Montenegro's Lakes & Mountains



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Walking with sightseeing	Montenegro	5	934kg CO2

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 YOU'LL LOVE

- 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

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
- Local Tour Manager who leads walks and sightseeing
- Stays in the Bjelasica Mountains range and the lovely Budva Riviera coast
- 7 breakfasts, 1 lunch & 7 dinners
- All in-destination transport

ITINERARY - ITINERARY

Day 1 **Arrive Montenegro**

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

Day 2 **Biogradska Gora National Park**

Distance: 7.5 miles (12km)

Total Ascent: 1,315 feet (400m)

Total Descent: 3,280 feet (1000m)

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: 5 miles (8km)

Total Ascent: 2 460 feet (750m)

Total Descent: 2 460 feet (750m)

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.

Day 4 **Durmitor National Park**

Distance: 6 miles (10km)

Total Ascent: 755 feet (230m)

Total Descent: 1640 feet (500m)

Another day of natural wonders awaits us today as we venture into Durmitor National Park. Our walk starts at Momcilov, to Jablan 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.

We'll stay overnight in the national park amid picturesque surroundings. Relax or hop on a short transfer to the nearby town of Žabljak - one of the highest in the Balkans. It's home to a 19th century Orthodox church and a charming town square.

Day 5 Žabljak to Rafailovici

After breakfast we continue to make our way towards the coast where we will stay for three nights at the beautiful resort of Budva. On our way, we will pass the capital, Podgorica, and stop for lunch with a glass of wine included amidst the scenery of the Skadar Lake.

Day 6 Lovcen National Park

Distance: 4 miles (6km)

Total Ascent: 0 feet (0m)

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.

DAILY WALK OPTIONS



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

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 Polar Star, Zabljak

Located close to Zabljak, our 3-star traditional mountain style hotel is surrounded by untouched nature, meadows and mountain reefs that will provide a relaxing stay. The hotel's restaurant uses local, fresh ingredients and you might choose to relax in the wine bar or Sauna. Room facilities include a hairdryer, bathrobes and a fridge.

Hotel Pima, Budva

Hotel Pima Budva is a modern 4-star property ideally located, just 10-minutes walk from Slovenska Beach and Budva's historic Old Town. Key facilities include an outdoor swimming pool (opens early May to late September - weather dependent), a sun terrace, lush garden, and a buffet restaurant. Rooms feature air conditioning, free Wi-Fi, a minibar, flat-screen TV, and a private balcony.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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 (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected 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)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

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

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Language Information for Montenegro

The local language is Montenegrin.

Telephone Code for Montenegro

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

LOCAL CURRENCY

The local currency is the Euro (€)

ELECTRICITY

Electricity information for Montenegro

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

ATM AVAILABILITY

ATM availability for Montenegro

There are several ATM machines where you can obtain money.

TRIPNOTE VALIDITY

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.

Document produced: 25 November 2026