

Montenegro's Lakes & Mountains

Tour Style: Guided walking

Destination: Montenegro

Trip code: MGLCL

Trip Walking Grade: 4



HOLIDAY OVERVIEW

As one of the Mediterranean's rising stars, Montenegro is the Balkan beauty tempting walkers with soaring limestone peaks, glistening lakes, dense forests, and over 180 miles of azure Adriatic coastline. This holiday combines the best of the country's mountainous interior and watery wonders, including the small town of Kolasin, the lovely Budva Riviera region, and the picturesque Kotor Bay. Further itinerary highlights include exploring Biogradska Gora National Park, walking on Mount Bjelasica, and admiring the diverse flora and fauna at Lovćen National Park.

WHAT'S INCLUDED

- Return flights from London Gatwick, including baggage and transfers (flights available from other airports - price may vary)
- Guided walks and sightseeing with a local leader
- HF Holidays Tour Manager
- 4 nights' accommodation in Kolasin & 3 nights in Rafailovici
- 7 breakfasts, 1 lunch & 7 dinners
- All in-destination transport

HOLIDAY HIGHLIGHTS

- Discovering tranquil Biograd Lake
- Enjoying lunch on scenic Skadar Lake
- Walking on Mount Bjelasica
- Marvelling at the grand massifs of the Prokletije mountains
- Soaking up the beauty of the Durmitor and Lovcen National Parks
- Cruising on Kotor Bay and visiting Kotor, Budva, and Perast

TRIP SUITABILITY

The walks on this holiday are mainly Grade 3, however, due to the higher ascents on Days 2&3, these are more strenuous, so for these elements we have categorised the holiday overall as up to Grade 4.

ITINERARY

Day 1: Arrive Montenegro

Transfer from Tivat Airport to Kolasin and check in to the Hotel Bianca for four nights.

Day 2: Biogradska Gora National Park

Distance: 9 miles (14km)

Total Ascent: 3,250 feet (990m)

Total Descent: 1,475 feet (450m)

At the heart of Montenegro, our first day will explore the Biogradska National Park, a unique well-preserved rainforest landscape, home to lakes, rivers, meadows and mountains including the majestic Mount Bjelasica. We'll enjoy a walk along the wooden trails of Lake Biograd, also passing through the charming eco villages of Goles and Vranjak.

Day 3: The Prokletije Mountains

Distance: 6 miles (10km)

Total Ascent: 3,410 feet (1,040m)

Total Descent: 3,410 feet (1,040m)

Sharing the border with neighbouring Albania, the Prokletije Mountains form the southernmost part of the Dinaric Alps, with visitors in awe of the numerous jagged massifs. With gorges, glacial lakes and rivers, plus an abundance of flora and fauna species, our guide will impart interesting knowledge of the nature here along our circular route of the Grebaje Valley, from Volusnica, through Talijanka to Popadija.

Day 4: Durmitor National Park

Distance: 4.5 miles (7km)

Total Ascent: 560 feet (170m)

Total Descent: 1,400 feet (425m)

Another day of natural delights awaits us today as we venture into Durmitor National Park. We'll drive to the Djurdjevca Tata Bridge to admire this marvellous construction over the deep valley, before our walk starts at Momcilov, to Jablanovo and Black Lake, the largest in the country, at the foot of the majestic Medjed peak. Starting at Momcilov town we also enjoy the scenery as we pass Jablan Lake.

Day 5: Kolasin To Rafailovici

We leave our lovely resort of Kolasin behind today and make our way towards the coast where we will stay for three nights at the Hotel Montenegrina, in the coastal resort of Rafailovići. On our way, we will pass the capital, Podgorica, and stop for lunch with a glass of wine included amidst the scenery of Skadar Lake.

Day 6: Lovcen National Park

Distance: 4 miles (6km)

Total Ascent: 2,625 feet (800m)

Total Descent: 2,985 feet (910m)

Centred around Mount Lovcen, this national park features a network of well-marked trails, with historic trade paths and shepherds' routes. Our local guide will take us on one of the shorter routes, starting at Krstac-Njegusi, where we can enjoy panoramic views, stretching to the Adriatic Sea and Bay of Kotor from some points. We will finish our walk today in Kotor.

Day 7: Sightseeing In Budva & Kotor Bay

After a wonderful week of walking in the heart of Montenegro's natural landscapes, it is now time to relax a little as we explore some of the region's historic sights. We'll enjoy a stroll through Budva's attractive Old Town, before travelling to Kotor to join a boat trip to Lady of the Rocks and Perast. Back in Kotor, you'll have time to explore the winding streets and learn more about landmarks including the cathedral and city walls.

Day 8: Depart Budva Riviera

We return to Tivat Airport for the flight home.

ACCOMMODATION

Hotel Bianca, Kolasin

Located just a short walk from the centre of Kolasin, this stunning four-star lodge-style retreat is set amidst pine trees, with cool wood décor throughout. Rooms are fully equipped with high-quality amenities, and guests can enjoy the stylish bar and restaurant, large indoor pool, gym and wellness centre.

Hotel Montenegrina, Rafailovici

The Montenegrina Hotel & Spa blends modern accommodation and facilities, with a traditional local hospitality. Guests can enjoy buffet meals in the restaurant, relax with a drink at one of the three on-site bars, and visit the wellness centre, which has a part indoor and outdoor pool. Rafailovici beach is just a short stroll away, and a local shuttle service operates to Budva Old Town in just 15 minutes.

USEFUL HOLIDAY INFORMATION

Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining Instructions (Without Flights)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

*Subject to availability

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)

- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

Useful Information

The local language is Montenegrin.

Tap water is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Montenegrin number 00382

To dial a Serbian number 00381

To dial a Bosnian number 00387

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

Local Currency

The local currency is the Euro (€)

Electricity

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM Availability

There are several ATM machines where you can obtain money.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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