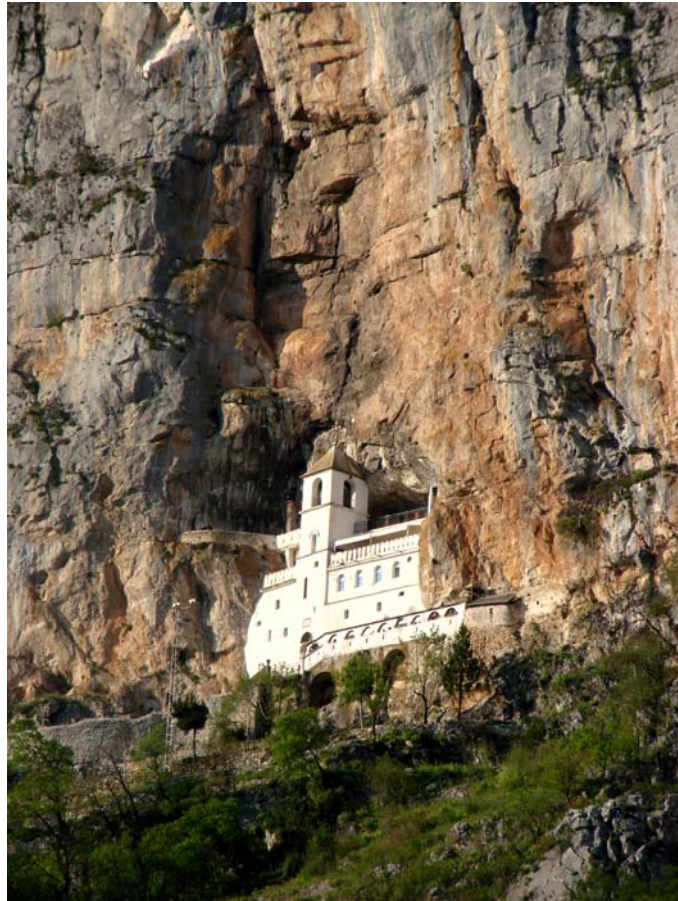


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# HIDDEN MONTENEGRO WITH LUKA POZNIC

**Hiking & cultural exploring in Europe's hidden gem!**

## TRIP DETAILS

9 days ~ Montenegro & Croatia

5 days moderate hiking,  
4 days easy touring

8 nights hotels

## 2009 DATES

Aug 30–Sep 7

## 2009 LAND COST

\$3,795 per person  
(13-15 members)

\$3,995 per person  
(10-12 members)

\$4,295 per person  
(6-9 members)

\$900 single supplement

TRIP LEVEL  
MODERATE

## HIGHLIGHTS

- Visit one of the world's newest countries, with its medieval walled villages, beautiful river canyons, and gorgeous peaks—an MTS exclusive!
- Hike in Durmitor National Park in the Dinaric Alps—a UNESCO World Heritage Site
- Get a glimpse of hidden Montenegro, with visits to homes and hard to find villages
- Sample local delicacies, and discover why Montenegro is the perfect destination for foodies!



# HIDDEN MONTENEGRO WITH LUKA POZNIK

*Hiking & cultural exploring in Europe's hidden gem!*

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**M**ontenegro, affectionately referred to as the “pearl of the Mediterranean,” contains unheard of natural beauty and culture for such a small country. Her wild mountains are truly a dazzling jewel among the many attractions of the former Yugoslavia. Medieval walled villages with Ottoman-style architecture and centuries-old Orthodox churches fill your quest for history and culture. And fine restaurants, music, museums, and accommodations round out the picture for a perfect destination!

On this new adventure with Balkans guide Luka Poznik, we'll visit Montenegro from sea to summit and back—a wonderful complement of high mountains and valleys, Adriatic walled cities, and everything in between! Durmitor National Park, a UNESCO World Heritage Site, is blessed with incredible wildflowers, dense pine forests, sparkling lakes, and surrounded by two other beautiful river canyons. The Biogradska Gora National Park introduces you the centuries old lifestyle of the ‘Highlanders’ and the Komovi Mountain range takes you to the wild beauty of Eastern Montenegro, right on the Albanian border. And this is much more than a hiking trip: along with the exhilarating hikes, you'll explore medieval walled villages, with their narrow streets and passageways that open to splendid squares, plus monasteries, churches, museums and monuments. It is a hotel based trip that provides the perfect combination of the culture and the history of Adriatic walled cities with alpine splendor.



