Montenegro Lakes & Mountains

A wonderful walking holiday in this breathtakingly beautiful country.

Group departures

See overleaf for departure dates

Holiday overview

Style	Walking
Accommodation	Hotels, Mountain Cabin
Grade	Moderate
Duration	9 days from London to London
Trekking / Walking days	Walks on: 5 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader, Montenegro
Land only	Joining in Dubrovnik, Montenegro
Max altitude	1,890m/6,201ft, Day 5

Private Departures & Tailor Made itineraries available

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Last updated: 29 November 2023

Departures

Group departures

2024 Dates:

Sat 25 May – Sun 02 Jun

Sat 14 Sep – Sun 22 Sep

Will the trip run?
This trip is guaranteed to run for 4 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly – we advise you to book early if you want to secure a place(s) on the dates of your choice.

Group prices and optional supplements
Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options. Please note the single supplement excludes the night at Katun Goles but they will try to accommodate you in a single cabin if they have space.

No Surcharge Guarantee
The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Insurance
We offer a travel insurance scheme - please contact us for details.

Private Departures
We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service
We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide

Your guide will speak good English, have guiding qualifications and in our experience, will guide you with great patience and charm.

Djurdica Vojinovic is typical of the local leaders we have for this trip, with an infectious passion for the beautiful surroundings which she grew up in. This is in part due to a family history of guiding, particularly in the spectacular Durmitor National Park, the adventure playground of Montenegro. Djurdica, who is studying to be an engineer, has been guiding in Durmitor for several years but has spent her whole life in the mountains. Her brother is also a trekking guide and a Ski guide in winter. Her father has been guiding for over 25 years and is also a Mountain Rescue Guide. Her mother climbed to the top of Bobotov Kuk whilst 6 months pregnant with Djurdica's sister! Her Grandfather has recently stopped guiding but still goes walking in the mountains most weekends for fun, he has just turned 73. With this kind of grounding you are in good knowledgeable hands to show you the best that Montenegro has to offer.

Your trip highlights

- Explore a hidden gem of Europe from its cosmopolitan coast to its spectacular interior
- Visit historic Kotor, a UNESCO World Heritage Site, and trek in the mountains above the spectacular Bay of Kotor and above the old town of Budva
- Delve into the history of this proud nation visiting the mausoleum of its national hero
- Visit the old capital Cetinje before a spectacular train ride to heart of rural Montenegro
- Enjoy beautiful walks in Biogradska National Park and Durmitor National Park and spend a night in a traditional shepherd's Katun
- Get the best viewpoints to see Tara River Canyon, the second deepest river gorge in the world!
- Stay in 4* hotels plus a night in a traditional shepherd's settlement

At a glance itinerary

Day 1	Fly London to Dubrovnik. Group transfer to Kotor.
Day 2	Walk to Sveti Ilija via Fortress Vrmac. Cruise in Boka Bay.
Day 3	Walk from Kosmac Fortress to Ogradjenica Monastery. Descend to Sveti Stefan. Visit old town of Budva.
Day 4	Visit Mausoleum of Petar II Petrovic Njegos on Mount Lovcen. Tour the old capital, Cetinje. Train ride to Kolasin.
Days 5-6	Trek in the Biogradska National Park. Walk from Vranjak to Katun Goles and descend to Biogradska Lake. Transfer to Zabljak via Tara Canyon viewpoint. Walk to Black Lake.
Day 7	Transfer to Durmitor National Park. Walk from Momcilov Grad to Black Lake via Jablan Lake and Bosaca.
Day 8	Drive and walk to Curevac summit, 1,626m, to view Tara Canyon (optional Tara River rafting). Afternoon transfer to Herceg Novi.
Day 9	Group transfer to Dubrovnik airport. Fly to London.

Trip summary

Montenegro is a wonderful country in a far corner of Europe, a pearl of the Adriatic and as spellbinding and beautiful as it is unique. On this walking holiday you will first explore the coast with spectacular walks above the Boka Kotorska, and then whilst staying in Kotor (a UNESCO World Heritage Site) you will enjoy your first taste of its great historical wealth. We use hotels of a very high standard plus a night in a traditional shepherd's settlement so that you can enjoy your journey in real style and character.

