

WILD FRONTIERS



Montenegro: Wild & Active(Recce Tour) Montenegro

Montenegro has recently emerged from the shadow of its turbulent past to become one of Central Europe's most beguiling destinations. Sandwiched between craggy granite peaks and the blue waters of the Adriatic, its rich cultural pedigree and wild beauty makes it an ideal destination for an active adventure. Its beautiful national parks are perfect for exploring on foot and by bike, whilst the UNESCO World Heritage landscapes of the Tara River Valley and the Bay of Kotor offer a breath-taking backdrop to exhilarating rafting and kayaking adventures. Add to this the caves of Lipska Pecinja and the captivating charms of Budva, Cetinje and Herceg Novi and you have the recipe for a breathless journey across one of Europe's most exciting new countries.

'I have travelled a lot with several different tour companies and would not hesitate recommending Wild Frontiers to those who want a very special adventure.' *Jayne Hanlin*

Highlights:

- Explore the Lipska Pecinja Caves
- Hike amongst the forests of Biogradska Gora National Park and the Ljevala Valley
- Raft on the River Tara.
- Cycle through the Lovcen National Park and along the Bay of Kotor.
- Enjoy the beautiful landscapes of the Bay of Kotor by kayak.
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Duration: 9 Days

Average group size: 5 - 10

Start: Sat 01 Sep 12

Finish: Sun 09 Sep 12



Why Wild Frontiers?

As a young, innovative company, Wild Frontiers is delighted to have been voted one of the 'Top 10 Tour Operators' by the readers of both Wanderlust and National Geographic Adventure. We are frequently asked what makes us different from other tour operators, and feel that the factors below answer this important question.

The Traveller's Ethos: WF is a company that has been set up by travellers for travellers, and our ethos is to help adventurous souls get to incredible and inaccessible places in safety and as much comfort as local conditions allow. We are firm believers that travelling is all about the experience and it's the details that make the trip - we specialise in drawing on our own extensive local knowledge and array of contacts to give our clients the very best experience possible.

Personal Service: Our London office is manned by experienced expedition leaders and every trip we run stems from their extensive knowledge - in short, we run the kind of trips that as passionate travellers, we like to do ourselves! When you ring our office, you can be guaranteed to chat to someone that knows the trips and the terrain, and is able to offer sound and practical advice.

Authentic Experiences: Our unique, original itineraries allow our clients to take journeys that venture beneath the surface of the region. Unlike the plethora of 'world specialists' out there who purport to know a hundred destinations, we concentrate on the locations we know and love. We don't run the same tour over and over, thus running the risk of creating a 'tourist circuit' and spoiling untouched regions. Instead, we rarely run any tour more than a couple of times a year and they are on routes we have discovered for ourselves, meaning we are able to give a truly authentic, off-the-beaten-track experience.

Be the First: Our style of travel is all about exploration, and nothing excites us more than opening up new routes to genuine travellers. We keep abreast of new destinations and are often the first to return to places that have vanished from the tourist map. We were the first back into Pakistan after 9/11, the first to return to Kashmir after a decade of tourist isolation, and the first to run a commercial travel trip to Afghanistan for almost 30 years. Since then we have helped bring Colombia, Yemen and Georgia back into the tourist fold, specialising in groundbreaking reconnaissance trips and imaginative expeditions.

Small Group Size: We believe it is imperative to keep the group sizes small. Most trips are limited to a maximum of approximately 12 travellers, thus giving you more access to fragile cultures, better opportunities to interact with local people, and the knowledge you are making less of an impact while there.

Cost of Tours: We believe in an honest, upfront pricing system so you know exactly what the tour will cost before you book. We avoid local payments, 'optional extras' or forcing our clients to split every meal bill. Our tours are provided on a predominantly full board basis, with mineral water, government permits, entrance fees and transport all included.

Added Value: We aim to give our clients the very best (not the least expensive) experience through whatever facilities are available to us. We always try to provide accommodation that is interesting, characterful and convenient, and transport - another important part of any tour - that is as varied and comfortable as possible.

Our clients: Your companions can make or break a trip, and it's lucky therefore that our clients are our greatest asset. Travelling to remote regions is not for everyone, and as such we tend to attract open-minded travellers looking for genuine experiences, and a desire to reach those hard to get to places.

Responsible Travel: Awarded 5 star status by AITO (Association of Independent Tour operators), responsible tourism has always been an integral part of our company ethos and our adventures are designed with the local people, culture and eco-system in mind. For further details please refer to the RT section on this dossier.



