

3000 YEARS OF CULTURES BY THE SEA



ADRION

Adriatic and Ionian Lands



montenegro_italy_croatia_greece_albania_bosnia-herzegovina_slovenia_montenegro_italy_croatia_gr

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THE DISCOVERIES YOU DID NOT EXPECT...

Who knows the reason why the travels which remain printed in our memory longer are those that unexpectedly surprised us. What amazes us the most is finding out those things you did not expect, you did not suppose to see, to do, to discover, to taste, to imagine. For example the many shades of green and blue of the same sea or the dazzling white of a sandy inlet hidden behind two giant dark rocks. This is what can happen here, on the Adriatic and Ionian lands.

The roots of a millenary culture for once do not sink deep in one unique territory but in several lands touched by the same sea. A sea that, throughout the centuries, in spite of the battles and geographical barriers, has been not only a physical place for trading, but also, and unexpectedly, a virtual meeting place of contact and relationship, of cultural exchange, of traditions and customs sharing. As if the sea had never existed and, at its place, to separate peoples and lands, there was a short footpath to cross.





Kornati islands - Croatia



Conero coastline, Ancona - Italy



Syvota beach, Thesprotia - Greece



Mamula seafort - Montenegro



Brač island - Croatia

ONE SEA, MANY SHORES

White sand, soft gravel, smooth pebbles or wild rock.

Light blue, turquoise, emerald green, blue, indigo, glass-green, sky blue.

Choose the type of beach and the colour of the sea you prefer.

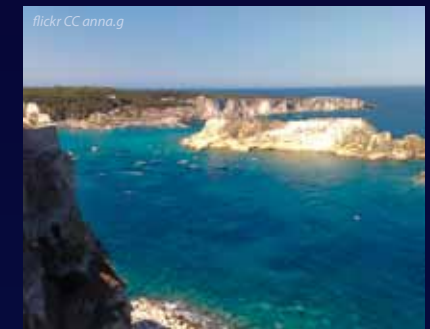
Shipwreck beach, Zakynthos - Greece



Corfu coastline - Greece



Llamani beach - Albania



Tremiti islands, Foggia - Italy



Krk island - Croatia



Rotonda of Senigallia, Ancona - Italy



Piran - Slovenia



Miramare castle, Trieste - Italy



Herceg Novi - Montenegro



Rab - Croatia



Lepanto - Greece



Kotor - Montenegro



Venice - Italy



Kruja - Albania



Dubrovnik - Croatia



Vieste, Foggia - Italy

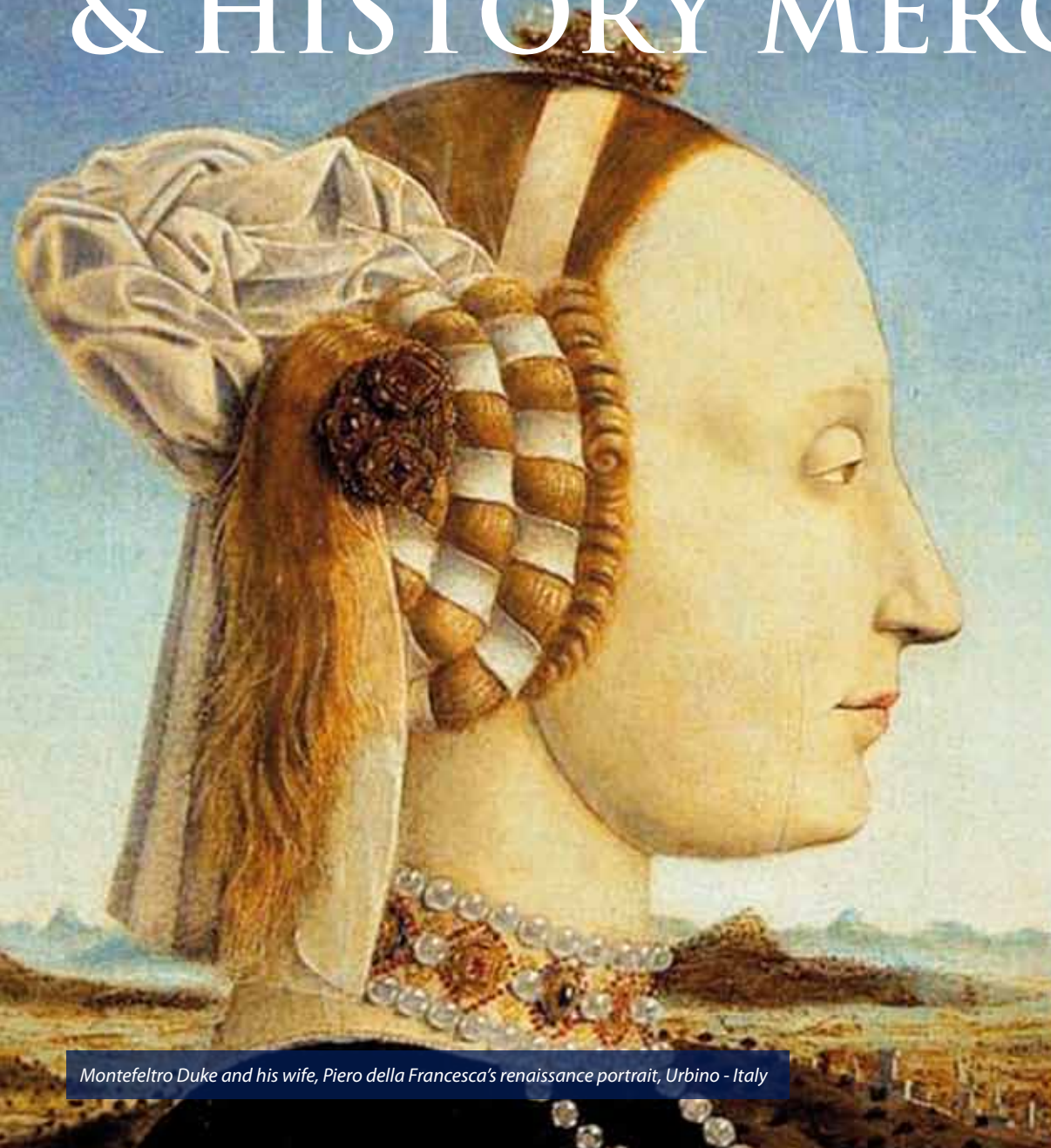
The Adriatic and Ionian seas are characterized by quiet waters which, since ancient times, allowed the peoples living along the coastline to build small urban centres right on their seashores.