It was only in 2006 that this small country became independent again. The courage and indomitable spirit of the Montenegrins is only matched by their warmth, hospitality and infectious pride. You will visit the Mausoleum of the inspirational national hero - Petar II Petrovic Njegos and the courageous old capital of Cetinje.

A spectacular train journey then takes you to Kolasin in the north of the country. This was the heartland of the Partisan resistance in World War II and now the starting point for treks in Biogradska National Park. Here you will hike up to spend a night in a traditional shepherd's Katun, enjoying a hearty welcome before you descend through one of Europe's oldest primeval forests.

You will stop at the stunning Tara River Canyon, the second deepest river gorge in the world, on the way to Durmitor National Park. Here there are yet more beautiful treks amongst the prettiest of alpine meadows, pine forests, startling snowy peaked mountains, glacial lakes and breathtaking panoramas. Your final night is spent on the coast at Herceg Novi to complete your introduction to the many natural and cultural delights of Montenegro.

Your trip itinerary

Day 1: Fly London to Dubrovnik. Group transfer to hotel in Kotor.

On arrival at Dubrovnik airport there will be a single group transfer to your hotel in Kotor. This is timed to fit the group flight, please check with us for further information.

The drive to Kotor takes around 1½ hours in total but you reach the Croatia/Montenegro border after around 20 minutes. Continuing on, you reach Herceg Novi (about 50km from Dubrovnik) and enter the Boka Kotorska (Bay of Kotor) at the end of the 28km inlet. Kotor lays in one of the most majestic settings in the entire Adriatic at the foot of Mount Lovcen and is a UNESCO World Heritage Site.

On reaching your hotel you will have time to settle in before your guide will take you, in the early evening, on a short introductory walk in the Old Town where you will enjoy a welcome dinner.

Overnight: Hotel Porto In or Hotel Monte Cristo, Kotor (Meals: D)

Day 2: Walk to Sveti Ilija via Fortress Vrmac - 5-6 hours, 8km, approximately 700m/2,297ft of ascent/descent. Cruise in Boka Bay.

Mount Vrmac is situated like a barrier between the innermost part of the Bay (Bay of Kotor), and the outermost (Bay of Tivat). After a short transfer to the start of the hiking trail you begin your walk first ascending through a pine forest on a good path to the Fortress Vrmac. From here you follow the mountain ridge for around two hours with a little ascent and glorious views of both bays. Your next real ascent is towards the end of the ridge where you fork right to reach the highest point of Mount Vrmac, Sveti Ilija at 785m/2,575ft. You are rewarded with 360 degree views over both bays and all the surrounding mountains that rise up out of the sea creating a dramatic panorama. The descent down to sea level follows an old shepherd's trail quite steeply to a deserted yet pretty village of Donji Stoliv. There's an active well here, on a hot day you can pump up some of the cool refreshing water to douse yourself.

You may take another path down and either way you will arrive at the sea and then enjoy a boat cruise of Boka Bay. You will have a chance to visit the magical island which houses a church dating back to 1630 called Our Lady of the Rock. The island is manmade and probably at its base has hulls of ships from the Venetian fleet and those of the defeated Turks from the battle of Perast in 1654. On the edge of the Verige Strait you'll visit Perast, an old seafaring town which once housed enormous fleets of the Venetian Republic and the town's legendary maritime skills attracted the attentions of Peter the Great of Russia. In the 18th century many of his noblemen studied at the naval academy. Now Perast is a sleepy town with a delightful atmosphere and some beautiful examples of baroque architecture and its faded mansions giving the barest hint of its illustrious past. You'll then return to Kotor for a rest and a shower before your evening meal.