Day 1: Dubrovnik (Croatia) - Budva (Dubrovnik): The tour starts in Dubrovnik* (Croatia) today from where we transfer directly to the lively town of Budva. Lying along Montenegro's glittering Budva Riviera, the town is one of the oldest settlements on the Adriatic coast and on arrival we will take a stroll through its historic heart. Nestling between azure waters and lush, verdant hills, Budva is Montenegro's self-styled tourist capital; its golden beaches, lively nightlife and historic centre making it the country's most popular tourist destination. We will be staying in one of Budva's most historic hotels, located close to the old city walls and within easy reach of the town's lovely Venetian architecture.

*We can obviously also accommodate anyone wishing to join the tour directly in Budva.

Hotel (D)

Day 2: Budva - Virparzar: To the north-east of Budva, surrounded by a ring of limestone mountains, lies the old royal capital of Cetinje. Of immense importance historically, Cetinje's rich heritage dates back to the 15th century, when it lay at the centre of both the cultural and religious development of a fledging Montenegro and its Eastern Orthodox religion. We'll take a short stroll through the town this morning, before moving on to explore the fascinating caverns of Lipska Pecinja, one of the largest cave systems anywhere in the Balkans. Donning helmets and

headlamps we will enter a world of surreal limestone sculptures on a two-hour tour of the caves, before continuing on to the town of Rijka for lunch. This afternoon then sees us taking to the waters of Lake Skadar, to journey on to our overnight stop in the small settlement of Virparzar, on the shores of the lake.

Hotel (B,L,D)

Day 3: Virparzar - Mojkovac - Biogradska Gora N.P: An early start sees us taking a ride on one of the most spectacular train journeys in Europe, crossing the highest railway bridge on the continent to take in the breath-taking views down into the Moraca Gorge. Arriving in the town of Mojkovac, we then enter Montenegro's central mountainous region, sandwiched between the Tara and Lim Rivers. Here we find the unspoilt landscapes of the Biogradska Gora National Park, an area of ancient forests, high mountains and glacial lakes that cover some 54 square kilometres. Home to a rich diversity of flora and fauna, the park provides us with a glorious venue for today's hike, as we follow a trail up to the beautiful alpine meadow where we will spend the night. This evening we will be staying in simple, rustic wooden cabins with shared facilities.

Wooden cabins (B,L,D)

Day 4: Hiking in the Ljevala Valley: A four-hour hike today takes us through the beautiful landscapes of the Ljevala Valley. Following a series of shepherds' trails we will negotiate our way down a 600 metre descent. At the end of the hike we will then transfer to the mountain town of Kolasin, where there is an option to spend the afternoon trying out skills at a nearby natural climbing wall. A wonderfully scenic spot, Kolasin is also an ideal location for those looking for some natural diversions. The town is home to Slovenian biologist, Danijel Vincek, who has spent the last 30 years investing his energies into creating a unique botanical garden, filled with hundreds of varieties of plant species, including healing herbs, forest fruits and rare and endangered species.

Hotel (B,L,D)

Day 5: Rafting on the River Tara. Departing after breakfast we drive on to the spectacular Durmitor National Park. Fed by the waters of the Tara River, the park is a breath-taking collection of

turquoise lakes and verdant pine forests that occupy one of the deepest canyons in Europe. We will spend the morning on the Tara River, enjoying the exhilarating excitement of rafting through this stunning UNESCO World Heritage Site en route to lunch. After a chance to shower and relax, we will then transfer to our overnight accommodation in the small town of Zabljak.

Hotel (B,L,D)

Day 6: Cycling through Lovcen N. P: This morning we take a walk around the shores of Crno Jezero (Black Lake), before transferring by road to Lovcen National Park in the south-west of the country. Dominated by the rocky slopes of Mount Lovcen, the park is home to a rich diversity of flora, as well as the mausoleum of Petar II Petović-Njegoš, a revered 19th century poet and leader, who transformed Montenegro from a theocracy into a secular state. The largest and most important monument in the park, the mausoleum is located at the summit of Jezerski vrh (1657m) and from its lofty heights it offers some fantastic views out across the Gulf of Kotor. This afternoon we will take a scenic bike ride down to the old Dalmatian town of Kotor, a 1600 metre descent that provides us with some spectacular views of the Bay of Kotor and the surrounding landscapes.

