

# EXPLORE!

**Walking Montenegro and the Croatian Islands**  
8 days

Croatia, Montenegro - Trip code WCM



## Walking Montenegro and the Croatian Islands

Starting in southwestern Montenegro and continuing to the idyllic islands of Croatia, this eight-day walking trip takes you on some of the most beautiful coastal, mountain and village trails of the southern Balkans. Visit the historical town of Kotor for a bird's-eye view from the ramparts and climb Mount Vrmac for astounding views of the Montenegrin coastline. Explore traditional villages and the medieval town of Dubrovnik before travelling by boat to the beautiful Croatian islands of Mljet and Korcula. Walk to lakes on Mljet, the 'Green Island', and follow the coastline around Korcula.

### Trip highlights

- ★ **Kotor** - walk the imposing ramparts of the old town for stunning views over the bay
- ★ **Mljet** - walking on the 'Green Island'
- ★ **Dubrovnik** - enter this spectacular UNESCO designated medieval walled town on foot
- ★ **Landscapes** - walking on some of the most idyllic and beautiful coastal and mountain paths in the Southern Balkans

#### ACCOMMODATION GRADE:

##### Standard

Our standard, 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.

#### WALKING GRADE:

##### Easy To Moderate

This grade is ideal if you want to enjoy both easy and moderate level walks on the same tour. You'll be walking mainly on good paths and at low altitude, with occasional more demanding ascents or descents.

**GROUP SIZE:**

**10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

# Itinerary

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

## DAY 1 - Join trip Dubrovnik, drive Dobrota

Join trip at Dubrovnik airport and transfer to Dobrota for the next three nights. Dobrota is a quaint little seaside settlement within walking distance of the walled city of Kotor. Described as one of Kotor Bays' more stylish enclaves, the seafront at Dobrota consists of old captain's villas, restored as seaside cafes and small hotels offering picturesque views of Mt Vrmac and the bay itself.



**Accommodation: Hotel Marija 2** (or similar)



Standard Hotel



Single room available



Meals Provided: None

## DAY 2 - Walking tour of Kotor, optional boat trip to Lady of the Rock

This morning we explore the prettiest and best preserved city in Montenegro, Kotor. The old city of Kotor is a well preserved urbanisation very typical of the middle ages, situated on one of the world's most beautiful bays. Kotor's fortifications stand up to 20 metres high and completed their protective loop of the city by the 14th century. The walls rise improbably from the surrounding slopes and we will walk to the top of them, a steep walk of around 1350 steps, to take in the magnificent views of the fjord and the winding, maze like streets of the city itself. On our way back down from the city walls we will visit the small church of Saint Jovan before taking some free time to explore the rest of the town where you might chose to visit the Sea Gate, the 12th century Saint Tryphon Cathedral or the Maritime Museum.

This afternoon there is the option to take a boat trip to the Lady of the Rock and Perast Town in the bay of Kotor. The Lady of the Rock is an artificial island created by dropping multiple rocks into the sea to lay on top of each other until an islet is formed. Legend has it that over the centuries, after they found an icon of Madonna and Child on the rocks, local seamen kept an ancient oath to lay a stone in the bay every time they returned safely. Over the years the islet was formed and now is home to the Church of Our Lady of the Rocks.

Today's walking consists of 4km, approx 2.5hrs with around 300m ascent and descent.



**Accommodation: Hotel Marija 2** (or similar)



Standard Hotel



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 3 - Walk Vrmac Mountain for views over Kotor and Tivat

Today we start our walk from Kotor for one of the most scenic walks you can do on the Montenegrin coast. We walk up a zig zag meandering pathway to the top of Vrmac Mountain and then along the Vrmac Ridge that divides the Bay of Kotor and Bay of Tivat. The first part of the hike is mostly through forests, gradually ascending on the old Austro Hungarian stone pathway to a more exposed area with views of the inner bay at Kotor and then on the other side to the Adriatic and the town of Tivat. We descend from the ridge to the beach at Markov Rt for a refreshing swim in the clear waters before we return to the hotel along the small coastal road.