Overnight: Hotel Porto In or Hotel Monte Cristo, Kotor (Meals: B D)

Day 3: Walk from Kosmac Fortress to Ogradjenica Monastery, descend to Sveti Stefan - 4-5 hours, 13km, 150m/500ft of ascent and 560m/2,100ft of descent. Visit old town of Budva.

After breakfast you transfer to a coastal path high above the town of Budva around 45 minutes from Kotor. The road rises up above the town and you start your walk near the ridge from the fortress of Kosmac.

Along the fantastic path overlooking the coast, you walk from the fortress towards the monastery of Ogradjenica. This is fairly easy going walking on good paths, farmers' tracks and shepherds' trails that sometimes cut inland to gentle fields with scents of abundant wild herbs. You arrive at the small monastery of Rustovo where beside the old Orthodox Church there is a little Russian wooden church devoted to the holy Russian royal family Romanov. The nuns here use the wild herbs to produce essential oils and balsams. It's a nice spot for a picnic lunch. You then continue your downhill walk on a farmer's track with slow switch backs presenting panoramic view points at regular turns down to shoreline of Budva and the famous hotel-island of Sveti Stefan. Your final steps to the shore are taken on the stairs of Jegor Stroganov who built them for more than a decade by hand and stone by stone. His energies were well spent and as you descend you will appreciate his feat. Sveti Stefan, was once a village fortified in the 15th century to defend against the Turks. Tito had it

turned into a luxury hotel which in the 1960's hosted films stars and royalty until it fell into decline as the former Yugoslavia broke up. It is now thriving again as a recently refurbished luxury resort. Skipping the pricey cocktails you head to the old town of Budva to explore the walls which circle the entire core of the town, with narrow streets and attractive small squares, the perfect place to enjoy a relaxing and well-earned beer. Transfer back to Kotor.

Overnight: Hotel Porto In or Hotel Monte Cristo, Kotor (Meals: B D)

Day 4: Visit Mausoleum of Petar II Petrovic Njegos on Mount Lovcen. Tour the old capital, Cetinje. Train ride to Kolasin.

Today you explore the history and culture of Montenegro visiting some key sights and ending with an unforgettable train journey!

After breakfast you'll drive out of Kotor and up and up on a modern switchback road affording spectacular views of the entire gulf and it's worth a picture stop near Krstac. Your first stop is at the top of Mount Lovcen with its twin peaks. On top of one of the peaks, Jezerski (1657m), is the mausoleum of the revered Petar II Petrovic Njegos. This to Montenegrins is their equivalent of Mount Olympus. While this isn't strictly speaking a walking day you'll still need to climb 461 steps from the car park! Njegos was a Prince-Bishop, he lived from 1815-51, he was heralded as an intellectual, was a scholar, a philosopher and a poet, and apparently stood 6ft 8in tall, an imposing figure in every sense and for Montenegrins a divine hero. His epic poem 'The Mountain Wreath' is considered a masterpiece of Slavic literature and was later adopted as the national epic of Yugoslavia and indeed it was his influence on Montenegro and its neighbours that bore the first seeds of a common code of law and principles that would unite Slavic people.

You then visit the old capital of Cetinje, 670m/2,198ft. While much of Montenegro was under Ottoman rule Cetinje resisted. Several times brutal battles were fought with the Turks and each time they were ultimately repelled, and again for Montenegrins the city holds a particular attachment. It's a pretty mountain town set in a plain in the shadow of Lovcen with around 20,000 inhabitants. On a tour of the city you can enjoy a visit to the monastery dating back to the 15th century (Njegos was educated here) and seeing all the embassy buildings that still stand in faded grandeur, including the British Embassy completed in 1912 but abandoned in 1916 as for once the city capitulated and came under the occupation of Austro-Hungary. There are also the former Russian, Italian, and French embassies all with distinct architectural styles exported to this extraordinary small mountain city that held capital status for 500 years. With some free time there are plenty of pleasant streets to peruse and to grab some lunch in one of the many eateries.

