt;br&gt;Nikola Ćubelić&lt;br&gt;Hrvatskog proljeća 14, Gračac&lt;br&gt;tel: +385 (0)23 773 002&lt;br&gt;mail: <a href="mailto:tz-zd-zup@zd.t-com.hr">tz-zd-zup@zd.t-com.hr</a></td>
</tr>
<tr>
<td><strong>Apartment ★★★</strong>&lt;br&gt;Jasna Petrov&lt;br&gt;Hr. bratske zajednice 1 B, Gračac&lt;br&gt;tel: +385 (0)23 773 233&lt;br&gt;mail: <a href="mailto:tz-zd-zup@zd.t-com.hr">tz-zd-zup@zd.t-com.hr</a></td>
<td><strong>Rooms★</strong>&lt;br&gt;Rajko Ćubelić&lt;br&gt;Hrvatskog proljeća 12, Gračac&lt;br&gt;tel: +385 (0)23 773 002&lt;br&gt;mail: <a href="mailto:tz-zd-zup@zd.t-com.hr">tz-zd-zup@zd.t-com.hr</a></td>
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Accommodation facilities in the Municipality of Donji Lapac, Republic of Croatia

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<tr>
<td><strong>Vacation house ★★★</strong>&lt;br&gt;Mladen Antišin&lt;br&gt;Gornji Lapac 28, Donji Lapac&lt;br&gt;mob: +385 (0)98 314 564&lt;br&gt;mail: <a href="mailto:mantisin@inet.hr">mantisin@inet.hr</a>&lt;br&gt;web: <a href="http://www.antistres-lika.com">www.antistres-lika.com</a></td>
<td><strong>Rooms★★★</strong>&lt;br&gt;Dragica Obradović&lt;br&gt;A. G. Matoša bb, Donji Lapac&lt;br&gt;tel: +385 (0)53 765 244&lt;br&gt;mail: <a href="mailto:info@lickosenjska.com">info@lickosenjska.com</a></td>
</tr>
<tr>
<td><strong>Apartment ★★★</strong>&lt;br&gt;Mira Vukša&lt;br&gt;Trg Nikole Tesle 17, Donji Lapac&lt;br&gt;mob: +385 (0)99 245 5410&lt;br&gt;mail: <a href="mailto:info@lickosenjska.com">info@lickosenjska.com</a></td>
<td><strong>Rooms★★</strong>&lt;br&gt;Dragica Obradović&lt;br&gt;A. G. Matoša bb, Donji Lapac&lt;br&gt;tel: +385 (0)53 765 244&lt;br&gt;mail: <a href="mailto:info@lickosenjska.com">info@lickosenjska.com</a></td>
</tr>
</tbody>
</table>
Accommodation facilities in the Municipality of Bihać, Bosnia and Herzegovina

HOTELS

Hotel EMPORIUM ★★★★★
Irfana Ljubijankića 90, Bihać
tel: +387 (0)37 316 600
mail: emporium.bihac@bih.net.ba
web: www.emporium.ba

Hotel KOSTELSKI BUK ★★★★★
Kostela bb, Bihać
tel: +387 (0)37 302 340
fax: +387 (0)37 302 039
mail: info@kostelski-buk.com
web: www.kostelski-buk.com

Hotel OPAL ★★★★★
Krupska bb, Bihać
tel: +387 (0)37 224 183
fax: +387 (0)37 228 585
mail: info@hotelopalexclusive.net
web: www.hotelopalexclusive.net

Hotel PARK ★★★
Put 5. Korpusa 3, Bihać
tel: +387 (0)37 226 394
fax: +387 (0)37 226 381
mail: info@aduna.ba
web: www.aduna.ba

Hotel PAVILJON ★★★
Aleja Alije Izetbegovića bb, Bihać
tel: +387 (0)37 224 194
fax: +387 (0)37 224 194
mail: hotel-paviljon@live.com
web: www.hotel-paviljon.com

Pansion and hostel KOD EDE
Hanovi 6, Bihać
tel: +387 (0)37 310 537
mob: +387 (0)61 756 832
mail: pansione@bih.net.ba
web: www.pansion-edo.4t.com

PRIVATE ACCOMMODATION

Vacation house DUŠAN
Martin Brod
tel: + 387 (0)37 366 028
mail: tzusk@bih.net.ba

Household accommodation HANKA
Čehajić mahala 1, Bihać
tel: +387 (0)37 310 598
fax: +387 (0)37 310 598
mail: prenocistehanka@yahoo.com
web: www.prenocistehanka.com.ba

Family farm accommodation MLINAREV SAN
Martin Brod
tel: + 387 (0)37 366 022
mail: tzusk@bih.net.ba

Family farm accommodation NERON
Lohovo
mob: + 387 (0)61 142 585
mail: info@neronraft.com
web: www.neronraft.com

Family farm accommodation PANSION SARAJ
Kulen Vakuf
mob: + 387 (0)61 786 709
+ 387 (0)61 798 232
fax: + 387 (0)37 365 402
mail: info@pansionsaraj.com
web: www.pansionsaraj.com

Family farm accommodation VILLA ARTEMIDA
Gečet br. 7, Kulen Vakuf
tel: + 387 (0)37 365 038
mail: tzusk@bih.net.ba

Family farm accommodation VILLA UNA
Bihaćkih branilaca 20, Bihać
tel: +387 (0)37 311 393
mob: +387 (0)61 919 303
mail: villa.una@bih.net.ba

Inn SEDIĆ-S
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mob: + 387 (0)61 865 884
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mail: tzusk@bih.net.ba

Resort OSTROVICA UNA
Donji Sastavci 20, Kulen Vakuf
mob: +387 (0)61 120 885
mail: tzusk@bih.net.ba

CAMPSPITES

Campsite UNA KIRO RAFTING ★★★
Golubić
tel: +387 (0)37 361 110
mail: extreme@una-kiro-rafting.com
web: www.una-kiro-rafting.com

Campsite ORLJANI ★★★
Put 5. Korpusa bb, Bihać
tel: + 387 (0)37 226 381
fax: + 387 (0)37 226 394
mail: info@aduna.ba
web: www.aduna.ba

Campsite UNA REGATTA SPORT BIJELI
Pećkovići bb, Klokot
mob: + 387 (0)61 138 853
mail: raftbel@bih.net.ba
web: www.una-rafting.ba