

SPICE ROADS

CYCLING



ADRIATIC ASCENTS

Tour Code
MCT-MAA

8 DAYS
7 NIGHTS

Destinations	Croatia, Bosnia and Herzegovina, Montenegro, Albania
Tour Meets Tour Ends	Dubrovnik Virpazar
Fly in to Fly out of	Dubrovnik Airport (DBV) Podgorica Airport (TGD)
Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



6 Cycling days	522 km Total cycling distance
87 km Avg distance / day	1390 m Avg climbing / day

PRICING



Price	US\$ 2,200
Bike Hire (Standard Road Bike)	US\$ 220
Single Supplement	US\$ 280

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US\$ 220
US\$ 280

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Train rides

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Alcohol
- ✗ Tips

DEPARTURES



- 23 May - 30 May 2021
- 20 June - 27 June 2021
- 22 August - 29 August 2021
- 19 September - 26 September 2021
- 22 May - 29 May 2022
- 19 June - 26 June 2022
- 21 August - 28 August 2022
- 18 September - 25 September 2022

TRIP PROFILE

This road bike journey takes you along some of the most beautiful landscapes in the Balkans. We cover 522 km in 6 cycling days and have a total ascent of 8,340 m and a total descent of 9,254 m. Our average distance per day for the tour is 87 km with a 1,400 m ascent. Prepare those climbing legs!

For road cycling purists the highlight of the tour will be conquering two iconic climbs – the Hors Catégorie 21 switchbacks of the Kotor Serpentine in Montenegro and the summit of Leqet e Hotit in Albania, rated as Category 2.

Suitability: This is a tour for cyclists possessing a high level of physical fitness and are looking for iconic climbs to conquer. Fitness will be a huge asset on those long days and challenging climbs. The tour is fully supported, and a transfer is always close at hand for those that find the riding too difficult.

Biking Conditions: We ride an average of 87 km a day with average climbs of 1400 m. The roads are 100% tarmac and overall in good condition. There will be steep climbs but also some exciting descents to valleys.



Day 1 Arrival - Dubrovnik

Arrival in Dubrovnik and check in to your hotel. Take some time to get settled before meeting for a trip briefing. In the evening we head out to the old town of Dubrovnik to have dinner together.

 Hotel Ivka  Dinner

Day 2 Dubrovnik, Croatia - Trebinje, Bosnia & Herzegovina

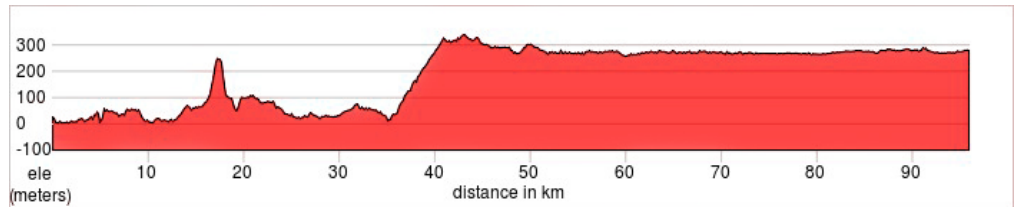
We start the day riding along the coastline. We move up north towards Trsteno Arboretum, a beautiful botanical garden known for its iconic appearance as King's Landing from the hit television series Game of Thrones. You are welcome to visit the garden. From Trsteno we climb a side road until Slano where we leave the coastline and continue towards the border with Bosnia & Herzegovina. Right at the end of our climb and already on Herzegovina terrain you will have the chance to visit a magnificent karst cave, the "Vjetrenica." From here we follow the old railway line, which once connected Mostar with Dubrovnik and Herceg Novi (Montenegro). Finally, after some serious ascents, we arrive in Trebinje, the heart of Bosnia's wine country. Trebinje is a very nice example of how a typical town in Bosnia & Herzegovina feels like. After a bit of rest, we will go on to explore its charming old town. In the evening we will set out for wine tasting at Tvrdoš Monastery which exported its wines to the Austrian court back in the 19th century.