Descending out of Cetinje you drive to Podgorica, the current capital city, and to the train station to catch your train to Kolasin. Within the circles of train lovers, this section of the train line that runs from Bar-Belgrade rates as one of the most impressive as the line runs high above canyons and crosses a 198m high bridge and through countless tunnels. After just over an hour you reach Kolasin.

Overnight: Four Points by Sheraton or Hotel Bianca, Kolasin (Meals: B D)

Day 5: Trek in the Biogradska National Park. Walk from Vranjak to Katun Goles - 3-4 hours, approximately 10km, 125m/410ft of ascent and 195m/640ft of descent.

After a good breakfast at your hotel, you transfer to the mountain pasture Vranjak in Biogradska National Park. It takes around an hour up a bumpy track to your starting point at one of the local refuges, 1,765m. Your walk begins along a dirt road soon heading into alpine meadows with a multitude of flowers and pleasant views in every direction. The scenery is enchanting. After approximately two hours you walk along a gentle ridge with spectacular views into the valley with Biogradska Lake below. This is a great spot for a snack and a rest to take in the views. You'll then descend down, through a pasture with forest either side for around 1½ hours to reach Katun Goles, an idyllic shepherd settlement in a bowl shaped valley with gorgeous views all around. A traditional lunch is served after which you can relax and enjoy the surrounds.

If you have gas left in the tank you can walk up to a saddle facing Katun Goles, 1,890m, for panoramic views around Biogradska and as far as the high peaks of Durmitor National Park in the distance. It's a sublime place and the simple accommodation only adds to the charm, and the feeling that this is a privilege and one of the highlights of your trip as you get into the tranquillity of Montenegrin mountain lifestyle.

Your hosts are a local family who in the summer set up home to graze their livestock in the rich pastures. These settlements are called a "Katun" and they provide a very warm welcome with simple accommodation in wooden cabins, and excellent hearty homemade traditional dishes.

Overnight: Katun Goles (Meals: BLD)

Day 6: Descend to Biogradska Lake - 2 hours, 500m/1,640ft of descent. Transfer to Zabljak via Tara Canyon viewpoint. Afternoon walk to Black Lake - 1½ hours.

Enjoy your traditional Montenegrin breakfast in the idyllic scenery of Katun Goles and get ready for hiking descent to the Biogradska Gora National Park, which features a glacier lake and an ancient forest. This is Montenegro's first national park established in 1952 and the forests here enjoy strict preservation control with no introduction of new species, no pruning, no planting and no removal of dead wood - you really will find it just as nature intended. Around 30% of the park is primeval forest and has been protected in practice since 1878 when it was given as the preserve of Prince Nikola Petrovic when Kolašin was liberated from Turkish rule. The park is only 54 sq km yet has incredible diversity of flora and fauna due to its untouched environment which is home to over 220 plant species, over 120 species of birds, 86 tree types and even 3 kinds of trout in its lakes! Also protected are Roe deer, red deer, grey and golden eagles and brown bears but you would be lucky to get anything more than a fleeting glimpse of those, thankfully perhaps in the case of the brown bears!

Leaving Katun Goles you first walk up the track before entering the forest for a steep descent of approximately 500m. You'll be walking around beech and silver fir trees and ducking under those that have fallen on the path. You may also recognise Sycamore, Maple and European Ash especially when you get down to the lake. Some of the trees are more than four hundred years old and more than 60m/200ft high, this after all is one of only three preserved virgin forests in Europe.

Upon arrival at the lake, there is the chance to learn more about the National Park in the small information centre after you have explored the educational trail around Biogradsko Lake. Then you head up with your bus to Tara Canyon, the deepest canyon in Europe and the second deepest gorge in the World after the Grand Canyon. After pausing for lunch near the stunning bridge crossing of the River Tara you will continue in the direction of Durmitor National Park which along with Tara Canyon is included in the UNESCO list of World Cultural and Natural Heritage. After checking into your hotel in Zabljak, in late afternoon you will have a relaxing walking tour around the famous Black Lake (Crno Jezero), your first taste of this beautiful national park.

