

Montenegro

Montenegrin Escape - The Untamed Charm of the Balkans

Let's leave the crowds behind and uncover the real Montenegro.

This adventure itinerary offers the perfect blend of rugged mountains, crystal-clear lakes and breathtaking canyons. Its white-water rapids and pristine forests never fail to amaze. Along the way, we'll savour homemade local dishes, discover hidden gems, and enjoy the warm, unforgettable hospitality of families in the North. Whether travelling with family, friends or a loved one, this immersive journey through Montenegro promises memories that will last a lifetime.



Montenegro remains an undiscovered gem for most of us. While it can sometimes be hard to locate on a map, the country's fame and its natural beauty are gradually reaching wider audiences. Let's explore these wild landscapes and take a moment to disconnect in its rugged mountains.

Be amazed by the richness of its nature. Marvel at the deep, majestic canyons and the glacial lakes steeped in nostalgia. Learn more about its unique and impressive biodiversity, and experience the warm, genuine hospitality of the local people. Memorable moments of connection and conviviality punctuate our journey, creating lasting memories.

This Emotion Planet journey through Montenegro offers a truly authentic and captivating escape, revealing a side of Europe far from the beaten track.

You will like

- The beauty of unspoilt nature
- ⊕ The warmth and hospitality of the locals
- Turquoise rivers and lakes to explore
- Authentic, flavourful local cuisine
- The cultural richness of historic towns
- Unique outdoor activities
- UNESCO World Heritage sites

Barometer













Practical information

😔 Age & public : For solo travellers, small groups, and families with children aged 5 and over

Duration: 10 days on site

Dates & travel periods: The best travel period is from May to September, at the date of your choice

Travel package: People, Nature, and Culture ("Discovery" and "Immersion" packages)

ᢙ Accomodation: Small hotels (3*), homestays, guesthouses

⊙ Transport : Car rental

• Luggage handling: None (luggage transported by the hire vehicle)

Program

Legend: B L D = meals included in the price of the trip (**B**reakfast, **L**unch and **D**iner)

Note: the outline of this program (steps, activities, etc.) is given for information purposes only. It may undergo modifications or adjustments depending on technical criteria, safety requirements, current climatic conditions and availability. Our guides always do everything possible to make the best possible decisions and options.

little note:

Tout voyage qui sort des sentiers battus comporte parfois des évènements imprévus (grève, route coupée, fête locale...); votre capacité d'adaptation aux conditions locales (transports, nourriture, hébergements, imprévus, aléas climatiques), comme à des événements inattendus sera aussi une clé à la réussite de votre voyage.

Nous comptons sur vous pour avoir un esprit délibérément « positif » et ne jamais oublier votre sens de l'humour.

Nous vous souhaitons un très beau et riche voyage.

Day 1: From Podgorica to Lake Skadar (Meals: --D ; Approx. 40 min drive)

Arrival at the airport. We collect our hire car and drive to our accommodation in the Lake Skadar region.

Evening meal and overnight stay in a welcoming guesthouse by Lake Skadar, including wine tasting.

Optional (depending on arrival time): kayaking on the lake.

Day 2: Lake Skadar Region (Meals: B L-; Approx. 2h40 drive)

After breakfast, we begin our day with a visit to the old monastery of Cetinje accompanied by our French-speaking guide. A powerful symbol of Montenegrin resistance and freedom, the monastery is deeply impressive. We also learn more about the history of the Billiard House before admiring the former foreign embassies dating back to the time when Montenegro was a kingdom. The highlight of the visit is the interior of King Nikola's Palace – once home to the Petrović royal family, who ruled Montenegro for over 200 years.

Later, we discover our hosts' beekeeping traditions and the techniques of honey-making. We sample a few homemade liqueurs and enjoy our first traditional Montenegrin lunch.

Dinner at leisure. Overnight stay in a guesthouse by Lake Skadar.

Optional:

• Hike on Mount Lovćen with a French-speaking guide

We set out on a circular hike around several peaks of Lovćen, rewarded at the summit of Babina Glava (Grandmother's Head, 1,474 m) with views stretching across Boka Bay and the Adriatic Sea. On the way back, we pass through a few small mountain villages.

Hike details / elevation gain: 10-12 km (depending on the chosen loop), +250 m ascent, -250 m descent.

Visit to Lipska Cave

Cave enthusiasts will marvel at the striking formations and even discover a makeshift musical instrument created from stalactites. The tour includes the Njegoš Hall, home to Montenegro's first and only cave bar.

Day 3: Lake Skadar Region

(Meals: B - -; Approx. 30 min drive)

After breakfast, we board a traditional wooden boat with our French-speaking guide for a gentle three-hour cruise. We drift across the lake, gliding past carpets of water lilies and calotropis flowers that weave their way through a maze of winding channels.