Hotel (B,L,D)

Day 7: Cycling along the Adriatic coast: Continuing our journey by bicycle today, we explore more of the gorgeous coastline that runs along Montenegro's Adriatic coast. Sometimes referred to as Europe's southernmost fjord, the Bay of Kotor is in fact a submerged river canyon and is one of Montenegro's most stunning natural attractions. Meandering our way past fishing villages and roman ruins, we have ample opportunities to take in the breath-taking beauty, and even enjoy a welcome dip in the azure waters of the bay, before we arrive at the coastal town of Herceg Novi later this afternoon. Lying at the mouth of Kotor Bay, at the foot of Mount Orjen, Herceg Novi is one of the most picturesque towns on the coast, providing us with an ideal base from which to carry on exploring this idyllic region.

Hotel (B,L,D)

Day 8: Relaxing in the Bay of Kotor: Our final day has been set aside to enjoy the

bay that surrounds Herceg Novi. Taking on kayaks, we will explore the charming fishing village of Rose and the old WWII submarine tunnels on the Lustica peninsula. We will also take a trip out to Dobrec Beach, one of only two EU blue flag beaches in the area. Accessible only by boat, the beach provides an ideal setting for a barbecue lunch of fresh fish, before we return to Kotor for our final evening.

Hotel (B,L,D)

Day 9: Tour ends in Dubrovnik: The tour finishes after breakfast with included transfers back to Dubrovnik for those requiring them.

(B)

Wild Extensions:

Arrive early to adjust to a new time zone or just to get a feel for the country before your tour starts. Explore the country after your tour on a bespoke Wild Extension or just allow a few days to relax afterwards. Maybe choose all of the above and get cheaper flights mid-week?

Contact the office for extension specifics.

TOUR DETAILS

Tour Code: MAA/A

Tour price: All our tours are priced on a LAND ONLY basis, giving you maximum flexibility when deciding how to get to and from your tour.

Single Supplements: These are NOT compulsory for any Wild Frontiers tour. Where single supplements are available please note that a single room cannot always be guaranteed for every night of the tour as depending on the destination, rooms may be limited. On this tour we are happy to offer an optional single supplement that will cover you for all night except on Day 3.

Flights: If you would like us to send you a quote for the suggested tour flight (see GETTING THERE) or on any alternative flight that may suit you better, please let us know.

In all cases, for the latest prices, please refer to our website or contact the office.

Please remember that all Wild Frontiers tour prices mean NO hidden extras, NO local payments or kitty and NO compulsory single supplements.

WHAT IS INCLUDED?

- Full services of a Wild Frontiers Tour Leader with local guides and drivers.
- Meal plan as detailed in the itinerary (B=Breakfast, L=Lunch, D=Dinner) with mineral water as required.
- All transport as outlined in the itinerary.
- All accommodation
- All entrance fees, as per itinerary.

WHAT IS NOT INCLUDED?

- Visas
- Local airport taxes
- Tips
- Beverages & any costs of a personal nature.
- International Flights
- Airport transfers (unless booking suggested flights through WF office)

GETTING THERE

For this trip our suggested flights (subject to change) are:

01SEP BA2882 LGW-DBV 09:10/12:55
09SEP BA2883 DBV-LGW 14:25/16:10

NB If you wish to arrange your own flights you are completely free to do so however it should be noted that if you are planning on using alternative flights and this making your own way to/from Budva/Kotor from/to Dubrovnik at the beginning/end of the tour then taxi costs are in the range of approximately £80 - £130 each way.

Please note that if you are making your own flight arrangements, we recommend that you only purchase flights that are totally flexible and refundable as due to the nature of adventure travel, itineraries can change at any time. For more information, please refer to our booking conditions.

PRACTICALITIES

Accommodation will be a combination of smart and atmospheric places to some more simple cabin-style accommodation.

Any accommodation mentioned in the itinerary is subject to availability and if not available substitutes will be of a similar quality.

Transport on the tour will be in a combination of minibuses, trains, bikes, rafts, boats, kayaks and on foot!

Trip Grading:

Adventure Rating ❖❖❖❖❖

Comfort Grade ❖❖❖❖❖

Fitness Level ❖❖❖❖❖

Cultural Interest ❖❖❖❖❖

Please note that this grading is an indication only and should you have any concerns please contact the office.

New Tours: Never complacent, Wild Frontiers is continually on the look-out for new tour ideas. Each year we aim to put on a selection of new tours in order to continually provide our clients with a fresh and varied choice of some of the best journeys on the planet. Although a lot of fun, these tours will often involve a greater element of unpredictability than our better established tours, so please come prepared.

Fitness...

Anyone in a good general state of fitness will enjoy this trip. While all the activities of the trip are open to non-specialists you should have enjoy walking & biking and be able to swim.