Overnight: Ski Hotel or Hotel Zabljak or Hotel Zlatni Bor, Zabljak (Meals: B D)

Day 7: Transfer to Durmitor National Park. Walk from Momcilov Grad to Black Lake via Jablan Lake and Bosaca - 4-5 hours.

Today you head out of Zabljak after breakfast to embark on a beautiful walk to Black Lake in the Durmitor National Park. Having transferred from your hotel to Momcilov Grad your path takes you first to Jablan Lake - the highest in Durmitor at 1,791m/5,876ft. The lake takes its name from the Jablan plant that blooms in profusion during June, carpeting the trails and meadows with a rich covering of pretty yellow flowers. Next to the lake there is a small spring where you can top-up your water bottles with the refreshingly pure mountain water. From Jablan Lake you head towards the small settlement of Bosaca and, as you emerge from the woods below Razana Peak, you will enjoy wonderful panoramic views of Durmitor National Park resplendent with lush Alpine-like pastures, glacial lakes, pine forests and dramatic limestone mountains. In fact, there are over 50 peaks higher than 2,000m/6,500ft within the Park's boundaries. Reaching Bosaca there's time to rest awhile and enjoy the lovely scenery and charming architecture of the village. Walking on, your path takes you next to Zminje Lake and then on again to Black Lake passing abandoned old mills along the way. Stopping to appreciate the natural beauty of Black Lake - encircled by pine trees and overshadowed by Medjed mountain - you continue on, completing the walk back to your hotel in Zabljak.

Overnight: Ski Hotel or Hotel Zabljak or Hotel Zlatni Bor, Zabljak (Meals: B D)

Day 8: Drive and walk to Curevac summit, 1,626m/5,335ft, to view Tara Canyon. Afternoon transfer to Herceg Novi.

After breakfast this morning we will make the journey to visit the summit of Curevac which is arguably the best viewpoint to fully appreciate the beauty and scale of the Tara Canyon. It's a short but scenic drive through the forest from Zabljak followed by a 30 minute hike to the summit of Curevac, 1,626m/5,335ft.

It may also be possible to arrange some optional rafting on the Tara River. Speak to your guide about this if you are interested.

Returning to Zabljak you will then transfer back to the coast for your last night. It takes around 2½ - 3 hours to get to Herceg Novi at the entrance to the Bay of Kotor. Mount Orjen sits above the town that has had a fortress since 1382 and has been fought over ever since. The old town is attractive and interesting, the perfect place for your last meal together and if you are missing your mountain walks you will compensated by cobblestone streets and plenty of steps! You might even have time for swim in the sea before you head out for dinner.

Overnight: Hotel Palmon Bay and Spa or Similar, Herceg Novi (Meals: B D)

Day 9: Group transfer to Dubrovnik Airport. Fly to London.

After breakfast there will be a group transfer to Dubrovnik Airport in time for your flight to London. **(Meals: B)**

Our grading system

Montenegro Lakes and Mountains is graded as a Moderate walking holiday, as described below.

Moderate
Holidays in this grade typically involve 5 to 10 days of walking or trekking. They will often venture into more remote country and can cross mountain passes. Altitudes though are still relatively low, going no higher than around 4,300m/14,000ft. Accommodation can include simple hotels, tea houses, lodges and camping.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ 8 nights' accommodation, (7 nights in 4* hotels and 1 night in a shepherd's cabin in the mountains)
- ✓ 8 Breakfasts, 1 Lunch, 8 Dinners
- ✓ Economy class return air fares from the UK (flight inclusive option)
- ✓ A single, timed group transfer to/from Dubrovnik airport.
- ✓ All road transport and the train journey as described in the itinerary
- ✓ A qualified local trekking guide throughout
- ✓ All excursions and applicable entry fees as described in the itinerary
- ✓ A free Mountain Kingdoms Water-to-Go bottle
- ✓ Carbon offsetting with the Ecoan Tree Planting Project, Peru (for clients taking our flight inclusive option)

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- × Travel insurance
- × Lunches (except for lunch at Katun Goles on day 5)
- × Items of a personal nature
- × Optional rafting on the Tara River (day 8)
- × Tips

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased from us at a discounted rate.

