



## Hiking on the shepherd's trails and white water rafting in Durmitor National Park

11.09.2016 - 18.09.2016

### USEFUL INFORMATION & ADVICE

**Transport:** A minibus and driver are available to us for all activities included in the itinerary, from when you arrive at Podgorica airport in Montenegro until your departure if you take the recommended flights. That gives us huge flexibility.

Please make sure that you take all your belongings with you when you leave the bus or any other vehicle.

If you want to organise your own day, using a taxi is an option as they are not very expensive, starting from £2 in the towns and cities. Drivers should use a meter (please remind them to switch it on if they don't straight away).

**Food and restaurants:** Trying the local food is a part of the experience! To save time, dinners in restaurants will be booked and occasionally food will be pre-ordered. Our groups number between 10 and 18 people, so expect to sit in the restaurant for a couple of hours if you are coming for a meal. You are not by any means obliged to join us, but please let the organiser know if you are not coming so we can plan accordingly.

Alternatively, you can buy food from local markets (which are well stocked), from the food markets in Podgorica, Kolasin, Zhabljak and from local producers in villages we pass by. Fresh produce markets are a good place to buy organic fruit and vegetables and there are bakeries where you can buy bread or the local specialty *bourek*, a pastry with cheese or meat.

If you choose to spend a day away from the group, you can meet us for a



restaurant meal in the evening. Again, please let the organiser know your plans.

Beer (lager only) costs around £2, and a main dish can be £3-£8. A coffee is about £1.50. The regions we are visiting are famous for producing wine. In restaurants, wine can cost from £11 a bottle, or from £4 for a glass. Fresh fruit costs £2-£3 per kilogram (£1-£1.50 per lb) at markets.

During full-day hikes, when there is no alternative venue for lunch in the mountains, a simple packed lunch will be provided at the starting point.

If you are vegetarian or have any food intolerances, please let us know in advance. It is better to bring special foods such as gluten-free bread with you, as these products are not very common in rural Montenegro. If you don't eat bread, please bring a container to carry your food on hikes.

**Health:** We don't provide health or travel insurance. Please arrange your health and travel insurance before taking this trip and send us the policy details in advance. If you don't, you will not be allowed to undertake hikes.

To take part in the hikes, you'll need hiking boots that support your ankles and a waterproof jacket. Please do not assume that other kinds of shoes will do - bring proper boots.

Items such as painkillers, plasters and anti-histamines are sold by chemists, and you are expected to buy your own. Medicines may have different names from those in the UK or might not be available without a prescription (even if you can buy them over the counter at home), so if you are taking medication please bring it with you. Please inform the organiser or guide of any health issues such as allergies.

**Toilets:** During the hikes, toilets are few and far between, so you may need to go into the bushes. It is best to be prepared, so bring paper/wet wipes and hand disinfectant. You would normally be expected to buy at least a coffee if you go to a restaurant to use their facilities.



**Weather:** We are almost guaranteed sunshine in mid-September. The temperature in the cities will be around 17–27°C (63–81°F), but it will be cooler in the mountains, so do bring a fleece and a waterproof jacket as well as a sun hat. Aside from your hiking boots, please bring comfortable shoes, as we'll be walking around doing sightseeing and visiting restaurants.

**Crime:** The region is normally very safe, but we advise against having your passport with you when you go around town. We suggest that you scan a copy of your passport and email it to yourself in case you lose it. Do not display large amounts of banknotes, especially when going to the local markets, as there may be pickpockets.

**Money:** The official currency is the euro. You can exchange pounds sterling at the local banks or at authorised exchanges. There are cash machines in all cities, but not in small villages or in the mountains. Please plan cash withdrawals at Podgorica, Kolasin and Zhabljak.

You may want to inform your bank that you are travelling to the region, so that they don't stop your card thinking that fraudsters might have got hold of it.

**Visas:** UK and other EU citizens do not need visas for Montenegro. If you hold a different passport, please check with the Montenegrin embassy in London.

**Activities:** You will be accompanied by our local mountain guide on ALL the hikes. If for any reason you don't want to hike, our guide can help you plan your day in towns or villages that are reachable from our overnight stops, and you can do sightseeing with a guide or on your own. The hikes we'll do are of a medium level of difficulty, the most demanding one being 20km (12 miles), with ascent/descent up to 1000 m (3,300 ft), while the highest peak we will attempt to reach is Bobotov kuk on Mount Durmitor, at 2,523 m (8,277 ft). White water rafting is planned for Day 5 only. We will provide wetsuits, and there will be stops for swimming, seeing waterfalls etc. Previous rafting experience is not necessary to participate in this activity