It may sound obvious but...

Wild Frontiers tours are not always for everyone and it is important to us that the tour you choose is the most suitable. Please therefore take time to read the dossier carefully. All our tours are graded to give an overall picture of the trip but these are only guidelines and you should check the daily itinerary. Should you have any concerns about your ability to partake in any aspect of the tour then please contact the office.

Insurance: Insurance that provides cover for emergency repatriation in case of a medical emergency is compulsory for all tours. You should be aware that many

standard insurance policies may not cover you adequately for all aspects of a Wild Frontiers trip and so we strongly recommend that you purchase a suitably designed insurance policy. One such policy is the "Wild Frontiers" policy underwritten by Travel & General Insurance Company plc, which is available to UK and Republic of Ireland residents through our website or via the insurance company direct on 0845 408 0583. Under this policy there are two different levels of cover available and for this trip the minimum requirement would be the Standard policy

Cover explained:

Standard policy: a comprehensive travel insurance policy that provides cover for all Wild Frontiers activities, including trekking up to 6,000m. This policy does not provide cover for travel to areas where the FCO is advising against all or all but essential travel.

Elite policy: provides the same comprehensive level of cover as the standard policy. In addition the Elite policy also provides cover for travel to areas where the FCO is advising against all or all but essential travel. The policy will not provide cover for any claims arising from or relating to the reasons why the FCO is advising against travel.

If purchasing the Elite policy you also have the option to **extend the cover** provided by the policy to include cover for claims arising from a terrorist act in an area where the FCO is advising against travel. You can add this cover to your policy when purchasing online or over the telephone.

These policies are only available to those travelling on a Wild Frontiers holiday.

For more information and to purchase your policy online please visit the Insurance section of our website.

The cover is underwritten by the International Insurance Company of Hannover Limited (IICH), who are authorised and regulated by the Financial Services Authority (FSA). Wild Frontiers Limited is an Introducer Appointed Representative of Travel & General Insurance Company plc, details of which

can be found at the FSA's website www.fsa.gov.uk.

If you do decide to purchase alternative insurance, then you must ensure that it covers you for every aspect of this trip. Please pay particular attention to ensuring that you are covered for all the activities mentioned in the itinerary.

Visas: Visas are necessary for many of the destinations we travel to and while we aim to provide you with the most up-to-date information, requirements frequently change and as such we advise that you check with the relevant embassies or contact our recommended visa agency, Travcour (020 7223 5295) www.travcour.com for the latest advice. For this tour, UK passport holders currently require a visa for Turkey available on entry.

Non-UK passport holders should contact the relevant embassies for individual requirements.

Further details will be sent out to you on booking, however ensuring that correct and valid visas are obtained remains the sole responsibility of the client.

Responsible Travel: Responsible travel and sustainable tourism are fundamental ideas that Wild Frontiers has been committed to since our birth. It is our strong belief that these words should not be simply 'tagged on' to dossiers and websites but should be at the very core of each trip, and our adventures are therefore designed with the local people, culture and eco-system in mind. We believe that a successful trip not only delivers a unique and unsurpassable journey for our clients, but that it also benefits the peoples whose lands we are privileged to visit.

The Wild Frontiers Foundation: In order to facilitate an enduring support structure for the communities we visit, and to show a commitment to these values, Wild Frontiers has set up a charitable foundation through which we can channel funds to both existing NGOs and our own development projects. In addition to organising ethically sensitive tours, having our own charitable foundation allows us to raise money - through the cost of our tours, charity trips and fund raising events - which can

then be used to fund various projects in education, sanitation, reforestation and a number of other important issues facing developing communities. Wherever possible we are happy for our clients to visit these projects to see for themselves where and how this money is being spent. For a comprehensive list of all partner NGOs please visit our website. Should you wish to donate to the foundation please contact the office for details.

The Environment: Trying to do our bit for the environment, in 2005 we were among the first UK-based travel companies to automatically offset every client's international flight (if booked with us) with a payment to Carbon Clear to help promote sustainable energy.

Foreign & Commonwealth Office (FCO): The FCO travel advice highlights potential hazards people might experience when travelling abroad. Given the nature of destinations offered by Wild Frontiers it is inevitable that from time to time some itineraries contravene this advice. Whilst WF takes the safety and security of its clients extremely seriously, we will not necessarily cancel a trip because of the FCO advice. It is recommended therefore that clients check this advice before booking and contact us if they have any queries or concerns. Please see our website for further information.

