

# Cycling Safaris

## MONTENEGRO 2018

### Guided Tour

Guide cycling with group | 270 km/168 mi | 7 nights / 8 days



The best way to explore Montenegro is by bike. On this tour, we discover some particularly picturesque towns as well as the fantastic coast of Montenegro with our travel guides and a support vehicle. Departure point of this journey is Cavtat. The small town with its lovely coastline, ranks among the most popular travel destinations in the area of Dubrovnik and delights its visitors with its Renaissance architecture.

Montenegro, one of the youngest states in the world, is our main destination. Together with our guides we discover the bay of Kotor whose steep limestone cliffs make it one of the most impressive landscapes in the entire Adriatic. Also visited are the coastal cities of Kotor and Budva as well as Montenegro's former capital Cetinje.

## TOUR ITINERARY

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### 1st Day (Sun) Cavtat (Arrival)

Individual arrival to Cavtat and check-in in the first hotel. Afterwards we have the opportunity to stroll around the laid back little city or visit the nearby Dubrovnik (taxi: distance approx. 30min.). Here we also have the possibility to join a guided tour through the city in the evening, before we return to the hotel in Cavtat.

### 2nd Day (Mon) Cavtat - Herceg Novi (Cycle route approx. 28 mi. / 45km w/ 800m elevation)

From Cavtat we cycle through the region of Konvale to the border of Montenegro. Our way presents us with plenty of spectacular views above the deep azure sea and the fertile vegetation. After passing the border the terrace-like bay of Kotor opens up. Along the coastal road we continue biking to Herceg Novi, which lies in the entrance to Kotor Bay. Use the opportunity and take a bath on the promenade of Herceg Novi. Later on we check-in in our hotel and are offered a guided tour through the sights of Herceg Novi. Overnight stay in Herceg Novi.

### 3rd Day (Tues) Herceg Novi - Budva (Cycle route approx. 31 mi./50 km w/900m elevation)

In the morning we cycle always following the coastal road along the Bay of Kotor, until we reach the ferry from Leptane to Kamenari. From there our cycle tour takes us first to Tivat and then on a nearly traffic-free panoramic road with spectacular views as far as Budva. In the afternoon we have enough time to explore the lively and picturesque old town of Budva on one's own or we can cycle a bit further in order to visit the famous hotel island of Sveti Stefan. Before dinner we can join a guided city tour through Budva that has a very changeful history and was destroyed almost completely by an earthquake in 1979. We spend the night in Budva.

### 4th Day (Wed) Cetinje – Virpazar (Cycle route approx. 25 mi. /40 km w/500m elevation)

After a short transfer ride we reach the former Montenegrin capital of Cetinje. You reach the town after 36 km/22 mi. We enjoy our lunch by the side of the famous Skutari Lake - 48 km long and 14 km wide - one of the biggest lakes of the Balkan Peninsula. It offers a welcome resting place for the migratory birds on their journey to the south. In 1983 it was declared as a national park. Good weather offers us the opportunity to take an afternoon boat trip through this natural paradise. Overnight stay in Virpazar.

### 5th Day (Thur) Virpazar – Rijeka Crnojevica (Cycle route approx. 28 mi./45 km w/1100m elevation)

After breakfast we jump back on our bikes and cycle on an almost traffic-free road as far as Rijeka Crnojevica. The place is known for its architecture and typical stone houses of the 17th and 18th century. Then we are free to decide to return to Cetinje by support vehicle or discover the last 20 km/12 mi. and 700 m of elevation/2296 ft by bike. On the city tour in Cetinje we explore the most important sights, for example the Montenegrin president's residence. In addition a lot of other government buildings and former embassies testify Cetinjes past as the capital city. Overnight stay in Cetinje.

### 6th Day (Fri) Cetinje - Lovćen – Kotor (Cycle route approx. 50 km/31 mi, w/900m elevation)

After breakfast a transfer bus brings us up to Lovćen. Depending on our mood we have the opportunity to leave the shuttle earlier in order to cycle a part of the ascent ourselves. From the highest point (more than 1,500 m above sea level) we can expect a rapid descent with spectacular views of the Bay of Kotor, surrounded by mountains reaching heights of up to 1,700 m. It is the largest and best-protected bay in the entire Adriatic. Today's cycle tour leads us to Kotor. The town is almost 2,000 years old and famous for its medieval centre listed under UNESCO World Heritage protection. Here a guided city tour is offered and we may end the day with a leisurely walk through town and drink at one of the numerous cosy cafès and bars.

### 7th Day (Sat) Kotor - Cavtat (Cycle route approx. 20+40 km/12+25 mi, w/800m elev.)

The last cycle tour leads us along the bay of Kotor until we reach the ferry in Kamenari. We cross the impressive bay of Kotor for the last time and board the shuttle bus on the other side. We will be taxied back to Croatia, where we make a stopover in one of the most beautiful restaurants of the country. Only a few more kilometres by bike until the end of the cycle journey.

