

# EXPLORE!

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## Cycle Bosnia and Montenegro

BOSNIA AND HERZEGOVINA, MONTENEGRO - TRIP CODE CBM  
CYCLING

### Why book this trip?

Experience traditional Balkan fare and warm, friendly hospitality as you cycle through unspoilt countryside and timeless villages. Traverse landscapes of dramatic mountains and pretty rivers on this journey through Bosnia and Montenegro.

- **Sarajevo** - Explore the cultural highlights of the 'Jerusalem of Europe'
- **Lake Skadar National Park** - Cycle with views of the largest lake in the Balkans
- **Virpazar** - Stay in this traditional Montenegrin village



**INCLUDED MEALS**  
Breakfast: 7  
Dinner: 1



**TRIP STAFF**  
Explore Tour  
Leader / Cycle  
guide



**TRANSPORT**  
Bus  
Bicycle



**ACCOMMODATION**  
6 nights  
comfortable hotel  
1 nights simple  
village house



**CYCLING GRADE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join tour in Sarajevo (Bosnia and Herzegovina)

Our trip begins in Sarajevo, Bosnia Herzegovina's vibrant capital, which is located on the Sarajevo plain and surrounded by mountains. Famed for its diverse religious heritage and often called the Jerusalem of Europe, we can look forward to a two night stay here.

For those arriving on time our Leader plans to meet you in the hotel reception at 7pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no other activities planned today, so you are free to arrive in Sarajevo at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Sarajevo International Airport (SJJ) which is about 30 minutes' drive from the city centre. Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up.

If your flight arrives earlier in the day, perhaps you might choose to take a relaxing wander through the city's Old Town or as with everywhere else in the Balkans grab a strong coffee and watch local life go by. There is also an array of museums dedicated to the varied histories of the capital, including the Tunnel Museum depicting life during the Sarajevo Siege in 1992-1995 and showing how the resident civilians managed to keep themselves supplied during the longest siege in modern history. You may choose to join the Times of Misfortune tour, which includes entry to the Tunnel Museum.



**ACCOMMODATION:**  
Hotel Hecco (or similar)



**Grade: Comfortable Hotel**





SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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## **DAY 2 - Morning tour of Sarajevo city. Short cycle to the source of the Bosna River**

The events that took place on 28th June 1914 in Sarajevo triggered the start of World War I, and this morning we will take taxis into the city centre to begin our walking tour with a local guide to find out more. This event was the assassination of Archduke Franz Ferdinand and his wife at the northern end of Latin Bridge by a 19-year-old Bosnian-Serb called Gavrilo Princip. We will see the Eternal Flame, which is a memorial to all those that lost their lives during the war. We also see excellent examples of Austro-Hungarian architecture, namely the City Hall and learn more about the dreadful fate of the Jewish community, which once thrived in this city. After lunch, we get on our bikes and after some time to make any adjustments to get comfortable, we cycle to the spring of the Bosna River. On our circular ride, we pedal through a picturesque park with numerous streams forming lakes and islands at the foot of mount Igman.

Our total cycling distance today is approximately 30 kilometres (Total 180 metres ascent and 180 metres descent).



ACCOMMODATION:  
Hotel Hecco (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## **DAY 3 - Short drive to Pale then cycle to Gorazde through deciduous forests, mountain farms and villages**

This morning starts with a short drive by charter bus to the town of Pale, which is located on the slopes of Jahorina Mountain. Then getting on our bikes, we ride from Pale (950m) to Gorazde (350m) through the mountain scenery of Jahorina. We cycle mostly through deciduous forests, mountain farmlands and small villages with some long descents and a few shorter climbs towards the end.

Our total cycling distance today is approximately 71 kilometres (Total 430 metres ascent and 820 descent).



ACCOMMODATION:  
Hotel Behar (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 4 - Cycle alongside the Drina River. Overnight rural stay in cabins amid natural beauty**

Today we cycle from Gorazde into Montenegro. We follow a scenic gorge of the spectacular Drina Valley before passing through a few smaller towns such as Ustikolina and Brod. After approximately 40km, we leave the Drina River and turn south-west toward the Durmitor Massif in Montenegro. After crossing the border at Scepan Polje we finish today's ride before the road enters Piva Canyon. We drive the remaining distance in our bus to reach our accommodation near Rudinice village. Set amid nature with fine views of the valley and lake below, we stay in wooden chalets, which each contain two beds. There is a short walk (10 to 50 metres) to the bathroom block, which is shared between five chalets. This evening dinner is included and we will enjoy some traditional Montenegrin fare. The ride today is mostly on flat and gently undulating terrain with some ascents towards the end.

