Bora is bora and an adventure for everyone

The Senj inhabitants always “vote” for bora.
It is the voice of all those who have grown up here and who know how to deal with its changing nature.

We have so many bad names for bora, but we call upon it more often
“Oh, when will bora come?”

Publisher: Association for a better quality of life in the “SENJ 21” community
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Circulation: 1000 copies

Senj, November 2010

The leaflet is printed with the support of the Croatian Ministry of Tourism, the town of Senj and the Senj Tourist Board.

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Bora is a source of energy.
It is easy to sail with bora.
Bora will bring you a lot of adventure.

AND DID YOU KNOW THAT BORA HAS A THERAPEUTIC EFFECT ON YOUR BODY?

Because...
- walking during bora means all the muscles of your body work out,
- by breathing in bora, you remove carbonic acid from your body,
- after a walk during bora, your respiratory organs are cleansed,
- after every walk during bora your feet will have more energy
- after a walk during bora you will have more energy for the next walk,
- after a walk during bora your heart will have more energy,
- after every walk during bora your stomach wants you to compensate for the spent energy,
- the peak of turbulent benefits is a long and restful sleep.

Bora prevents the collection and multiplication of microorganisms. Because bora removes them from the air before they get hold of you. The Senj bora causes cheerfulness and liveliness, better mood, reduced pain perception, it is good for rheumatic and enhances the production of the “happiness hormone”.

Did you know that bora scatters salt on grass and that in combination with aromatic herbs it gives lamb an irreplaceable flavor? Or that Dalmatian smoked ham is good only if it’s been dried in bora?

ARE YOU FAMILIAR WITH THE GOURMET SIDE OF BORA?

Did you know that bora...
WHY IS THE SENJ BORA CONSIDERED A PHENOMENON?

Because...
- it is a result of the specific relief in inland.
- the Senj area is very windy.
- this is the windiest part of the eastern Adriatic.
- Senj is the sunniest part of the Adriatic Sea, with an average of 6 hours of direct sunlight a day.
- the sunshine is very intense.
- bora is part of the life in Senj.
- bora results in favourable weather conditions.
- bora has a healing effect on your body.
- bora results in adhesive weather conditions.
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