### 8th Day (Sun) Cavtat (Departure)

After breakfast hotel check-out or an extended stay in Croatia.

**Changes:**

We reserve the right to make changes to the planned route due to changing wind and weather conditions, and where required by organizational necessities. Sometimes the tour is also operated in reverse order.

**Special Features**

On this journey the tour guide does not accompany you by bike, instead a support vehicle is used, which is close to the cycle group at all times. You will receive important information about the country, its people and service for your bikes whenever you need. It is also possible to use the support and if the cycling tour becomes too exhausting; support from the accompanying vehicle is given at any time.

**Requirements (level 3 with support vehicle)**

The cycle tours require a good basic fitness, which the participants should have acquired through regular bicycling. The trips reach altitudes between 650 ft. / 200 and 1640 ft. / 500 m. The day trips of 18 mi. / 30 km – 38 mi. / 60 km on average traverse without time pressure hilly and mountainous terrain. Some steeper and longer ascents must also be tackled, but it is perfectly acceptable to push the bicycle if necessary. Most of the roads are asphalt and not used much outside the holiday season. A support vehicle accompanies most of the cycle tours.

Helmet use is mandatory on all bicycle rides. You are strongly encouraged to bring your own (well-fitted) helmet. A limited number of rental bike helmets are provided (free of charge, reservation requested).

**Bringing Children:**

In general we believe that only children with sufficient stamina and a minimum age of 10 are capable of tackling the bicycle tours. Please note that the minimum height for rental bikes is 4 ft./1.20 m.

**Accommodation:**

3\* & 4\* accommodation

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**2018 TOUR DATES**

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**Sunday start: (minimum 6 participants)**

April 29

May 6, 20, 27

October 7

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**2018 TOUR PRICE**

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**€1170.00** per person sharing

**€1270.00** for single occupancy

## WHAT THE TOUR PRICE INCLUDES

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### Catering:

The tour includes half-board. Catering starts with dinner on the day of arrival and ends with breakfast on the day of departure. All provided meals take place in the overnight hotels.

### Accomplishments:

- 8-day-hotel-journey with tour guides and support vehicle
- 7 nights in \*\*\*-\*\*\*\* hotels in a double room with private facilities
- 7 x half board (breakfast & dinner)
- Bed linen and towels
- Guided cycling tours (as described in program)
- Overview maps for the daily tours
- City tours in Herceg Novi, Budva, Cetinje and Kotor
- English speaking tour guide
- Rental Bike: 21-speed hybrid bicycle with Ortlieb pannier
- Helmet rental on request (limited availability)

### Not included in the tour price:

- Meals and drinks during the cycle tours
- Drinks in the hotels
- Tips for transfer drivers and tour guides
- **Water charge: €20 per person to be paid on tour**

### Additional optional accomplishments:

- Electric Bike with 8-gear-hub-shifting (Flyer) with Ortlieb pannier: +€80 euro (limited, on request)
- Insurance against theft and damage of the 21-speed rental bicycle: 10 euro/week or of the E-bike: 20 euro/week (not insured: deliberate damages)
- Additional overnight stay including breakfast in Dubrovnik: upon request

## WHAT TO BRING

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Specialised cycle clothing may be handy but not strictly necessary. What you do need (among other things) is the following:

- shorts/ long trousers/ track suit/ leggings
- shirts/ sweater/ rain clothing
- good shoes
- sunglasses/ cap/ swimming costume
- extra towel for swimming
- soap/ insect repellent
- own helmet

## BIKE & FITNESS

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Bike hire is included in the tour package.

- **Frames** - Our bicycles are available in four different frame sizes; 2 ladies (for up to 160cms (5 ft. 3 in.), and above that) and 2 men's (up to 6 ft., and above) to cater for all body heights.
- **Wheels** - Very stable 28 inch hollow chamber rims with Continental Top Touring tyre (easy turning and solid).
- **Gear change** - 21-gear derailleur, Alivio
- **Further Equipment** - Shimano V-brakes with strong "bite", partly inclination-adjustable stem, carrier, very stable chainstays stand (HEBIE), comfortable touring saddle of Selle Royal, safety mudguards with releasing mechanism.
- **Please Note:** You can bring your own saddle (without the post) or your own click pedals, and the tour guide will attach them to your rental bicycle.

**Helmet use is mandatory on all bike tours in Montenegro. You are strongly encouraged to bring your own (well fitted) helmet. Rental Helmets are available on board in limited number (reservation requested).**

## GROUP, GUIDE AND BACK-UP SERVICE

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There is a support vehicle available on this tour, but there is no time pressure to finish the stages. The guide does not cycle with you but will inform you beforehand of the nature and difficulty of the tour. We provide you with route details, maps and tips for routes.

If there are more than 6 in the group a cycling guide will be available.