Hotel Platani



Breakfast, Lunch, Dinner



Ride 96km



+1217m



-961m

Day 3 Trebinje, Bosnia & Herzegovina - Kotor, Montenegro

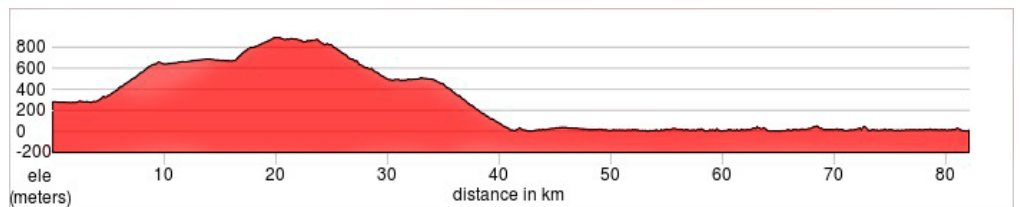
Today we ride through the southern half of Bosnia & Herzegovina to the magnificent Bay of Kotor in Montenegro. We have a short warm up before the climbing starts. We'll ascend just over 600 ms in 16 kms but then have a marvelous downhill to the deep blue waters of Kotor Bay. We take a break in picturesque Perast before following the shoreline to the old town of Kotor, a UNESCO World Heritage site built between the 12th and 14th century. Wander the medieval maze of alleyways and marvel at the historic fort walls.



Hotel Marija



Breakfast, Lunch, Dinner



Ride 84km



+1103m



-1376m

Day 4 Kotor, Montenegro - Kolasin, Montenegro

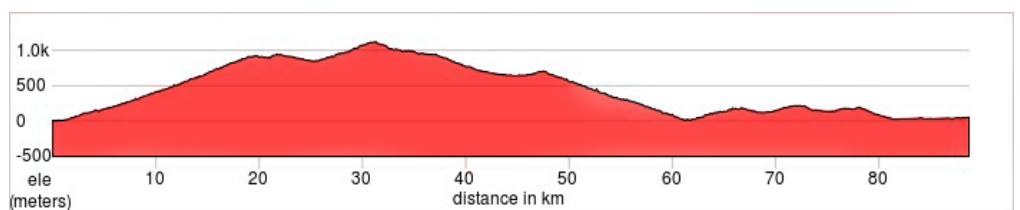
We leave the Bay of Kotor via one of the best climbs of the Balkans. The Kotor Serpentine starts at 458 m and 16 hairpin turns and 8 kms later ends at 881 m. At the top take in one of the best panoramic views the Balkans has to offer. The climbing hasn't finished though, as we still have to reach 1100 m in the heart of Lovcen National Park before we start our descent to Cetinje, the former royal capital of Montenegro. We have time for a loop around the old town before we continue to another highlight of the day - Lake Skadar, the largest lake in Southern Europe. Depending on time we will end the cycling in the picturesque village of Rijeka Crnojevica or we continue on another 25 km to Montenegro's capital city of Podgorica as we have a train to catch! We'll board the evening train to Kolasin, a small resort town deep in the mountains. The 1.5-hour train ride itself is another highlight of the trip as it offers stunning views as the railway climbs high above the Moraca canyon to more than 900 m! What a way to gain altitude! Sleep well with the fresh air of Kolasin.



Hotel Brile



Breakfast, Lunch, Dinner



Ride 89km



+1777m



-1730m

Day 5 Kolasin, Montenegro - Plav, Montenegro

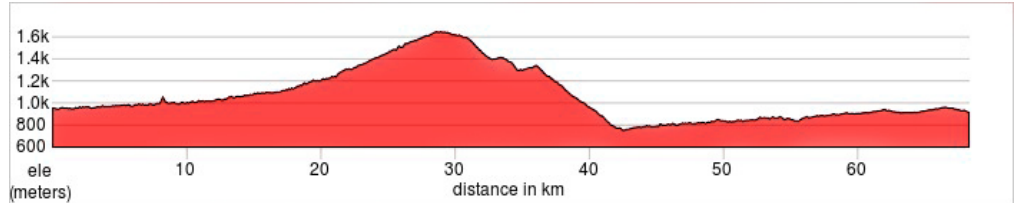
Today can be a semi-rest day or a full on climbing day. If you feel like having an easier day, we can give you a lift to Tresnjevik Pass, thereby avoiding 900 m of ascending in 27 km. From here it is 43 km to Lim valley with a delightful descent of 1151 m, ending at the peaceful town of Plav. We will make a stop to visit Redzepagic tower, one of the most interesting monuments of defensive architecture in Montenegro. Set on a lake the town is also known as the a gateway to the Cursed Mountains (Prokletije) shared by Montenegro, Albania, and Kosovo. End the evening with a relaxing sundowner amongst the beautiful setting of Lake Plav.