For further information about our campaign visit For further information about our campaign visit https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign.

Your accommodation

We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.

Hotel Porto In or Hotel Monte Cristo, Kotor

The 4* Porto In is situated in a peaceful area just two minutes from the old town of Kotor and 200 metres from the beach. Rooms feature balconies with town or mountain views and offer free Wi-Fi and mini-fridges.

Alternatively we may use the 4* Hotel Monte Cristo, originally a 3th century Bishop's home in the heart of the old town. Beautifully renovated, the hotel has stylish decor and furnishings and a lovely terrace where you can enjoy breakfast or an evening drink. Comfortable rooms have free Wi-Fi.

Four Points by Sheraton or Hotel Bianca, Kolasin

Four Points by Sheraton is a stylish, modern 4* hotel located just off the main square in Kolasin and offering great views of the surrounding mountains. Rooms are well-equipped with a balcony or patio and views across either the lake, garden or mountains. There's a bar, restaurant and small spa with a turkish bath, sauna and whirlpool tub.

Our other choice of hotel in Kolasin is the Hotel Bianca. It combines excellent, modern facilities with chalet-style ambiance and design. The Bianca has a spa and fitness club whilst rooms come complete with free Wi-Fi, safe boxes, mini bars and mountain views.

Katun Goles

Katun Goles, is an idyllic shepherd settlement in a bowl shaped valley with gorgeous views all around. They provide simple accommodation in several cosy cabins (pictured), with all bedding provided. They have outdoor shared toilets and showers. Your hosts are a local family who in the summer set up home to graze their livestock in the rich pastures. These settlements are called a “Katun” and they provide a very warm welcome and excellent hearty home made traditional dishes.

Ski Hotel Or Hotel Zabljak or Hotel Zlatni Bor, Zabljak

In Zabljak we use the Ski Hotel which is a modern 3* chalet style hotel. Recently built it has good amenities including a small wellness centre and swimming pool. The rooms are decent sized, simple and comfortable, and the staff very friendly. It is situated around 5 minutes’ walk to the town centre where there is a big supermarket and some bars and restaurants. We may also use the well-located hotels Zabljak or Zlatni Bor both of which offer a good level of comfort and facilities.

Hotel Palmon Bay and Spa or Similar, Herceg Novi

This 4* hotel is a new property in Igalo, a 30 minute walk along the coast from Herceg Novi. The hotel has its own beach and a beautiful view of the bay from its rooftop restaurant. It has a high level of comfort with airy rooms that have a contemporary vibe and feature flat-screen TVs, free Wi-Fi and mini fridges, and offer views of the sea or mountains. The hotel has a large pool, beach bar, restaurant and spa facility.

Meal arrangements

8 Breakfasts, 1 Lunch, 8 Dinners.

On days 2, 3 and 7 we suggest taking a picnic lunch. Your hotel can arrange a packed lunch for you for around 10 Euros per person or you have the choice to make your own. (There are good supermarkets in Kotor and Zabljak).

