

Love In Every Step Bosnia Trek



Duration: 8 days

The Dinaric Alps stretch from Italy across the Balkans to Kosovo, and offer wonderful trekking on quiet trails among dramatic rugged peaks, spectacular glacial lakes and rich green valleys dotted with traditional stone villages.

We base ourselves in the natural wilderness of Sutjeska National Park, which boasts one of Europe's few remaining reserves of virgin forest, and tackle a demanding route around the mountains and lakes which straddle the border of Bosnia & Herzegovina, and Montenegro. En route we cross mountain ridges, with demanding ascents rising up over 2300m, and soak up the magnificent views which come as reward for tackling such terrain in a relatively undiscovered mountain wilderness.

With time in historic Sarajevo to visit a charity project with Hope and Homes for Children, this will bring home your reasons for fundraising. This is an unforgettable trek with many rewards for your achievements!

DETAILED ITINERARY

Day 1: Fly London to Sarejevo

Fly to Sarajevo, capital of Bosnia and Herzegovina, and transfer to our hotel. We'll have a trip briefing before dinner. Night hotel.

(Lunch not included)

Day 2: Sarajevo – Tjentiste

This morning you have some free time to explore this fascinating city before we start our trek challenge. In the afternoon we transfer to Tjentiste, lying within the National Park which will be our home for the next few days.

Night Hotel.

Drive approx. 2 hours

Day 3: Tjentiste – Prijedor Pass Circuit

Sutjeska National Park is home to magnificent scenery of rugged limestone mountains, green pastures and dense forest. Our first day of walking kicks off the challenge in style, with a long circular hike which is steep at times and gains over 1000m elevation. After a short (6km) transfer to our trek start point, we take in part of the Perućica Forest Reserve, one of Europe's last stretches of primeval forest. Tall, majestic beech and ash trees give way to coniferous spruce and silver fir as we gain height. Walking along a ridge, we come to Prijedor Pass (1668m), with stunning views across the natural wilderness and high peaks surrounding us. We follow a steep-sided gorge back towards Tjentiste, immersed in dramatic landscapes. Night hotel.

Trek 8-9 hours

Day 4: Prijedor – Mratinje – Pluzine (Montenegro)

A big day today, but one packed with highlights, as we take in more spectacular scenery of lakes and mountains and summit one of the highest peaks of the region. Another short transfer brings us to Prijedor, where we trek an undulating trail to Trnovacko Lake, a picture-perfect heart-shaped blue-green glacial lake set in a natural amphitheatre amidst the rocky peaks. On the way we cross the border into Montenegro. From the lake we climb up towards Mt Bioc, a vast massif rising over 2300m which dominates the area – our aim is to cross this. The trek is steep at times, and tiring, but the views from the top, over the mountains of Montenegro and back into Sutjeska National Park, are well worth the effort. We descend to Mratinje, a small village on the Montenegrin side, where our vehicles meet us and take us to Pluzine, a small lakeside town. Night hotel.

Trek approx. 8-9 hours

Day 5: Pluzine - Stabna - Tjentiste (B&H)

Another spectacularly scenic, challenging day – though shorter than yesterday's big effort! Our trek starts with a short transfer to the small village of Stabna, where a rich green valley leads back up into the mountains on steep trails, coming eventually to the sparkling waters of a small lake; there may be time to dip our toes into the refreshingly cold waters! From here we descend to the road, and drive back round into Bosnia, along a breathtakingly scenic mountain road; we return to our accommodation in Tjentiste. Night hotel.

Trek approx. 4-6 hours; drive approx 2-3 hours

Day 6: Tjentiste – Donje Bare – Sarajevo

Our last day in Sutjeska National Park takes us to a wonderful viewpoint which offers wide vistas over the mountains and valleys that have formed our challenge. We start trekking through beautiful mountain pastures and beech forest, and ascend to the Sutjeska River, where a canyon cuts dramatically through the rock and provides yet another natural highlight for trekkers. In places the canyon walls tower over 200m above us, and the glacial

river tumbles from the mountains around us to the valley below. We finish at the tranquil tree-fringed waters of Donje Bare Lake, where we have time to savour the views before the drive back to Sarajevo. Night hotel.

Trek approx. 5-6 hours; Drive approx. 2 hours

Day 7: Sarajevo (Hope and Homes for Children Project Day)

Today we spend time appreciating what some of your fundraising money is achieving in Bosnia with Hope and Homes for Children. We gather in the evening for a celebratory meal to mark our achievements. Night hotel.

Day 8: Fly Sarajevo to London

Depending on our flight times, you're free to explore Sarajevo before transferring to the airport for flight home.

(Lunch not included)

WHAT'S INCLUDED

- Scheduled return flights
- All in-country transport
- All accommodation (twin-share)
- Most meals (exceptions detailed in itinerary)

WHAT'S EXCLUDED

- Meals as detailed in itinerary
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)
- Fuel supplement levied by airline for pax and rep place (approx. £60pp)
- Costs associated with project visit

GRADE | ORANGE

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge.

This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)

BUY YOUR KITBAG

Only £45 (inc p&p) - designed to deal with the rigours of your challenge.

Easier for accessing gear than a rucksack (especially when camping) this is probably the most cost-effective way to take your luggage on a Discover Adventure challenge!



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 14 Jul 2025, and the challenge is subject to change.