



Track the Roots

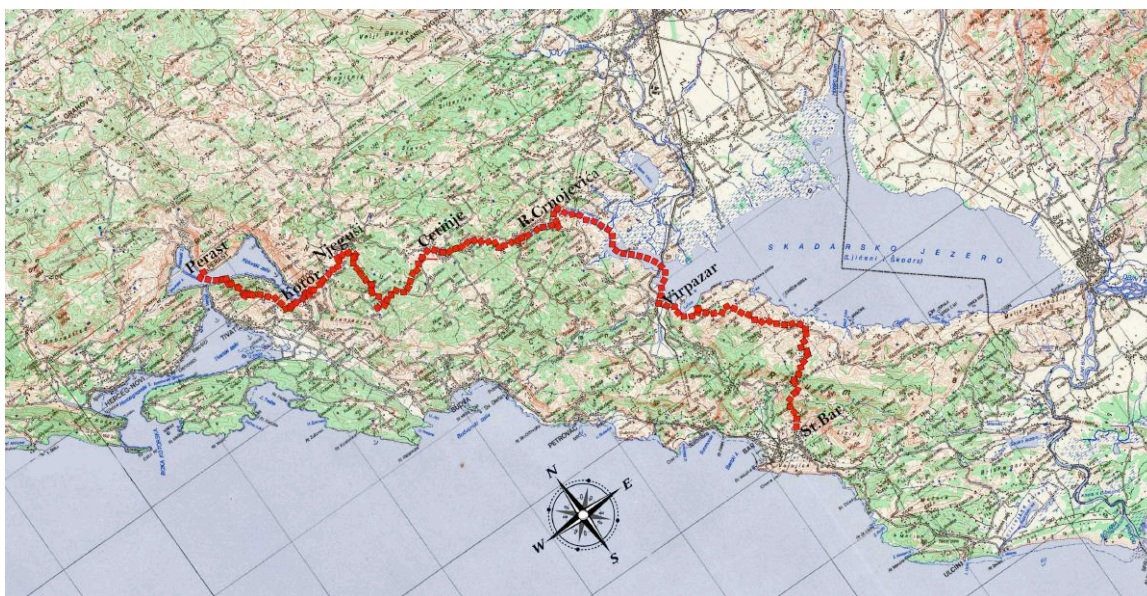
Montenegro-Mediterranean 8 day hiking tour

Self-Guided

This tour passes the Coastal Mountaineering Transversal routes following the Mediterranean zone in Crna Gora (Montenegro) from Northwest to Southeast, including Lovcen and Rumija mountains.

On forgotten paths our route passes through abandoned villages, old fortresses, magic views at the Adriatic, UNESCO site of Boka Kotorska bay and two National Parks: Skadar lake and Lovcen.

You will see ancient town of Perast, the Old Capital of Cetinje, historic Rijeka Crnojevica and Old Bar, having a boat trip on Skadar lake including optional swimming in the Adriatic sea.



Average walking time is 5 hours per day

This journey is focused on walking by rare explored trails, observing on historical Montenegrin sites and enjoying in local food/wines.

Acquainting local people is a natural consequence of any ZalaZ tour !





Services included:

- 3 nights accommodation based on bed&breakfast (BB) arrangements
- 4 nights accommodation based on half-board (HB) arrangements
- all transfers within Montenegro incl. transfers from/to the airport
- luggage transports between the accommodations
- 2 boat trips
- detail instructions with topographic maps and GPS records
- ZalaZ monitoring during the trip

At your own:

- insurance (!)
- travel to and from Montenegro (airfare)
- all entrance fees (museums, national parks)
- tips and personal expenses for drinks or souvenirs

Hikers should bring the following equipment:

Hiking boots*, gaiters*, light rainwear, sun-cream, hat, sunglasses, backpack, 1,5 litres water gear, beach towels with swimsuit (optionally).

* All trails are in stone area / solid sole boots are recommended.

* Some trails could be covered by snow in winter until/during May.