LIVING ON THE SEASIDE

Since then, small villages or castles built on coast reefs or little churches and sea-forts on short islands have been decorating these coastlines. Here people wake up all year long with the rumble of waves outside the windows and the fragrance of the salt on the wind.

Sveti Stefan - Montenegro

WHERE ART & HISTORY MERGED



Montefeltro Duke and his wife, Piero della Francesca's renaissance portrait, Urbino - Italy

The art of Adriatic and Ionian lands speaks of their history, a history often shared, just like their artistic and cultural influences which, during the centuries, have shaped the identity of these peoples. Starting from Greek and Roman classicism which spread out through all the territories of the *Magna Grecia* first and of the Roman Empire then, passing through the Romanic architecture, the byzantine and ottoman art to renaissance and baroque influences.

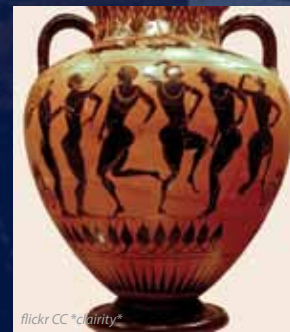
A continuous merging and, at the same time, distinguishing process which indicates how the sea has been throughout millennia the main meeting point and cultural exchange junction for those peoples that have crossed it.



Mosaic of Hypnos, Risan - Montenegro



Ottoman old bridge in Mostar, Bosnia-Herzegovina



Amphora - Greece



Canaletto's canvas, detail of St. Marco square Venice Italy



Diocletian palace, Split Croatia



Ortodoxe painting at St. Andrew cathedral, Patras - Greece



Prassitele's Hermes, Museum of Ancient Olympia, Ileia - Greece



Bronze plaque, Achillion Palace, Corfu - Greece



Byzantine monastery, Apollonia - Albania



Epic scene, painting in Dures - Albania



Roman arena, Pula - Croatia

SPIRITUAL ATMOSPHERES

Religion, traditions and folks legends are elements strictly linked to the history of Adriatic and Ionian peoples. The numerous churches, monasteries, cathedrals, mosques and other worship and pilgrimage places scattered in these territories are a proof of it. Sacred costume representations often take place during the religious festivals: these are deep spiritual moments and colourful folk atmospheres to which the locals participate as actors or audience.