Today's walking consists of 15km, approx 5hrs with 650m ascent and descent.



**Accommodation: Hotel Marija 2** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 4 - Circular walk from Herceg Novi; walk into Dubrovnik

This morning we take an hours' drive to the start of our next walk at Herceg Novi. Situated at the entrance to the Bay of Kotor and at the foot of Mount Orjen, Herceg Novi - or New Castle as the name means, is another delightful example of a traditional Montenegrin coastal town. Today's walk takes us up through peaceful villages to a view point over Kotor Bay then back to Herceg Novi.

In the afternoon we leave Montenegro and travel into Croatia where we will overnight in the UNESCO listed walled city of Dubrovnik. Instead of driving into the city itself we are transferred to Bosanka north of Dubrovnik. From here we walk down towards the coast offering excellent views, we cross under the main road and walk through the suburbs to enter the old town on foot.

Today's walking consists of 4km, approx 2.4 hrs with 20m ascent and 450m descent.



**Accommodation: Hotel Ivka** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 5 - Explore Dubrovnik on foot; ferry to Mljet, transfer Pomena Village

Those who seek paradise on earth, George Bernard Shaw once wrote, should come to Dubrovnik. This morning we have a guided walking tour of this stunning area, now fully restored following damage from the shelling in the Siege of Dubrovnik in 1991-92. The Old Town still very much retains its unique atmosphere and charm and UNESCO have granted it World Cultural Heritage status as one of the world's finest examples of a fortified Medieval town. After your tour you will then have some free time to explore more of this wonderful city. You may choose to walk the length of the city walls (1940 metres in total) or take a cable car to view the city from above. We then take the boat (one hour 15mins journey) to Mljet Island, on arrival we will have a short transfer to Pomena Village where we will stay for the night.



**Accommodation: Hotel Odisej** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 6 - Loop walk around Malo and Veliko Jezero lakes, ferry to Korcula

The western side of Mljet is often known as the Green Island as it is heavily wooded with over 70% of the island covered in forests. It is this area we will explore today as our looped hike starts out straight from our hotel and takes us around Malo and Veliko Jezero, or the Small and the Great Lake in Mljet National Park. The lakes are salt water and interconnected by a very narrow canal. The larger lake, Veliko Jezero, contains a small island known as Sv Marija upon which sits a 12th century Benedictine Monastery - we will take a short visit across to the island to have a look at the monastery and its church of St Mary. During its time on the island the monastery has taken on various guises, including a hotel during Tito's administration. The war in 1991 ended that particular phase and the monastery and church were left vacant with the possibility that the Benedictines may return to reclaim and reopen it. We return to Pomena before transferring to Polace for our next boat trip to the island of Korcula and our overnight stop in the village of Lumbarda.

Today's walking consists of 10km, approx 4hrs with 300m ascent and descent.



**Accommodation: Hotel Borik** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 7 - Coastal walk Lombardo to Korcula Town; ferry to Orebic drive Cavtat

Lumbarda is a small fisherman's village situated on the eastern coastline of Korcula island, well known for its vineyards and a 'unique' white wine known as GRK. Our walk today follows the shore from the beautiful sandy beaches at Lumbarda itself to the town at Korcula. On route we will get some wonderful views of the archipelago and its 22 islets, including Vrnik and Badija. We finish our walk in the medieval walled town of Korcula where we will have some free time to explore. The Old Town of Korcula is

shaped a little like a fish bone with a succession of narrow streets all coming off the main street, or back bone. This design was said to reduce the effects of the wind and sun and keep its occupants sheltered. During your exploration you may wish to visit the 15th century, Gothic Renaissance style cathedral of Saint Mark or the alleged birth place of Marco Polo and its impressive tower that gives amazing panoramic views of Korcula. We then take the ferry to Orebic and transfer by road to Cavtat, close to Dubrovnik, for our final nights' stay.

Today's walking consists of 7kms, approx 3 hrs with 100m ascent and descent.



**Accommodation: Cavtat Pension** (or similar)



Simple Guesthouse



Single room available



Meals Provided: Breakfast

## DAY 8 - Trip ends Cavtat

Trip ends in Cavtat.