Hotel Etno Selo Komnenovo



Breakfast, Lunch, Dinner



Ride 70km



+1274m



-1313m

Day 6 Plav, Montenegro - Shkodra, Albania

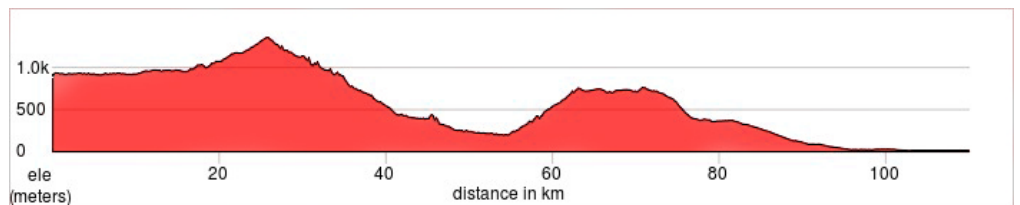
Another iconic day! Within only a few kilometres of departing Plav we reach the Albanian border and the climbing soon starts. We ascend for 8 km, almost 400 m, to an altitude of 1,350 m before descending an epic 1,400 m in 30 km. We take a break at Tamara village as our day is far from over. Now we have our next serpentine to conquer, the Leqet e Hotit mountain pass at an elevation of 684 m. Though the climb is only 8 kms long, the gradient is a steep 7% average. Several switchbacks later, we reach a very nice viewpoint called Enver Hoxha's 'balcony', named after the former leader Enver Hoxha who was Albania's mastermind of isolation until the mid-1980s. We roll down once again, cycling close to the border with Montenegro. You will have the option to take a lift to Shkodra or continue biking along the flat shoreline (+35 km) of Lake Skadar to Shkodra. Albania's second largest town it has a nice center and charming vibe. Celebrate your massive accomplishment at dinner!



Hotel Tradita



Breakfast, Lunch, Dinner



Ride 110km



+1624m



-2528m

Day 7 Shkodra, Albania - Virpazar, Montenegro

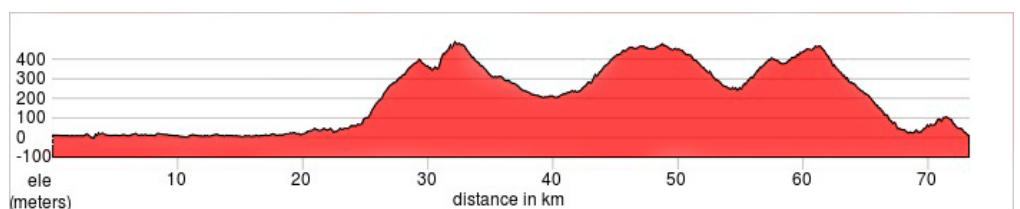
Though the distance may look to be on the shorter side today, we still have lots of climbs ahead of us. We cross back into Montenegro and cycle the southern shoreline of Lake Skadar, which offers some beautiful views of the lake and the Albanian Alps. The first climb comes just after crossing the border, then it is a rolling day all the way to the village of Virpazar. We have our farewell dinner at the hotel and reflect back on our legendary ride.



Badanj Apartments



Breakfast, Lunch, Dinner



 Ride 73km

 +1345m

 -1346m

Day 8 Departure

There are many airport options to depart from nearby and we can assist you with arranging a transfer to the most convenient one. Podgorica Airport is 30 minutes away, Tivat Airport is slightly more than one hour away and Dubrovnik Airport is almost 2.5 hours away.

 Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Since some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire Specialized Allez road bikes for the price listed in the tour pricing section. If you do bring your own bikes, please make sure that they are road bikes and in good mechanical condition.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

BOSNIA & HERZEGOVINA

Passports and Visas

Citizens of the EU, UK, US, Australia, and Canada are among those who do not need a visa to enter Bosnia and Herzegovina for visits under 30 days. Also, Bosnia and Herzegovina now recognizes Schengen visa documents for visits of up to 30 days. To confirm whether you need to apply for a visa, visit the [Ministry of Foreign Affairs](#), Bosnia and Herzegovina.

Health

While no vaccines are required for travel into Bosnia and Herzegovina, some doctors recommend getting vaccinated for Hepatitis A and B, as well as for rabies. Visit your medical professional to confirm what precautions you should take.

Weather

Bosnia and Herzegovina's weather mostly reflects most inland hilly and mountainous European climates. July and August summers see averages of 25 C while winters around January can get down to around 0 C. As always, the weather is milder along the coast and a bit more varying at higher elevations, which can reach around 2,000 m. Even on the hottest days, temperatures cool down quite a bit at night, especially in the mountains. For the mildest weather with the least chance of rain, June to September may be the best time to travel there.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. The cuisine reflects influences from Eastern European, Mediterranean, and Middle Eastern cultures. There's plenty of stewed meats and vegetables along with spicy sausages. Make sure to try ćevapčići, spiced sausages or patties served with pita bread and onions. Enjoy seasoned meat, vegetables, and rice wrapped in grape leaves, dolmas, or in cabbage leaves, sarmas. Offal is also a staple in many local offerings. Be prepared for sweet or savoury with uštipci, fried dough, at breakfast. We'll make sure you get to sample a large variety of local cuisine. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Money

Although the official currency of Bosnia and Herzegovina is the convertible marka, Euros are widely accepted, be it on an unofficial basis. So, make sure to keep up with exchange rates if you decide to use Euros! However, there are plenty of ATMs in most towns and resorts that accept foreign credit and debit cards, so you can withdraw cash on the ground. Ask your guide if you'll be heading into a remote area that may not have ATMs available or won't accept cards.

CROATIA

Passports and Visas

Citizens of the EU, UK, US, Australia, and Canada are among those who do not need a visa to enter Croatia for visits under 90 days. Also, Croatia now recognizes Schengen visa documents for visits of up to 90 days for every 180-day period. To confirm whether you need to apply for a visa, visit

[Croatia's Ministry of Foreign and European Affairs](#)

Health

While no vaccines are required for travel into Croatia, some doctors recommend getting vaccinated for Hepatitis A and B, as well as for rabies. Visit your medical professional to confirm what precautions you should take.

Weather

With its extensive coastline, Croatia boasts a perfect Mediterranean climate. Summers and springs are warm and sunny, with hotter temperatures further inland. Average temperatures sit around 20 C. Autumns and winters are mild, averaging around 9 C, with potential snows away from the coast and at higher altitudes as temperatures may drop below 0 C. While snow is rare, rain is not, with around 1,000 mm in rainfall annually, mainly in autumn and winter.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Croatian cuisine is founded in Eastern European and Mediterranean traditions. Along the coast, look for seafood specialties, like brodet (stewed mixed fish served with polenta) or hvarska gregada (different types of fish cooked with herbs, potatoes, and white wine). Eka features lamb or fish being roasted over hot coals, and there's plenty of hearty stews, cheeses, and vegetables to keep your energy up. Just keep room for kremsnita, a Croatian custard and vanilla cake. And if you're so inclined, there's plenty of vineyards featuring local wines to taste, too! We'll make sure you get to sample a large variety of local cuisine. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Money

Although the official currency of Croatia is the kuna, Euros are widely accepted, be it on an unofficial basis. So, make sure to keep up with exchange rates if you decide to use Euros! However, there are plenty of ATMs in most towns and resorts that accept foreign credit and debit

cards, so you can withdraw cash on the ground. Ask your guide if you'll be heading into a remote area that may not have ATMs available or won't accept cards.

MONTENEGRO

Passports and Visas

Citizens of the EU member states and citizens of the signatories to the Schengen Agreement may enter the territory of Montenegro with a valid ID card issued by the competent authorities of the concerning countries. All remaining nationalities require a valid passport for entry into the country. Please ensure your passport is valid for at least 6 months from date of entry. If staying less than 90 days a visa is not required for nationals of more than 90 countries. Please check the Montenegrin government website for details applying to your status. The same applies for transiting through Croatia.