Our total cycling distance today is approximately 65 kilometres (Total 530 metres ascent and 220 metres descent).



ACCOMMODATION:  
Eco Village Izlazak (or similar)



Grade: Simple Village House



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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## DAY 5 - Ride through alpine scenery descending towards Niksic to reach Ostrog Monastery

The day starts with an ascent of 200 metres to reach 1150m and our ride is through beautiful alpine scenery with about 10 kilometres of undulated terrain before we start the long descent toward Niksic. Finally, we will ascend to the Monastery of Ostrog. Dedicated to Saint Basil of Ostrog, the monastery was built in the 17th century, cut dramatically into the 900m cliff face that looms above it. The monastery contains the bones of St Basil, the walls are crammed with offerings and pleas from the faithful. After visiting the monastery, we cycle to Bogetici Village where we spend the night in an apartment style hotel in two-bedroom apartments, each apartment consists of two bedrooms that share one bathroom.

Our total cycling distance today is approximately 61 kilometres (Total 930 metres ascent and 1390 metres descent)



ACCOMMODATION:  
Hotel Kolibe (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 6 - Cycle following the Zeta River valley to Virpazar on the shores of Lake Skadar

Today we cycle on a road on the slopes of Prekornica mountain following the direction of the Zeta river valley. We slowly descend around 700 metres in altitude to Virpazar. Along the way, we pass through Danilovgrad town and Podgorica (on cycle paths). After the ride we have a short drive to reach Virpazar where we spend our final two nights. Virpazar is one of two small towns located on Lake Skadar and easily accessible from the country's capital, Podgorica.

Our total cycling distance today is approximately 65 kilometres (Total 120 metres ascent and 630 metres descent)



ACCOMMODATION:  
Hotel Pelikan (or similar)



Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 7 - Loop ride through typical Mediterranean landscapes**

Our last day on the bikes starts with a short morning ride to neighbouring villages. The terrain is flat and undulating and we will ride with occasional views of Lake Skadar. In the afternoon, once back in Virpazar, there is the opportunity to take a boat trip on the lake. The vast freshwater lake and wetlands, surrounded by dramatic karst mountains, straddles Albania and Montenegro and is renowned as one of Europe's top bird habitats - home to more than 260 species of birds including herons, pelicans and cormorants.

Our total cycling distance today is approximately 48 kilometres (Total 1150 metres ascent and 1150 metres descent).



ACCOMMODATION:  
Hotel Pelikan (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 8 - Tour ends in Virpazar**

The trip ends after breakfast at our hotel in Virpazar.

There are no activities planned today, so you are free to depart from Virpazar at any time.

If your flight is departing later in the day luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Podgorica Airport (TGD) which is a 35 minute drive from Virpazar.



MEALS PROVIDED: BREAKFAST

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# Trip information

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## Climate and country information

### Bosnia and Herzegovina

#### Climate

With only 20 kilometres of coastline on the Adriatic Sea, Bosnia and Herzegovina has a continental climate for the most part, with cold winters and warm summers. There is a chance of sporadic rain in spring and autumn, though generally it is in the form of short showers. Thunderstorms can occur in summer, generally helping to cool the air. In spring to autumn the temperatures are normally in the low to mid 20's (in °C). Much of the country is mountainous or hilly, rising to a height of 2,386 metres and winter snow lies for long periods in the higher regions. Mostar is set back from the coastline on a plain, which has a hotter Mediterranean climate with temperatures averaging in the mid to high 20's (in °C) in spring and autumn and July and August in the low 30's (in °C) - although sometimes temperatures here can get up as high as 40°C.

#### Time difference to GMT

+1

#### Plugs

2 Pin Round

#### Religion

Islam (mainly Sunni) and Christian (mainly Serbian Orthodox)

#### Language

Bosnian, Serbian and Croatian

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### Montenegro

#### Climate

Montenegro's coastline has a Mediterranean climate with hot dry summers and mild winters, whereas the more mountainous inland areas have a sub-alpine climate with warm summers and very cold winters with frequent snowfall. There is a chance of sporadic rain in spring and autumn in the coastal areas, though generally this is in the form of short showers. In the mountains rainfall tends to be more frequent including around the Bay of Kotor. Temperatures from May to October are generally in the low to mid 20's (in °C), but can reach into the 30's (in °C) in July and August.

