

# 40 in 14: Scent of Montenegro: A Journey of Enticing Aromas

Prepare your senses for an unforgettable expedition as we embark on a journey to unravel the captivating scents that define Montenegro. In just 14 days, we will traverse this Balkan gem, immersing ourselves in a symphony of aromas that will linger in our memories long after our return.



**40 in 14: A scent of Montenegro** by Paulo Cachim

★★★★★ 5 out of 5

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## Day 1: Coastal Delights

Our adventure begins on the sun-kissed shores of the Adriatic Sea. As we stroll along the cobbled streets of Budva, the invigorating scent of **saltwater** fills the air, mingling with the sweet fragrance of **jasmine** blossoms. At a charming seaside restaurant, we savor the tantalizing aroma of **grilled octopus** and **rosemary-infused olive oil**.



## Day 2: Into the Aromas of Nature

Venturing inland, we hike through the pristine Lovćen National Park. The air is alive with the heady scent of **pine needles** and **wild lavender**. We reach the summit of Mount Lovćen, where a breathtaking panorama unfolds before us. The intoxicating fragrance of **mountain wildflowers** fills our lungs as we soak in the stunning views.



The invigorating scent of nature in Lovćen National Park.

### **Day 3: A Culinary Odyssey**

In the heart of Montenegro's capital, Podgorica, we embark on a culinary adventure. The Old Town Market buzzes with a vibrant blend of aromas: **freshly baked bread, spices, and ripe fruits**. We indulge in a traditional Montenegrin feast, where the rich flavors of **lamb stew** and **kajmak** (a creamy dairy spread) tantalize our taste buds.



#### **Day 4: Scents of the Past**

Traveling north, we visit the ancient city of Cetinje. Amidst its stately buildings, we encounter the hallowed scent of **incense** burning in the historic Cetinje Monastery. In the National Museum, we delve into the nation's rich past, discovering the captivating aroma of **old parchment** and **antique wood**.



The hallowed scent of incense in Cetinje Monastery.

## **Day 5: Serenity by the Bay**

Our journey continues to the picturesque town of Kotor. As we navigate through its narrow streets, the salty tang of the **Adriatic Sea** mingles with the delicate fragrance of **orange blossoms**. We embark on a peaceful

boat trip through the tranquil Bay of Kotor, where the scent of **wild thyme** wafts from the surrounding mountains.



## Day 6: A Coastal Adventure

Venturing south, we explore the rugged coastline of the Budva Riviera. The intoxicating aroma of **Mediterranean herbs** fills the air as we hike along the coastal trails. We encounter hidden coves where the scent of **sea salt** and **cypress trees** creates a captivating olfactory experience.



The invigorating scent of Mediterranean herbs on the Budva Riviera.

### **Day 7: The Heart of the Mountains**

We venture into the rugged Durmitor National Park. As we ascend through dense forests, the scent of **wet earth** and **moss** envelops us. At the foot of Mount Durmitor, we encounter crystal-clear lakes, where the fresh fragrance of **mountain streams** intermingles with the subtle aroma of **wild strawberries**.



## **Day 8: Lakeside Splendor**

We continue our journey to Lake Skadar, the largest in the Balkans. The scent of **reeds** and **water lilies** fills the air as we glide through its tranquil waters by boat. We encounter flocks of birds, their calls creating a harmonious symphony of sound that complements the sweet fragrance of **wild mint**.





The tranquil scent of Lake Skadar.

### **Day 9: Into the Wilderness**

Venturing further into Durmitor National Park, we embark on a trek through the Tara River Canyon, one of the deepest in Europe. The scent of **juniper trees** and **wild flowers** fills the air as we follow the roaring waters of the Tara River. At the canyon's edge, we stand in awe of the breathtaking views, accompanied by the invigorating aroma of **fresh pine needles**.



## Day 10: A Culinary Journey

Returning to Podgorica, we delve deeper into Montenegrin cuisine. At a local restaurant, we savor the tantalizing aroma of **homemade pasta** and **stews**. We witness the traditional process of making **kačamak**, a cornmeal porridge, its earthy fragrance filling the kitchen.



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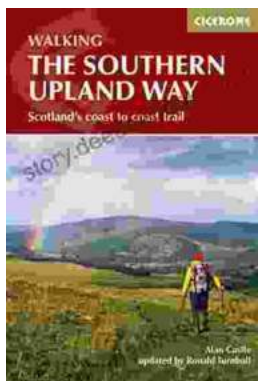
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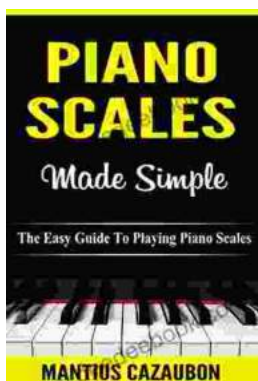
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