Health

No vaccinations are needed.

Weather

In Montenegro it's possible to reach an altitude of 1700 m within 10 km of the coast, so wild variances in climate are to be expected. Chillier temperatures are probably at higher altitudes. Like most of the Mediterranean region, Montenegro's coast enjoys balmy summers. The warmest months are July and August, when the temperature ranges from 19°C to 29°C (average lowest to average highest). And just to let you know – the summer sea temperature is 25°C to 28°C.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. In addition to the standard European and Mediterranean cuisine, Montenegro offers a variety of healthy food products and local specialities. Cold hors-d'oeuvres include the famous *njeguški pršut* (smoked ham) and *njeguški* cheese, *pljevaljski* cheese, mushrooms, donuts and dried bleak (carp family). A selection of traditional recipes of the central and coastal parts will include the *kastradina* (dried mutton), smoked and fresh carp (from Skadar Lake) and a variety of fresh sea fish and seafood dishes. We shall make sure you sample a large variety of local cuisine. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. But you may also want to bring electrolyte in powder or tablet form. Alcoholic drinks are available everywhere, but are NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra Euros for possible incidentals that might arise. It is always wise to have some paper currency in case of ATM absence or credit card problems. This will save you a lot of unnecessary worries. It is also customary to tip local tour guides and drivers; however, the amount you give should be dependent on the level of service you receive. As a general guide we suggest that €5-10 per person per day is appropriate.

Money

Montenegro is the nation that adopted the euro as its official currency.

ALBANIA

Passports and Visas

Passport holders of up to 70 countries are not required to obtain a visa when entering Albania and are permitted to stay in the country for a period of 90 days. All foreign nationals who have a valid multi-entry Schengen visa, type "C" or "D", or a valid residence permit in one of the Schengen member states, can enter, stay and transit Albania without a visa, within the validity term of the visa or the residence permit. Please check the Albanian government website for further details.

Health

No vaccinations are needed.

Weather

During the summer it is mostly warm, with cool early mornings and temperatures rising to around 25C mid-day and falling rapidly at night in the mountains as the sun goes down. A fleece and long trousers for the evening are fine. Rain is a possibility, therefore you will need waterproofs. Sun cream is a must, as is a covering for your head.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Albanian cuisine is characterized by the use of various Mediterranean herbs such as oregano, black pepper, mint, basil and rosemary. Vegetables are used in almost every dish. Albanian farmers grow every vegetable present in the Mediterranean region and a farmers market takes place early each morning. Meat (lamb, beef, rabbit and chicken) is used heavily in various dishes in most of the country and seafood specialties are very common in the coastal areas.

Drink

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Money

In just the last year or so ATMs connected to the major international networks have appeared in towns and cities everywhere, which makes travel here much easier. Only the larger hotels and travel agencies accept credit cards, and in only a handful of establishments outside Tirana. Major banks can offer credit-card advances. Every town has its currency market, which usually operates on the street in front of the main post office or state bank. Such transactions are not dangerous or illegal and it all takes place quite openly, but do make sure you count the money twice before tendering yours. The advantages are that you get a good rate and avoid the 1% bank commission. There are currency exchange businesses in major towns, usually open 8 am to 6 pm, and closed on Sundays. The euro and the US dollars are the favourite foreign currencies. You will not be able to change Albanian lekë outside the country, so exchange them or spend them before you leave.

GENERAL BOOKING INFO

Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

From the tour page click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details

such as passport numbers, height, or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

Deposit

When booking your tour, you'll be required to pay a deposit to guarantee your place. For tours less than 7 days, the deposit amount is 100% of the tour price, per rider. For tours 7 days or longer, the deposit amount is 30% of the tour price, per rider.

Read more about booking and paying for your trip [here](#).

All SpiceRoads trips require proof of travel insurance when booking your holiday. Besides covering you during your trip, travel insurance will also enable you to claim any fees that you have paid to us, including your deposit, if you have to cancel your trip

Balance

Day tours and tours shorter than 7 days require full payment at the time of booking. For tours 7 days or longer, full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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