Visitors are expected to respect the wildlife, leave what they find, dispose their waste properly and to be considerate with locals.

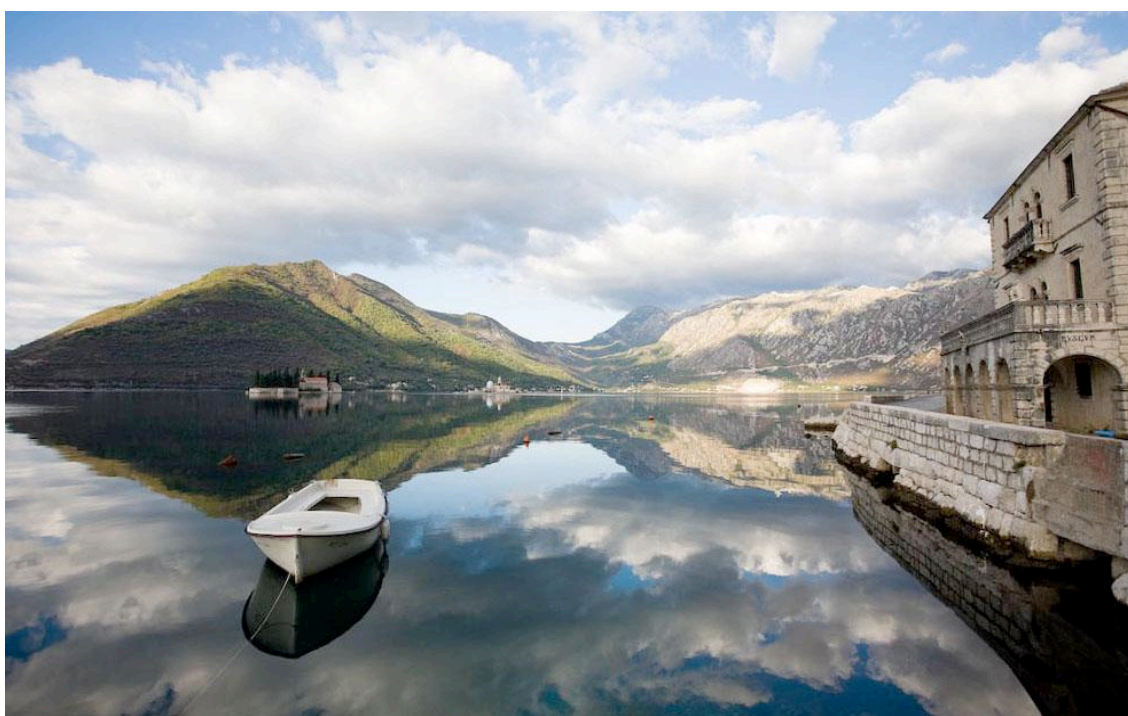




Itinerary:

day 1

- departure to Perast, positioned at the very entrance to the inner part of Boka Kotorska bay
- exploring Perast, the venetian styled town with cozy atmosphere and reach maritime history
- overnight in Perast (private rooms with breakfast)