*“This past summer we scouted in Montenegro, the last undiscovered corner of the former Yugoslavia, the country vividly described in the stories of our grandfathers and the headquarters of Tito's partisans in WWII.*

*Imagine the wild mountains of the Balkans, resembling Rockies and Patagonia. Imagine the breath-taking white-waters forming Europe's longest canyons. Picture small villages on the coast fraught with the old pirate stories. And a man who offers you Turkish coffee and Rakija (Schnapz), simply because you passed his house high up in the mountains. A minute later he shows up with an accordion and starts playing old Balkan songs in the language of our fathers. Think of the feeling of invigorating hikes in the wilderness 7,000 feet high where you might meet an old guy with a huge beard riding on a white horse, with a baby horse walking closely behind, and accompanied by a big wolf-like dog—what a picture!*

*And then there are old WWII partisan stories to be told here and lush Albanian weddings lasting the whole week without any break. Indulge yourself in the feeling of old communist Yugoslavia standing in the last consulate of Tito's Yugoslavia, and finally visit an 88 years old Admiral in the Bay of Kotor who belongs to the oldest and most important family, The Kapetanovich (the captains...).*

*For all of this, we invite you to discover Montenegro together.”*

*~ Luka Poznic & Ursula Kordis*

## ITINERARY

☞ This trip begins with a rendezvous at the Dubrovnik Airport in Croatia on Day 1. **You should plan on arriving by 10 a.m. on Day 1.**

### DAY 1 ~ Dubrovnik – Durmitor National Park

We start our tour in the Dalmatian city of Dubrovnik. Driving along the coast we cross into Montenegro and continue our way inland to Durmitor National Park. This breathtaking UNESCO World Heritage Site is famous for its glacial formation, which left a landscape of underground streams and deep river canyons, including the Tara River canyon—the deepest gorge in Europe.

Our drive will take us to the wildly beautiful northwest part of Montenegro, famous for its mountains. En route we visit the 17th century Ostrog Monastery, which is the major pilgrimage site for the Orthodox Christians in the Balkans. The monastery is built dramatically into the side of a craggy cliff with sweeping views out over the Bjelopavlici plains. In the afternoon, we continue to the village of Zabljak, located in the hearts of Montenegro's mountains at 4,600 feet. This will be our base for next three nights.

*L,D...Hotel MB, Zabljak*

### DAY 2 ~ Durmitor National Park

Durmitor National Park offers almost untouched wilderness which resembles at times Tibet and the remote countryside of Patagonia. It lies in the heart of the Balkan's untamed west which in the old times gave shelter to the Yugoslav Partisans, the communist-led World War II resistance movement engaged in the fight against Axis forces, led by Secretary-General Josip Broz Tito.

Durmitor is home to more than 18 glacial lakes—lakes formed by receding glaciers—and today we explore the Three Lakes Circuit. A pine forest trail takes us to the famous Black Lake (*Crno Jezero*), Durmitor's largest and deepest lake, from where we continue to the *Zminje Jezero* (Snake Lake), situated at the source of Mlinski potok and hidden in evergreen forest, and finally to Barno Jezero.

Right above us are the mighty 7,000 feet limestone peaks of the Durmitor range.  
*B,L,D...Hotel MB, Zabljak*

*This breathtaking national park was formed by glaciers and is traversed by rivers and underground streams. Along the Tara river canyon, which has the deepest gorges in Europe, the dense pine forests are interspersed with clear lakes and harbour a wide range of endemic flora.*

*Durmitor National Park  
~ whc.unesco.org*

### DAY 3 ~ Durmitor National Park

Today we take a ride to the southwest side of the Durmitor range. Our goal is the mountain pass of Skrcko Zdrijelo. It is believed that from this point you get the best view over the Durmitor National Park. From the pass we enter the secluded valley of Skrcka Lakes. The never-ending meadows and limestone rocks make a nice contrast to the dense pine forest hike we did yesterday. In the evening, we visit a local family and join a proper Balkan feast. The traditional cuisine includes roasted lamb with an assortment of home-made delicacies.

