SPICE ROADS
CYCLING



TOURING

# COASTAL MONTENEGRO

Tour Code
**MNE-OMB**

**8** DAYS
**7** NIGHTS

| | |
|---|---|
| Destinations | Montenegro |
| Tour Meets<br>Tour Ends | Dubrovnik Airport, Croatia<br>Dubrovnik Airport, Croatia |
| Fly in to<br>Fly out of | Dubrovnik Airport (DBV)<br>Dubrovnik Airport (DBV) |
| Group Size<br>Minimum Age | n/a<br>18 (on scheduled departures) |

## ACTIVITY PROFILE

| | |
|---|---|
| **6**<br>Cycling days | **358** km<br>Total cycling distance |
| **60** km<br>Avg distance / day | **800** m<br>Avg climbing / day |

## PRICING

| | |
|---|---|
| Price | On request |
| Bike Hire | N/A |
| Single Supplement | N/A |

## DEPARTURES

There are no scheduled departures for this trip at the moment. Please contact us to arrange a private departure.

## WHAT'S INCLUDED

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

## WHAT'S EXCLUDED

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

## TRIP PROFILE

We ride a total of 358 km in 6 days of cycling. Most of our tour is on tarmac, but there are stretches on former Austro-Hungarian military trails which can be rocky. The terrain is mountainous, so we will be climbing and having thrilling descents every day. The distances aren't long, but the days will be full. On this trip there is a lot to see along the way.

**Suitability:** This trip is suitable for anyone with a reasonable level of fitness and some off-road riding experience. This trip is not too arduous, and so riders with less experience are more than welcome, although the fitter you are, the more you will enjoy it.

**Biking Conditions:** This trip includes ascending every day. On a few sections, there will be minimal vehicle support, but we will be met by a vehicle at meeting points when possible.




## Day 1: Dubrovnik Airport – Cetinje

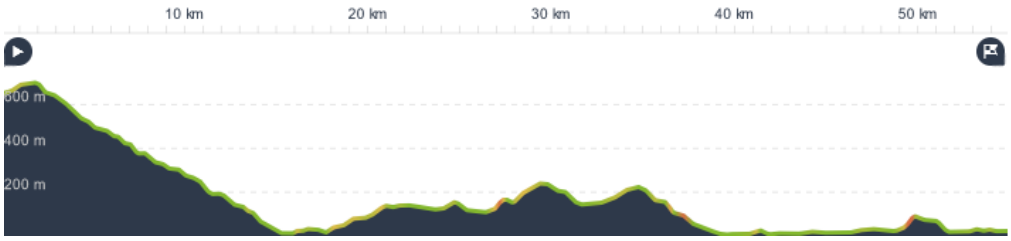
Arrival and transfer to the old royal capital of Montenegro, Cetinje. After an introduction to the tour and adjusting your bikes, you have time to stroll around town, before a welcome dinner.

Cetinje Pension  Dinner

## Day 2: Lake Skadar – Virpazar

We have a beautiful cycling route to the biggest lake of the Balkans, Lake Skadar, one of Europe's best bird watching sites. Have a rest in Rijeka Crnojevica before you continue to the fishing village of Virpazar, another stunning Montenegrin jewel with a population under 400. We also ride through Crmnica, the most valuable wine region in Montenegro.

Pension Virpazar  Breakfast, Lunch, Dinner




Ride 55km +630m -1250m

## Day 3: Lake Skadar – Ulcinj

We cycle along the shoreline of Lake Skadar. We have views of monastery islands, fishing villages, and chestnut groves, and all the time, you have great views of the lake and the Albanian Alps. A final descent takes you to the city of Ulcinj, one of the oldest settlements on the Adriatic coast, dating from the 5th century BC. The old town castle was built by the Illyrians and Ancient Greeks.

Ulcinj Hotel Breakfast, Lunch, Dinner

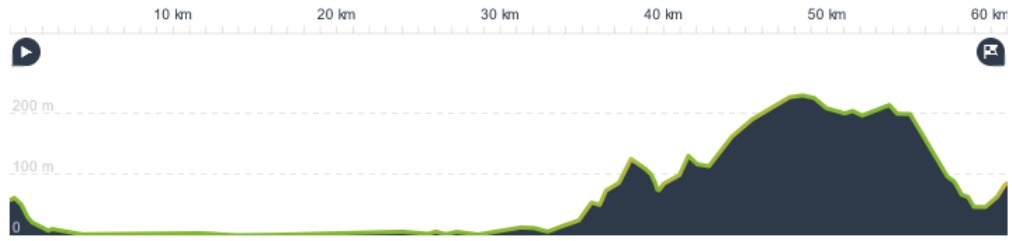



Ride 73km +1460m -1440m

## Day 4: Ulcinj - Old Bar – Budva

We cycle south from Ulcinj to the coastal town of Old Bar. In the first section of today's ride, we pass the resort town of Donji Stolj and continue cycling next to salt flats. Just before Old Bar, olive groves line our path, and we stop to visit the Old Olive of Mirovica, said to be one of the oldest olive trees in the world. We have free time in Old Bar to wander around the alleys and discover the various historic buildings before we transfer to Budva, an incredibly picturesque and vibrant coastal town.