Meals Provided: None

# Walking and Trekking information

## DAILY DISTANCE

Day 2 4km

Day 3 15km

Day 4 5km

Day 5

Day 6 10km

Day 7 7km

### Walking grade

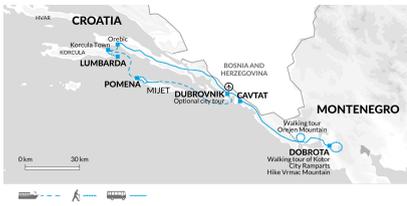
Easy to moderate

### Trek details

Walks on 5 days for between 2.5 to 5 hours. Most walks on welldefined footpaths and trails through forests, along rocky coastlines and fortifications.

### Max walking altitude (m)

700



## What's included?



### Included meals

Breakfast: 6



### Transport

Ferry  
Minibus



### Trip staff

Explore Tour Leader  
Driver(s)  
Local Guide(s)



### Accommodation

1 nights simple guesthouse  
6 nights standard hotel

## Trip information

### Country information

### Croatia

#### Climate

The Croatian Adriatic has a Mediterranean climate with mild winters and warm, dry, sunny 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. Hvar Island gets the most sunshine in summer with 10-12 hours each day, followed by Split, Korcula Island and Dubrovnik with around 7-8 hours. 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. Trip itineraries with boat cruises can occasionally be disrupted due to bad weather.

#### Time difference to GMT

+1

#### Plugs

2 Pin Round

#### Religion

Roman Catholic

#### Language

Croatian

### 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

## Budgeting and packing

### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Lady of the rock 10E  
Dubrovnick cable car £16  
Dubrovnik city walls £19

### Clothing

The summer months can be very warm, however the earlier and later months (Mayeptember) can be changeable so do bring layers to suit changeable temperatures and waterproofs in case of showers. If you do wish to swim from any of the beaches then you will need to bring swimwear. A warm fleece or jacket is recommended for cooler evenings.

### Footwear

We recommend you bring walking boots/trail shoes with ankle support, make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

### Luggage

20kg

### Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

### Equipment

We recommend a water bottle, a sun hat, sunglasses and suncream. Consider taking some mosquito repellent for the coastal evenings. You may wish to bring walking poles if you usually use them. A small travel towel will be useful if swimming after walks.

### Tipping

**Explore leader**

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

**Local crew**

Although entirely 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 £15 for gratuities for local staff.

In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for

it throughout the tour.

## Country Information

### Croatia

#### 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.

**Dinner price**

£18

**Beer price**

£2

**Water price**

£1.5

#### Foreign Exchange

**Local currency**

Croatian Kuna.

**Recommended Currency For Exchange**

Pound Sterling, US Dollars and Euro cash can all be exchanged for the local currency.

**Where To Exchange**

Most major towns and cities - your Explore Leader will advise you on arrival. Only exchange money at reputable places like banks, ATM's and official Forex Offices.

**ATM Availability**

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

**Credit Card Acceptance**

Generally accepted throughout including most restaurants and hotels.

**Travellers Cheques**

Travellers Cheques can only be exchanged in 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**

£9

**Dinner price**

£11

**Beer price**

£2

**Water price**

£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.

## Transport, Accommodation & Meals

### Transport Information

Ferry, Minibus

### Accommodation notes

**Booking a Single Room**

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Staying in simple guesthouse is a fantastic way to experience a family atmosphere and try locally produced and traditional food. Your being staying in a variety of family run guesthouses in Cavtat, as with the nature of apartments in this part of the Mediterranean the size and standard of the rooms can vary. The majority of the rooms will have a private bathroom, however, it could happen that someone may have a room with a shared bathroom if there is no other option available.

## Essential Information

### FCO 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 and Commonwealth 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

Montenegro: Visas are not required by UK, US, Canadian, Australia and New Zealand citizens. Other nationalities should consult their local embassy or consular office.

Croatia: Visas are not required by UK, Australian, New Zealand, US or Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying 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 now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. 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.

## Maximum altitude (m)

700

## Non refundable permits

## Croatia

### 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

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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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