#### Time difference to GMT

+1

#### Plugs

2 Pin Round

#### Religion

Christian (mainly Serbian Orthodox)

#### Language

Montenegrin

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## Budgeting and packing

### Clothing

When cycling: quick drying cycle tops, padded cycle shorts, lightweight wind and water proof jacket and warmer breathable layers where local conditions require. Pack essentially for hot or mild weather depending on the time of the year.

## Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to trips that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

## Luggage

20kg

### Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike.

## Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per person per week as a guideline.

### Local crew

Although voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow approximately £20 of local currency for tipping.

In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.



## Bosnia and Herzegovina

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£5	£8	£2.00 - 4.00	£1.2

### Foreign Exchange

#### Local currency

Bosnian Mark.

#### Recommended Currency For Exchange

Euros, US Dollars and Pound Sterling can all be exchanged for local currency. However, Euro is the best currency for exchange in most places. Please consult your Explore Leader for more information on currency exchange.

#### Where To Exchange

Banks or Forex Offices in the main towns and cities. Your Explore Leader will advise you on arrival.

#### ATM Availability

Major towns and cities have ATMs for cash withdrawal, but these are limited in more rural areas.

#### Credit Card Acceptance

Accepted in major restaurants and hotels in Sarajevo, but outside the capital most monetary transactions are made in cash.

#### Travellers Cheques

Travellers Cheques can only be exchanged in some banks.

## Montenegro

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£9	£11	£2	£1.00 - 2.00

## Foreign Exchange

### Local currency

Euro.

### Recommended Currency For Exchange

Pound Sterling and US Dollars can be exchanged for local currency. Please note if using Pound Sterling then only Bank of England issued bank notes are accepted. Scottish and Northern Irish bank notes are not accepted.

### Where To Exchange

Banks or Forex Offices in the main towns and cities. Your Explore Leader will advise you on arrival.

### ATM Availability

Most towns and cities have ATM's for cash withdrawal.

### Credit Card Acceptance

Credit cards are also generally widely accepted.

### Travellers Cheques

Travellers Cheques can only be exchanged in banks.

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## Transport, Accommodation & Meals

### Transport Information

Bus, Bicycle

### Accommodation notes

Comfortable - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

On day four we stay in wooden chalets, which each contain two beds. There is a short walk (10 to 50 metres) to the bathroom block, which is shared between five chalets. There is a bar in the main building where dinner is served.

On day five we stay in apartment style accommodation. Each two bedroom apartment shares one bathroom.

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## Essential Information

### Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign, Commonwealth & Development Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### **Visa and Passport Information**

Visas are not required by British citizens for any of the countries on this trip. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

### **Booking conditions**

Before booking your Explore trip, please ensure that you read both our Essential Information and [Booking Conditions](#).

### **Transfers**

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending

point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## **Bosnia and Herzegovina**

### **Vaccinations**

Nothing compulsory, but we recommend being up-to-date with your routine vaccination courses and boosters as recommended in the UK including protection against measles, mumps, rubella, tetanus,

diphtheria, hepatitis A, typhoid and polio. Tick-borne encephalitis protection is recommended by some medical sources at certain times of the year. Ticks are most active between spring and late autumn. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## Montenegro

### Vaccinations

Nothing compulsory, but we recommend being up-to-date with your routine vaccination courses and boosters as recommended in the UK including protection against measles, mumps, rubella, tetanus, diphtheria, hepatitis A, typhoid and polio. Tick-borne encephalitis protection is recommended by some medical sources at certain times of the year. Ticks are most active between spring and late autumn. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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### Cycling information



### General cycling information

On this tour we cycle 340 km over six days (an average of 56 km a day). We mainly use quiet, undulating roads although there will be several steeper sections. 80% of the route is on surfaced roads, the unpaved sections are relatively smooth and easy to cycle on. A support vehicle escorts this trip throughout. We have graded the route as moderate.

### Bike included

21 gear Polar hybrid bike. Electric bikes (e-bikes) are available for an additional cost.

## Bike information

Your included bike is a 24 gear Polar Avalanche or Shadow hybrid bike and will be the correct frame size for your height. A 3.5 litre handlebar bag and water bottle holder are included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the trip. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Electric bikes (Scott) are available for an additional cost for the duration of the holiday. Please contact us for more details or to request your e-bike.

## Cycling grade

Moderate

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## Additional Information



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## Reviews

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AWARD WINNING  
EXPLORE LEADERS



PRICE GUARANTEE  
PROMISE



AIRPORT  
TRANSFERS