Hotel Mogren Breakfast, Lunch, Dinner



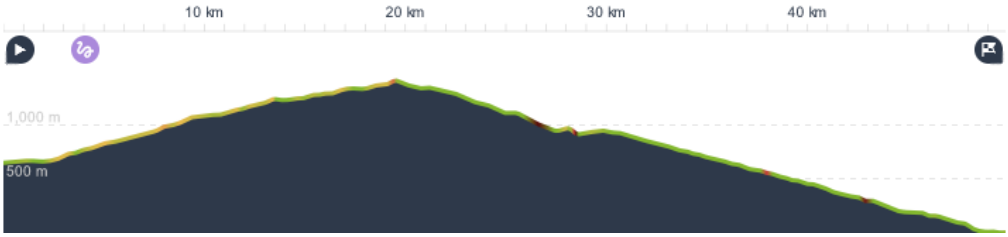

Ride 61km +430m -430m

## Day 5: Cetinje – Kotor

We have a transfer uphill to Cetinje to start our ride along the old road towards Lovcen National Park. From Ivanova Korita, we ride along an old wagon trail to the foot of Jezerski Vrh and over the Trešnja Saddle to visit the old spring in Sanik. Our route descends towards Bukovica, where we grab some refreshment at Kod Pera, a café that has been open every day for more than 100 years. We explore another military road around the Bogojeva Glava mountain, before our pleasant downhill to Njegusi. It's one last short climb to the mountain pass of Krstac, before we

ride down the well-known Lovcen Road to the Old Town of Kotor, a UNESCO World Heritage Site. Kotor is well-known for its stunning architecture and beautiful setting in a secluded part of the Boka Kotorska Bay. Stari Grad (Old Town) is a labyrinth of cobbled lanes linking small squares containing ancient churches and old aristocratic mansions.

Vila Marija  Breakfast, Lunch, Dinner

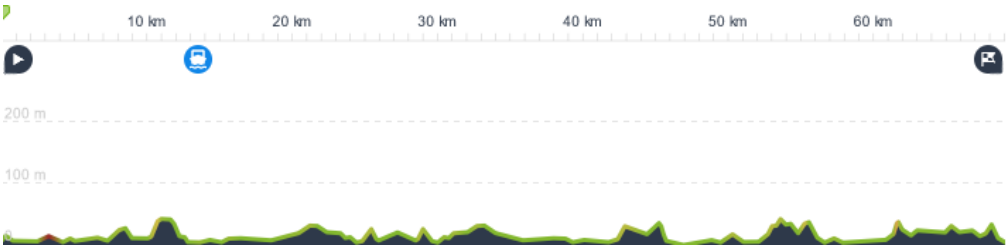



Ride 50km  +870m  -1510m

## Day 6: Kotor Bay

We explore the Bay of Kotor, which is a gentle round trip along its beautiful coastline. From the settlement of Kamenari, you can ride over Lipci and Gornje Ledenice to Risan, or you could cycle to Herzeg Novi and back. In Perast, we take a return boat trip to visit the church island, Our Lady of the Rocks. The final section is along Dobrota back to your accommodation in Kotor.

Vila Marija  Breakfast, Lunch, Dinner

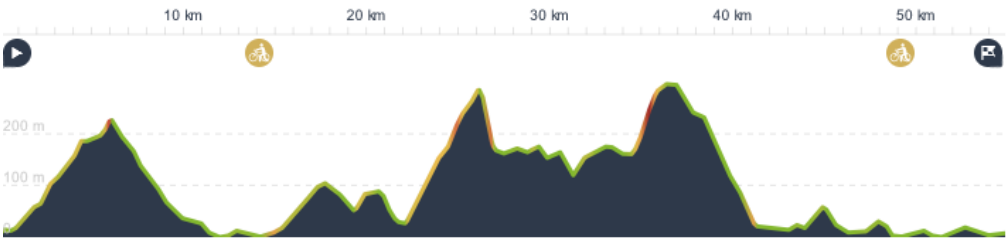



Ride 69km  +480m  -480m

## Day 7: Peninsula of Lustica

Today's tour takes us to the peninsula of Lustica at the entrance of the Bay of Kotor. Enjoy great views of the fortification islands, the bay, and the Adriatic Sea. Have a taste of the olive oil produced there and take the opportunity to have swim at one of the beaches. We have enough time for sightseeing in the old town before a farewell dinner packed with seafood specialties.