*B,L,D... Hotel MB, Zabljak*

### DAY 4 ~ Tara River Canyon – Kolasin

Our last hike in Durmitor National Park takes us to the edge of the plateau where we climb Curevac Mountain. This excellent view point overlooks the breath-taking Tara River canyon meandering some 3,500 feet below us. The river is also called the 'The Jewel of Europe' forming the longest canyon in Europe. Its light blue and green colors

make it the pride of Montenegro. In the afternoon we leave Zabljak village behind and drive along the dramatic Tara Canyon to the town of Kolasin which is regarded to be the adventure capital of the country.

*B,L,D... Hotel Lipka, Kolasin*

### **DAY 5 ~ Kolasin – Biogradska Gora National Park**

Today we hike in the National Park of Biogradska Gora. We will traverse the high altitude pastures rich with flowers. Our goal is the area around The Crna Galva Mountain (7,058') and remote shepherds' settlements where you have a chance to try the 'Highlander's' food: curd, goat cheese and special creamy cheese called Kajmak. This is also the place where you can get the feel of the old traditions and lifestyle quite exotic for 21st Century Europe. People here still ride horses, and spend harsh winters on the mountain looking after their sheep and fighting the wolves. The beauty of the nature can only be compared to Slovenian Julian Alps.

*B,L,D...Hotel Lipka, Kolasin*

### **DAY 6 ~ Komovi Mountain Range**

Our goal today is the mountain range of Komovi located very close to the border with Albania. This is one of the remotest parts of Montenegro known only to the local hikers. We will be walking on the Stavna Plateau which offers great views on the highest peaks of the Komovi Mountain range. In the evening there is a chance to visit the spa at your hotel or at Bianca Hotel, a sister hotel nearby.

*B,L,D...Hotel Lipka, Kolasin*

### **DAY 7 ~ Kolasin – Lovcen Mountain – Bay of Kotor**

From Kolasin, our journey moves back in the direction of sea. We visit the old Orthodox Monastery on the bank of Moraca River. The old building offers lovely frescoes from the 14th century and interesting insight into the life of the Orthodox monks. We choose the mountainous road to the coast which takes us to the village of Njegosi, the birth place of Njegos, Montenegro's biggest poet and monarch. Situated at the foot of Mt. Lovcen, we visit Njegos' House, and then we explore the village's main attraction: air-dried hams and the local wines. From Njegosi we continue the ride to the *Boka Kotorska* (Bay of Kotor), said to be one of 10 most beautiful bays in the world, and part of a UNESCO World Heritage Site.

*B,L,D...Hotel Vardar, Kotor*

### **DAY 8 ~ Kotor Bay**

The town of Kotor, also called "The small Dubrovnik," is a wonderful walled city with narrow winding streets and Venetian-style architecture and dominates the bay. We explore the small medieval alleys, narrow streets, and squares, and do a short hike up the slopes behind Kotor to the Fortress of St. John standing some 600 feet above the sea. In the afternoon we visit the last Communist Embassy of Yugoslavia and take a picturesque ride to a nearby monastery.

*B,L,D... Hotel Vardar, Kotor*

### **DAY 9 ~ Dubrovnik – Departure**

We leave Kotor in the morning and return back to Dubrovnik.

*B...*

*In the Middle Ages, this natural harbour on the Adriatic coast [the Bay of Kotor] in Montenegro was an important artistic and commercial centre with its own famous schools of masonry and iconography. A large number of the monuments (including four Romanesque churches and the town walls) were seriously damaged by the 1979 earthquake but the town has been restored, largely with UNESCO's help.*

*Natural and Culturo-Historical  
Region of Kotor  
~ [wbc.unesco.org](http://wbc.unesco.org)*

## 2009 LAND COST

\$3,795 per person (13-15 members)

\$3,995 per person (10-12 members)

\$4,295 per person (6-9 members)

\$900 single supplement

Rates quoted are per person, based on sharing double accommodations.

Single Supplement—\$900 for “requested” singles. If you prefer single accommodations, you must pay the Single Supplement Fee. If you’re traveling alone and wish to share accommodations, we’ll try our best to find you a roommate.