Climate: Early September it is pleasantly warm to hot (around 25 to 30°C) during the day and cool to cold (around 15°C) at night. Altitudes during the walk vary from about 500m to 1800m. It can be cold at night.

Further information:
When you make a confirmed booking with Wild Frontiers we will send you our confirmation pack with complete pre-departure information giving you details on visas, health and vaccinations, packing lists, suggested reading on the region, insurance, photography and other useful tips to make your trip more enjoyable.

MONTENEGRO - THE FACTS

Montenegro - An Introduction: A country that has only recently begun to emerge from the shadow of a turbulent past,

Montenegro is blessed with a staggeringly rich abundance of natural and cultural attractions. One of Europe's newest countries, with a history that dates back to the Byzantine Empire of the 9th century, Montenegro can boast an incredible diversity of highlights for its size. Byron once wrote; "When Pearls of Nature were sown, it was with a full hand that they were cast on this soil", and Montenegro is indeed a country with a lot to offer the visitor. Covering an area of just under 14,000 square kilometres it enjoys some of the most picturesque coastline anywhere in the Adriatic, whilst the mountains of its northern regions include the stunning landscapes of Durmitor National Park and the Tara River Canyon, the deepest in Europe. In recent years the country has regularly featured in the listings of the world's top tourist destinations, its stunning beaches and well-preserved historic towns providing it with an enviable mix of culture and beauty. Home to two UNESCO World Heritage Sites, captivating old towns like Budva and Cetinje and a landscape that includes the stunning Kotor Bay and the ancient forests of Biogradska Gora National Park, Montenegro provides a spectacular destination for both active adventures and cultural breaks.



Rafting the River Tara: The Tara River carves its way through the deepest river canyon in Europe. Part of the Tara National Park, the river flows across 82 kilometres of some of the most impressive landscapes in Montenegro, where the canyon walls in some parts tower 1,300 metres above the Tara's meandering course. The sheer volume of water channelling down from the mountains of the Durmitor National Park also makes this one of the most exciting rafting rivers in Europe. All equipment is provided and all rafting excursions are

accompanied by professionally qualified and experienced guides.



Cycle in Lovćen National Park:

Encompassing the highest section of the Lovćen Mountain massif, this stunning national park straddles the landscapes of south-western Montenegro, overlooking the breath-taking landscapes of Kotor Bay and the Adriatic. Dominated by the twin peaks of Mount Lovćen and the mausoleum of Petar II Petrović-Njegoš, the park is rich in both natural and cultural attractions. Created to protect the area's heritage as much as its flora and fauna, Lovćen National Park is sprinkled with old villages and traditional wooden cottages, providing a wonderfully picturesque setting for a scenic bike ride. The meandering serpentine road that leads from Kotor Bay to the old village of Njeguši snakes its way down some 1,600 metres from mountain to coast, offering great views of the coast, the bay and Skadar Lake, the largest on the Balkan Peninsula.



Explore Cetinje: One of Montenegro's most historic towns, Cetinje is the country's old royal capital. Surrounded by a ring of limestone mountains, the town can date its heritage back to the 15th century, when it became the centre of Montenegro's religious and cultural development. Its position at the heart of the country's Orthodox traditions has instilled it with a rich sense of history and today Cetinje is home to several museums

and a number of beautiful old buildings, including the 18th century Cetinje Monastery. The most famous Serbian Orthodox monastery in Montenegro, the monastery in Cetinje is believed to hold a number of significant religious relics, including the remains of St Peter of Cetinje and the right hand of John the Baptist. Other notable attractions include the 15th century Vlaška Church, the National Museum of Montenegro and the Royal Montenegrin National Theatre, 'Zetski Dom'. Cetinje also boasts some of the oldest libraries in the country.

How to book:

In order to confirm your booking we need to have a completed signed booking form for each client together with a £400 deposit per person. You can either return your booking form to us by post or by booking online at www.wildfrontiers.co.uk

You can contact the office by email to info@wildfrontiers.co.uk or we are very happy to take your call on **020 7736 3968**.

Wild Frontiers is a fully licensed and bonded tour operator and our ATOL number is 5975. You can book your holiday with Wild Frontiers in complete confidence that all monies you pay to us for your tour are fully protected.

We are also bonded with the Association of Independent Tour Operators (AITO). AITO members comply with the highest standards of consumer protection. Every AITO holiday is backed not only by AITO's Quality Charter but also by full financial protection.

We do recommend that you take out adequate travel insurance at the time of booking in the event that you are no longer able to travel as all deposits are non-refundable - full booking conditions can be found on the booking form and online at our website.