Vila Marija  Breakfast, Lunch, Dinner




Ride 55km  +980m  -980m

## Day 8: Transfer to Podgorica/Tivat/Dubrovnik Airports

We will schedule transfers to Podgorica, Tivat, or Dubrovnik Airports depending on flight times.

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

Because 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 bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a in good mechanical order.

### 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

### Passports and Visas

Montenegro is not a member of the European Union or the Schengen Area, but it maintains a liberal entry policy. Citizens of the UK, US, Canada, Australia, and New Zealand do not require a visa for tourism and are permitted to stay for up to 90 days. If you are entering Montenegro from a neighbouring Schengen country like Croatia, please be aware that you will pass through a full border control. The Entry/Exit System (EES) is operational at these borders, involving a biometric registration of facial images and fingerprints. Please ensure your passport is valid for at least three months beyond your intended date of departure.

### Health & Insurance

No specific vaccinations are mandatory for entry. It is advisable to be current on standard boosters such as Tetanus and Hepatitis A/B. Comprehensive travel insurance is essential and must specifically cover cycling activities and medical evacuation, particularly given the remote nature of the Durmitor and Lovćen mountain regions. While coastal towns have good medical facilities, infrastructure in the high-altitude interior is more basic.

### Weather

The prime window for cycling in Montenegro is from May to June and September to October.

- **The Best Window:** Late spring and early autumn offer mild temperatures and clear visibility in the mountains, typically ranging between 18°C and 25°C.
- **Summer Extremes:** In July and August, the coast can be exceptionally hot, with temperatures often exceeding 35°C, while the high mountains remain significantly cooler.
- **Mountain Shifts:** Weather in the highlands can change rapidly. We recommend carrying a high-quality waterproof shell and a warm mid-layer for long descents from the karst plateaus.

### Food

Montenegrin cuisine is a hearty reflection of its rugged landscape. In the mountains, you should try **Njeguški pršut** (dry-cured ham) and **Kačamak** (a rich porridge made of potatoes and cornmeal with local cheese). Along the coast, the focus shifts to fresh Adriatic seafood and olive-oil based Mediterranean dishes. Most meals are served family-style with fresh, crusty bread and robust local cheeses. We cater to all dietary needs; please notify us of any requirements at the time of booking.

### Drink

Hydration is vital on the long climbs out of the Bay of Kotor, and we provide ample water and snacks during every ride. Montenegro has a proud winemaking tradition, most notably the dark and powerful **Vranac** red wine. For a local post-ride digestif, try a small glass of **Loza** (grape brandy). Tap water is generally safe to drink in urban areas and mountain springs, though we provide filtered water throughout the tour. Please note that alcohol during meals is not included in the tour price.

### Solo Travellers

SpiceRoads does not charge a mandatory single supplement for solo adventurers. We will arrange for you to share a room with another traveller of the same gender in twin-share accommodation. If no match is available, you will receive a single room at no additional cost. If you prefer to guarantee your own private room for the duration of the trip, a single supplement is available at the rate listed in the tour pricing.

### Extra Expenses

Montenegro offers excellent value, though prices in the Bay of Kotor and Budva are significantly higher than in the mountain interior. You should budget for personal incidentals such as café stops, local olive oil, or entrance fees to national parks. Tipping is not mandatory but is a common gesture of appreciation for excellent service in restaurants and for your support crew.

### Money

Surprisingly, the official currency of Montenegro is the **Euro (€)**, even though the country is not a member of the Eurozone.

- **Card Acceptance:** Credit and debit cards are accepted in major hotels, restaurants, and shops in coastal areas.
- **ATMs:** Cash machines are available in all towns and major tourist hubs.
- **Cash for the Interior:** In the mountain regions and smaller villages, Montenegro remains a cash-heavy society. It is essential to carry Euro notes for use in small tavernas, rural guesthouses, and for small purchases at local markets.

## GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

### FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

### CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call

our office.

## TRIP STATUS

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 the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

## BOOKING ONLINE

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. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), 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). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

## BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

## DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

## FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see 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 cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a 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.

## CONTACT US

145 Soi Pridi Banomyong 14 (Mee Suwan 3)
Sukhumvit 71 Road, Phra Khanong Nuea, Watthana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

## FOLLOW US

twitter.com/spiceroads
youtube.com/user/spiceroads
instagram.com/spiceroads
facebook.com/SpiceRoad