

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 Sarajevo

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

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 (see icon) are also taken into account.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries may be less than you would spend on an average night out.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

Accommodation is usually in well-located, comfortable 2-3* hotel(s); standards are generally very good though there may be some variation.

Roomshare Arrangements

Accommodation is usually on a twin-share basis. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also

bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

Detailed information

You go to some amazing places but you never refer to your trips as holidays, why is that?

We are organisers of Fundraising Challenges, offering trips that are designed to push your limits, they are not holidays. They involve preparation in terms of fundraising and improving fitness. There is a special atmosphere on our trips that you just don't get on a holiday no matter how active they are – money cannot buy the sense of achievement and self-confidence you will feel after completing the challenge.

Your website talks about Open and Bespoke Challenges, what is the difference?

Open Challenges are trips featured in our Brochure, they are made up of groups of people fundraising for different charities but all with one thing in common – pushing limits and doing something worthwhile. These types of trips offer you three different payment methods – fundraising, self payment but donate all funds raised to charity, and self payment requiring no fundraising. Our Bespoke Challenges are those that we have been invited by a particular charity to organise for a group of their fundraisers.

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too – and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For](#)

[Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).

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!



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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 1 May 2024, and the challenge is subject to change.