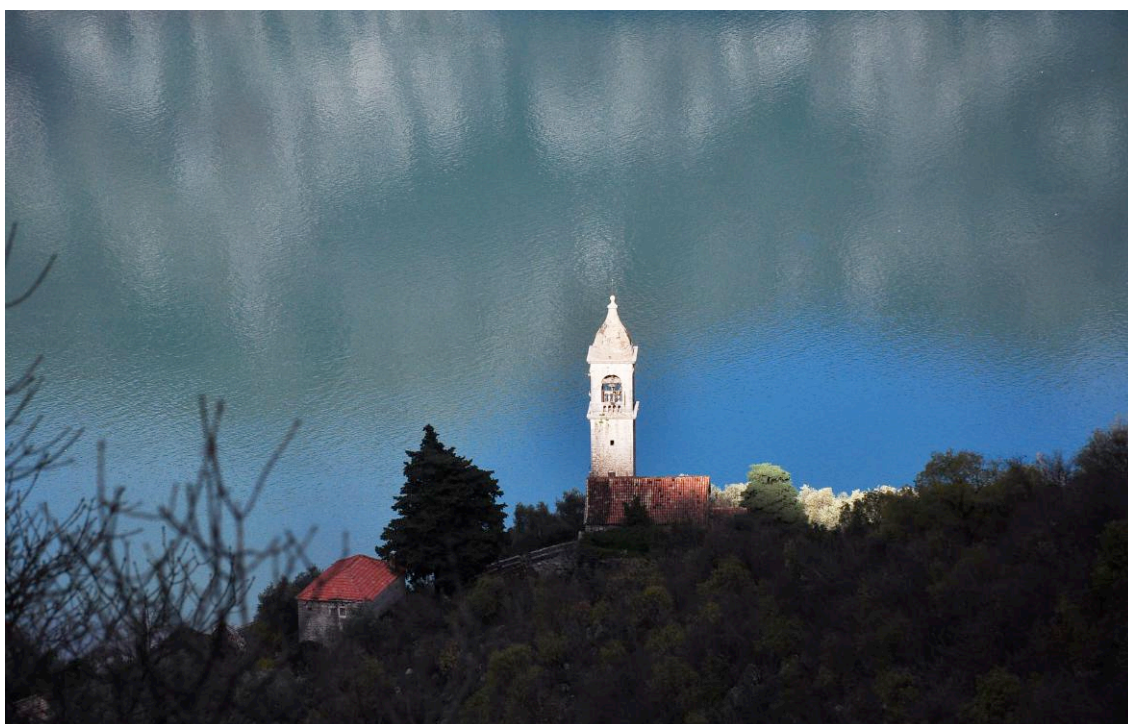
Perast





day 2

- boating to Our Lady of the Rocks island/church in front of Perast, with visit to its museum
- boating from island to the beginning of the trail in Donji Stoliv village
- hiking: Donji Stoliv – Gornji Stoliv – Vrdola pass – Vrmac peninsula – Kotor
distance: 16km ; ascend: 680m ; descend: 680m ; effective walk: 6:30h
- accomodating, than scenering the Old Town of Kotor
- overnight in a pension, 100m far from the Old Town