A remarkable surprise awaits us: the monastery island. This sacred site, dating back to the 15th century, has never been destroyed and remains a place of great spiritual significance. We take time to soak up the tranquil scenery surrounding the lake, with a refreshing swim as a well-deserved pause.

In the afternoon, there's free time to relax. For those who wish, there is the option to explore independently: Rijeka village, a picturesque hamlet with its charming stone bridge and lively waterside cafés.

The old town of Bar, nestled in a small bay and home to one of Montenegro's most important ports. Here, we admire the ancient olive tree of Bar – a natural monument protected for more than 50 years and believed to be over 2,000 years old, making it the oldest tree in Europe.

Dinner at leisure. Overnight stay in a guesthouse by Lake Skadar.

Optional: extend the lake cruise to a full 5 hours, including lunch on board.

Day 4: From Podgorica to the Bjelasica Mountains (Meals: B L D; Approx. 4h30 drive)

Today we set off towards the capital, Podgorica, following the winding road through the Morača Canyon in the mountains. Our first stop is the 12th-century Morača Monastery. We take time to stroll through its gardens and admire the remarkable 13th-century frescoes. From there, the road climbs steeply to the Bjelasica plateau, offering breathtaking views over the canyon.

Lunch is hosted on a local family farm, in a charming rural setting. We enjoy delicious homemade dishes, share them with our hosts, and sample local wine as well as the traditional rakija (fruit brandy).

In the afternoon, we continue our journey to Biogradska Gora, one of Europe's last virgin forests. At its heart lies a stunning glacial lake that never fails to enchant visitors.

Dinner and overnight stay with a local host family.

Day 5: The Glacial Lakes of Bjelasic

(Meals: B - D; Approx. 30 min drive; hike 4-5 hrs - 560 m elevation gain)

After breakfast, we set out on the hiking trails with our local English-speaking guide, heading towards the glacial lakes of Bjelasica. Along the way, we take the opportunity to swim in a few natural springs.

Dinner and overnight stay with a local host family.

Optional:

•

Ascent of Crna Glava - the highest peak of Bjelasica (Hike details / elevation gain: 9 km, +600 m ascent, -700 m descent)

• Horse riding excursion: This trip takes us through meadows and forests above Berane, with breathtaking scenery all around. Our friendly equine companions, guided by skilled instructors, make this an unforgettable experience.

(Duration: 2 hours)

Day 6: The Plav Region

(Meals: B - D; Approx. 50 min drive)

In the morning, we explore the surroundings of Plav (meaning "flooded place") with its many springs, lakes and bathing spots. The lake is perfect for swimming, fishing, or simply enjoying a peaceful picnic by the water.

In the afternoon, we embark on a fly-fishing session (catch-and-release, with professional English-speaking guidance). This experience is equally enjoyable for seasoned anglers and complete beginners.

Dinner and overnight stay with a local host family.

Day 7: Durmitor National Park

(Meals: B - -; Approx. 2h30 drive)

After breakfast, we continue our journey to the far north-west of the country. The road, dotted with diverse landscapes and natural wonders, is a journey in itself. Upon arrival at Tara, the gateway to the alpine region of Durmitor, we are once again treated to breathtaking views.

Durmitor National Park is a strikingly beautiful natural wonder. Along the Tara River, we discover some of Europe's deepest gorges and dense conifer forests. The crystal-clear waters of Black Lake (Crno Jezero) and Snake Lake (Zminje Jezero) are simply breathtaking. The park is a UNESCO World Heritage site.

A true sanctuary for the flora and fauna of the Balkans.

Overnight stay in a cosy family-run hotel.

*Optional:

Discover the Durmitor region by e-bike: Hop on our e-bikes for a 3-4 hour circuit covering up to 40 km across the Durmitor highlands, guided by our experienced English-speaking instructors.

Day 8: Durmitor National Park

(Meals: B L - ; Approx. 30 min drive)

After breakfast, we set out for a rafting adventure on the Tara River. Flowing at 1,500 metres above sea level, this river carves the world's second-deepest canyon, after the Grand Canyon. Experience an adrenaline-filled 18 km rafting journey through the most remote section of the canyon, with our experienced English-speaking guides ensuring both safety and enjoyment.

Overnight stay in a cosy family-run hotel.

Optional:

• <u>Via Feratta:</u>: The route is located on Uvita Greda rock, just a 10-minute walk from Sedlo, right in the heart of Durmitor National Park. The via ferrata starts at an altitude of 2,000 m and finishes at 2,198 m. From Uvita Greda, we can admire numerous peaks of the Durmitor massif, including Mount Vojnik and Skoci Djevojka, and may even spot some of the park's wildlife, such as the wild goats that roam the region. Each participant is provided with full alpine safety equipment, including cables and ropes. This includes a helmet, harness, and a

via ferrata system consisting of two carabiners, a harness connector, and a safety system. Experienced guides, who are also mountain rescue professionals, accompany and supervise all participants throughout the activity.