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

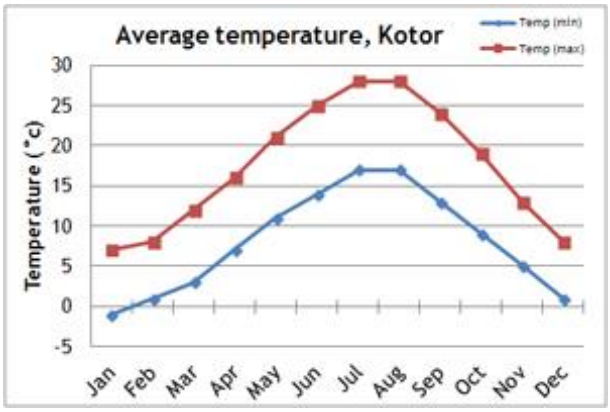
Further information

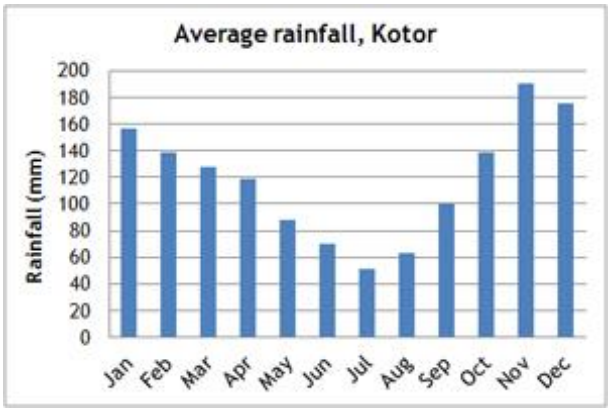
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

The nature of adventure travel

Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Climate information





Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at www.mountainkingdoms.com.

There are many ways you can extend your holiday with Mountain Kingdoms: you could book extra hotel nights at the start or end of your trip in Dubrovnik, arrange a personal sightseeing tour or enjoy some other exciting activities. In fact, whatever's available we can help make it happen. We're happy to suggest ideas, provide quotes and make all the arrangements.

We can also assist with flight and hotel upgrades.

Why book this holiday with Mountain Kingdoms?

- The itinerary has been planned to optimise your time, enjoy some varied, scenic walks and show you the best of Montenegro.
- We use good quality hotels with first rate facilities and locations, together with a night in a traditional shepherd's cabin in the mountains of Katun Goles so that you can experience both comfort and character.
- We believe we offer the most enjoyable walk in Durmitor National Park which gives you magnificent views without the slog of attempting to summit Bobotov Kuk.
- We include the train ride to Kolasin travelling along one of the most spectacular sections of railway in Europe.
- Our time at the coast is well balanced with spectacular walks high above some of the historical towns which we also visit and explore.
- We've made provision for two different viewpoints of the astounding Tara Gorge on two separate days.
- Rather than returning to Kotor at the end of your trip, we take you to Herceg Novi which has a different feel, its own unique history and geography, and makes for an easier departure back to Dubrovnik.
- Your local English-speaking guides have excellent knowledge and experience of the varied treks you will undertake in Montenegro.
- We have a wealth of travel experience at Mountain Kingdoms. If you have any questions about this holiday, contact Linda on 01543 844400 who has completed this trip and would be very happy to help.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- We are an IATA accredited agent and work directly with some of the world's major airlines. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say

All the walks were well paced and took us to beautiful spots in the Montenegro. Food, hotels and transport were well organised and fantastic.
-Mr J B, Dorset

Montenegro deserves to be discovered by some more MK travellers it's such a lovely place!! And the beer's good!
- Mr & Mrs H, Northampton

This was our first trekking holiday and we were very impressed by the organisation of the whole trip. Also, we were delighted with our amazing guide Milan. We enjoyed the whole experience from start to finish with the excellent organisation - from transport, to guides, to meals, to experiences, and the views were amazing.
-Mr & Mrs D, Herefordshire

Mountain Kingdoms staff was excellent for knowledge. Our guide on this trip was very competent too. What we enjoyed was the pre-planned, guided routes in out of the way places. Enjoyable to do with a group of like-minded people. Good support and backup.
-Mr & Mrs N, Greater Manchester

I can't stop talking about my first hiking trip with a wonderful group of people! Everyone was very helpful before and during the trip. Thanks.
- Mrs P, UK

Smooth logistics, comfortable hotels, excellent guide.
- Mrs H, Northumberland

Mountain Kingdoms – distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday – it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to a hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.

RESPONSIBLE TOURISM STATEMENT
CLIMATE EMERGENCY PLAN

TOURISM DECLARES CLIMATE EMERGENCY

For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit www.tourismdeclares.com

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

Carbon Offsetting

Already doing:

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the **Ecoan tree planting project** in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

Will do:

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

Reducing Carbon Emissions

Already doing:

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

Will do:

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.