Mosaic of Christ the Redeemer at San Vitale Church, Ravenna - Italy



Padre Pio, San Giovanni Rotondo, Foggia - Italy



St. Antonio's religious festival, Padua Italy



Basilica of Loreto, Ancona - Italy



Jesus' passion, Easter religious festival, various cities Italy



Pocitelj mosque - Bosnia Herzegovina



Mather Teresa of Calcutta - Albania



Virgin Mary's church, Rjeka Croatia



St. Andrew cathedral, Patras - Greece



Banja Luka church - Bosnia-Herzegovina



Medjugorje, Bosnia-Herzegovina



Ostrog monastery - Montenegro

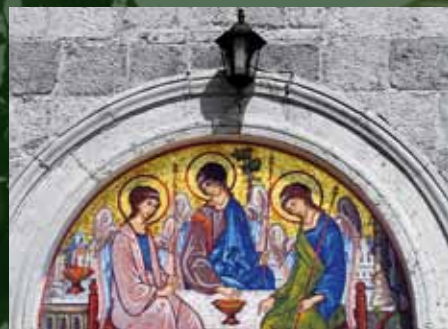


Nativity scene, variuos cities - Italy

OUTDOOR STYLE

The mild climate of the coastline, in the little sea towns, makes people crowd the streets, the courtyards and the gardens. Both social and family life often livens up outdoor. The style used to build and decorate the meeting places, the squares, the verandahs, the terraces and the small churches makes these villages enchanting paradise views.

Verandah - Albania



Outdoor mosaic, Budva - Montenegro



Greek terrace



Vrbnik, Krk - Croatia



Ioannina - Greece



Ostuni, Brindisi - Italy



Sibenik - Croatia



Verandah, Lefkada - Greece



Garden of a private villa, Lefkada - Greece



Dubrovnik old town - Croatia



Outdoor painting, Kruja - Albania



Gorizia castle - Italy

FOLKS' ROOTS: TRADITIONS, HANDICRAFTS, AND MUSIC

The folk's roots of Adriatic-Ionian countries and of their cultures live in their traditions, handicrafts, music, folk's dances and costumes. The festivals in small towns are the beating heart of this identity: rich in suggestions, crammed with colours, smells, sounds and small handmade treasures of craftsmanship.

Craftmade pillows, Bosnia-Herzegovina



Venice Carnival - Italy



Taranta folk dance, Foggia Italy



Ceramic art, Castelli, Teramo - Italy



Folk festival, Abruzzo Region - Italy



Bracelet with Adriatic sea pebbles Croatia



Girokastra festival - Albania



San Pardo festival at Larino, Campobasso Italy



Traditional folk dance - Greece



Grobnik bellringer, Kvarner - Croatia



Tamburitza mandolin - Croatia



Folk dance festival - Bosnia-Herzegovina



Adriatic-Mediterranean festival, Ancona - Italy



Deer, Valrosandra park, Trieste - Italy



Dolphins - Greece



Lynx, Durmitor national park - Montenegro



Postumia caves - Slovenia



Wolf, national park of Abruzzo - Italy



Skadarsko lake - Montenegro



Black stork, Plitvice national park - Croatia



Saranda - Albania



Lipizzaner horses - Slovenia



Ziros lake, Preveza - Greece



Kravica falls, Bosnia-Herzegovina

A WILD NATURAL EXPERIENCE

The natural wonders and Southern Europe's typical fauna are present in the dozens of natural reserves, faunal oasis and sea parks all along the Adriatic-Ionian coasts. There are numerous protected green spaces which remained uncontaminated and wild. Here the human presence is minimal or absent to respect nature, its laws and the divine beauty it represents.

Plitvice national park, waterfall - Croatia



Canyoning



Rafting



Scuba diving



Fishing



Camping



Kayak



Golf



Kite surf



Mountain bike



Windsurf



Horse riding



BREATHING OPEN-AIR LIFE

The summer, the sea, sunshine and large green spaces are elements shared by all the lands touched by these seas. Here, for a long part of the year, it is possible to practice many water sports but also several open air physical activities completely plunged in the nature.



Meat with tzatziki - Greece



Albanian and Greek salad



Grape & wine



Palačinci, dessert of Eastern Adriatic coast



Italian appetizer with wine, cheese and salami



Mixed fried fish of the Adriatic sea



Ćevapi, spicy sausages - Bosnia-Herzegovina

DELICIOUS TASTES

Fish is the common element in Adriatic-Ionian cuisine, even though there are dozens of recipes to prepare delicious meat dishes which have similar characteristics in many of the geographical areas of this territory. Here the food "culture" draws inspiration from the ingredients of the Mediterranean diet as pasta, vegetables, fruit and olive oil all seasoned with herbs or spices and always served with an excellent glass of wine.



Tortellini with truffles and mushrooms - Italy



Peppers from Apulia - Italy



Olive oil



Njeguški stuffed meat - Montenegro

"Brodetto" fish soup, Italian and Croatian dish of the middle Adriatic coast





FORUM

delle Camere di Commercio dell'Adriatico e dello Ionio
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