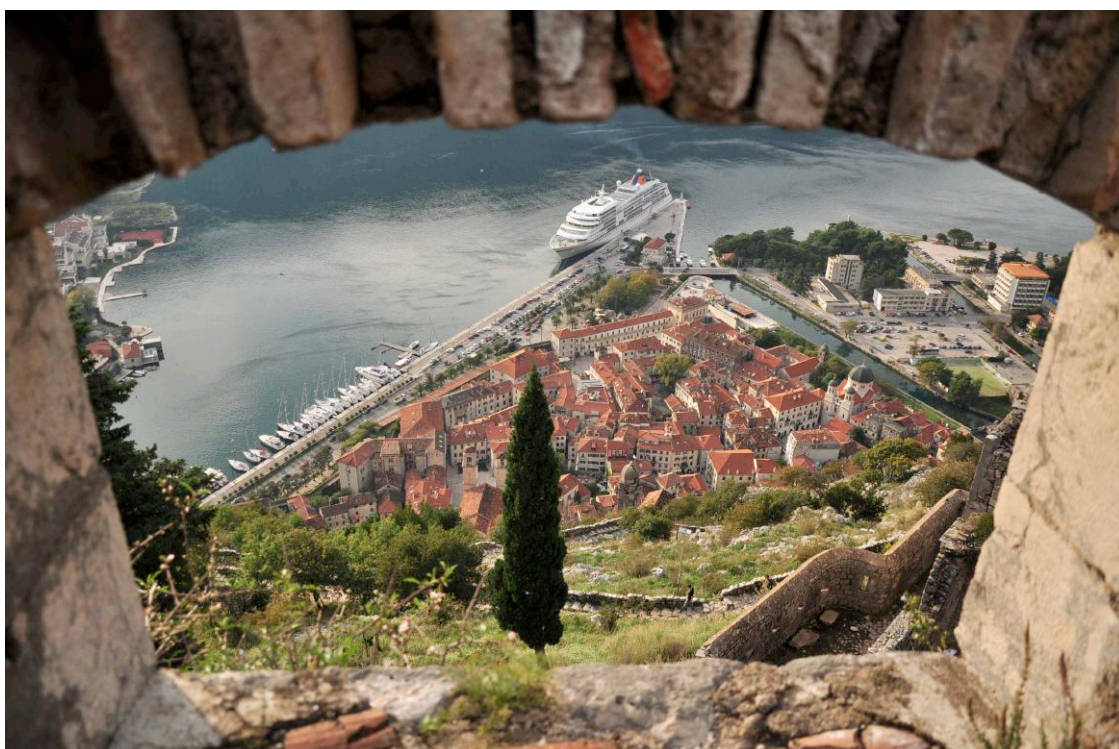
Gornji Stoliv, a view from the trail





day 3

- hiking by Kotor walls with continuum:
Spiljari village – Krstac pass – Njegusi village
distance: 12km ; ascend: 950m ; descend: 100m ; effective walk: 4:30h
- Njegusi is a historic village. The last dynasty of Montenegro, Petrovic family, dates from there.
If you have enough of time for exploring the village, one option is a visit to Njegos birth house which is adapted as a museum. It is just 100m far from your accommodation.
Besides that, Njegusi village is famous for its traditionally smoked ham&cheese.
- overnight in wooden cabins



Kotor, a view from Old Town's walls





day 4

- hiking: Njegusi – Jezerski Vrh – Ivanova Korita
distance: 14km ; ascend: 800m ; descend: 450m ; effective walk: 5:30h
- optional visit to Njegos mausoleum at Jezerski Vrh summit.
Njegos is the most imposing historic figure in Montenegro:
cleric, poet and philosopher, his spirit is identified with this summit
- accommodation in hotel in Ivanova Korita resort, NP Lovcen
- visit to the office of National Park is recommended, if you get there in working time you will find NP's personal who are always up for chatting by coffee&tea.
- overnight in Ivanova Korita



Lovcen summit





day 5

- hiking: Ivanova Korita – Cetinje – Dobrsko village – Ceklin village
distance: 19 kilometers ; ascent 100m ; descent 1000m ; effective walk: 6:00h
- visit to Cetinje, the Old capitol,
its history keeps the cultural essence of Montenegro
- arrival and accommodation in a family guesthouse, Ceklin village
- free afternoon, chatting with your hosts (optional degustation of local raki or wine)
- dinner and overnight in traditional village of Ceklin



on the way to Ceklin





day 6

- hiking: Ceklin – Rijeka Crnojevica, with optional walks to Obod cave or to the old town of Obod
distance: 7 km ; ascent: 100m ; descent: 400m ; effective walk: 2:30h
- boating from Rijeka Crnojevica to Virpazar, 3 – 4 h, with stop and optional fish lunch/wine degustation in fisherman's village of Karuc
- arrival and accommodation in Virpazar
- recommended dinner and wine degustation in "Badanj" inn, Virpazar
- overnight in Virpazar (private rooms)

Note: Instead "Virpazar" locals say "Vir" (whirlpool), what is the old name of this island settlement



Skadar lake





Day 7

- scenic drive by a narrow and old road parallel with the lake (45min)
- hike over Rumija mountain:
Donji Murici – Gornji Murici – Pincici – Bijela Skala pass – Turcini – Bar's old town
distance: 14km ; ascend: 650m ; descend: 800m ; effective walk: 5:30h
Note: this hike can be 1h shortened, with optional transfer/start from Gornji Murici
- optional visit to ruins inside the walls of Old Bar
- overnight in a pansion across the Old Bar walls



Bijela Skala pass





day 8

- morning transfer to your airport
(Podgorica or Tivat in Montenegro or Dubrovnik in Croatia)



Ottoman's styled 'kaldrma' street, across the Old Bar walls