• Horse Riding Excursion:

We ride towards Lake Poscensko and the source of the Bukovica River, then continue on to Vrazije. Next, we explore Lake Riblje before returning to our starting point. This excursion lasts approximately 3 hours.

Day 9: Hike to Crvena Greda

(Meals: B - -; Approx. 30 min drive; hike 3-4 hrs - 370 m elevation gain)

We begin at 1,700 metres above sea level with our local English-speaking guide, embarking on a circuit that leads to a glacial lake surrounded by pine forest. At the summit of the peak, we are rewarded with a breathtaking panoramic view of the Durmitor range and its famous Black Lake.

This excursion can be done as a return trip along the same route (4 km each way), or, for those in good physical condition, extended to 11 km to finish at Black Lake, with a descent of approximately 800 metres.

Overnight stay in a cosy family-run hotel.

Day 10: Return to Podgorica (Meals: B - - ; Approx. 3 hrs drive)

After breakfast, depending on our departure time, we visit the church and monastery of Ostrog, built into a cave atop Ostroška Greda rock. Dedicated to Saint Basil of Ostrog, who passed away here in 1671 and around whom many legends have grown, the site is truly remarkable. We explore the small cave chapel, admire the frescoes in the upper-level hall, and marvel at the stunning view over the valley. This imposing natural fortress kept its relics safe throughout the years of Ottoman occupation.

We then return the hire car before heading to Podgorica airport for our flight home.

*Optional:

• Enjoy a traditional Montenegrin lunch at a charming goat farm:

On the way, we stop for lunch near Nikšić at a charming goat farm run by two brothers. They combine goat cheese production with beekeeping and honey-making. We enjoy a traditional Montenegrin lunch, including a specialty of roasted meat and potatoes cooked "under the bell."

Prices and conditions

Price per person

(varies depending on the number of travellers, including adults and children)

6 to 8 travellers: €1,295
3 to 5 travellers: €1,395
2 travellers: €1,595
Solo traveller: on request

Supplements

Single room: price on request

Options

For groups of 9+ travellers: on request

Trip extension: <u>on request</u>Tailor-made trip: <u>on request</u>

Optional activities

Day 1: Kayaking – approx. €25 per person

Day 2: Guided hike on Mount Lovćen - approx. €90 per tour (English-speaking guide included)

o Day 2: Visit to Lipska Cave - approx. €13 per person

- Day 3: Lake Skadar cruise with lunch in a fishing village approx. €35–55 per person (depending on group size)
- o Day 5: Horse riding approx. €50 per person
- o Day 7: E-bike experience in Durmitor approx. €55 per person
- o Day 8: Via Ferrata in Durmitor approx. €57 per person
- o Day 8: Horse riding approx. €50 per person
- o Day 10: Traditional lunch at Trubjela farm approx. €35 per person

Flights

• Price depending on the date of booking, the airline, and the travel dates.

Alternatives to flying

• There is a possibility to travel by train, coach, and ferry all the way to Montenegro.

Included in the price

- Organisation du séjour carnet de voyage et carnet de route (roadbook personnalisé)
- Car rental for the duration of the stay
- English-speaking local guides on a daily basis, as indicated in the itinerary
- Entry fees to the national parks mentioned in the programme
- Accommodation (homestay, guesthouse, or small 3* hotel)
- Meals as mentioned in the programme
 - 9 breakfasts
 - o 3 lunches
 - o 4 dinners
- Emotion Planet Experience Programme
- Invitation to take part in relationship-based activities, a journey to the heart of oneself
- Pharmacy (first aid)
- Tourist taxes

Not Included

- Anything not mentioned in the "Included" section
- Any changes to the itinerary during your stay
- Transport to the destination: international flights or return train tickets
- Entry fees to national parks (except those visits specifically included in the programme)
- Trekking, hiking or cycling equipment
- Fuel, parking fees and tolls
- Carbon offsetting of your flight and travel (on a voluntary basis)
- Travel and cancellation insurances (strongly recommended and at your own responsibility)
- Meals not included
 - o Allow approx. €20 per person per meal
 - o For guidance: bottled water €3, a glass of wine €3, a beer €4
- Drinks with meals
- Tips (at the client's discretion)
- Personal expenses

Contact

Discover these colorful countries, the heart & values that drive us and comments from former travelers.

Contact person for your trip:



- Clara

- emotionplanet.com

 $ext{ iny E} motion extbf{ extit{P}} lanet, the world is never far away when its men are not strangers to us. <math> ext{ iny E}$