### What’s Included

- ◆ expert leadership
- ◆ accommodations
- ◆ meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- ◆ airport transfers
- ◆ Sightseeing and activities as noted in the itinerary
- ◆ ground transportation
- ◆ basic medical and evacuation insurance

### What’s Not

International airfare; meals not noted in itinerary; insurance other than basic medical and evacuation insurance as noted above (we strongly recommend you purchase the supplementary trip insurance offered by Mountain Travel Sobek, which includes trip cancellation insurance); optional tipping to leader, guides and local staff; excess baggage charges; airport taxes; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

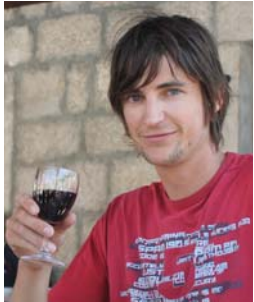
### Air Travel

Airfare is not included in the land cost of our trips. For air reservations, we recommend you contact the airlines directly, either by phone or the Internet. In addition, many travelers elect to use their “frequent flyer” miles when traveling with us. **But please check with our staff before purchasing or obtaining your tickets.** We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip.

## WHAT YOU CAN EXPECT

### Expert Leadership

Expert leadership is the key to an exciting, unforgettable experience. Our trips feature gifted leaders for whom leading trips is a true vocation. Besides showing you wonders you'd never find on your own, they make sure everything runs smoothly and safely without a hitch. They are knowledgeable about all aspects of your trip, and take great pleasure in sharing their insights with you. More than just guides, they positively elevate your experience by being teachers, companions, and the best of friends. You'll be in good hands with them every step of the way.



**Luka Poznic** is scheduled to lead this trip. Luka is a lifelong traveler and adventurer, and manages MTS regional office in the Balkans. When he is out of the office, he can almost always be found somewhere in the melting pot of Southeast Europe: guiding, discovering new destinations, or following historic trails of the former Yugoslavia. Luka is currently working on a PhD in history, with an emphasis on mystical places of the Balkan world that has enchanted him. When he is at home, he is devoted to free-climbing, mountain-biking and photography. He has become very knowledgeable about high-quality wines through his years of traveling, and is definitely the right person to show you where the best Cabernet Sauvignon in the Adriatic can be found!

Assisting Luka will be another MTS favorite, **Ursula Kordis**. Ursula could easily claim that she has Balkan blood in her veins. Her Slovenian side is addicted to outdoor activities including hiking, snowboarding and rock climbing. But when she heads south, her Balkan temperament overtakes her thoughts and actions: she is hospitable, caring and open minded, always prepared to give you best experience and reveal local secrets. She shares a great passion for Balkan music and folk dances, is fluent in local languages and dialects, and spends hours talking with the local ladies about how traditional laces have been made for centuries.

### Activity Level

Mountain Travel Sobek trips are designed for flexible, energetic people who like to be active and have a spirit of adventure and a positive attitude. We rate this trip as moderate in nature. You need to be in good health and physical condition to enjoy this trip, with adequate muscular strength, cardiovascular endurance, and good balance. The hikes are not highly strenuous, but the trails may be rocky with some steep ascents and descents

If you are not optimally conditioned, we recommend that you start a training program *at least three months* before departure, gradually increasing the intensity and duration. If your health is questionable or your physical stamina is limited, please discuss other trip options with us.

## THE NEXT STEP

### Ready to go? Signing up is easy!

Just call us at 1-888-MTSOBEK (687-6235) and reserve your spot! You can also book a reservation online at our website ([www.mtsobek.com](http://www.mtsobek.com)). If you prefer to use a travel agent, he or she can book your trip at no extra cost and provide other helpful assistance.

### **Then Leave the Rest to Us**

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, and other details.

### **Why Mountain Travel Sobek is Your First Choice for Adventure**

Mountain Travel Sobek is the pioneer in active adventure travel. No other adventure travel company can lay claim to that title. We were the first to take Americans trekking in Nepal, raft the wild rivers of Africa, and open up many previously inaccessible corners of the world to curious travelers. We set the standard for adventure travel and have a strong reputation for excellence that we do everything we can to maintain. Since we are the leading adventure company, we have a lot to live up to, so we make sure we provide safe, quality trips and the best customer service to our passengers.

### **References**

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers.

### **Questions?**

Feel free to call our European expert, Tara Starr-Keddle, at 1-800-282-8747 (x6017) if you still have any questions or concerns. We're here to help you. You can also check out our website at [www.mtsobek.com](http://www.mtsobek.com).

### **Note on Itinerary**

Although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions in the four-page Participant Information Form. You can find all this information on our website at [www.mtsobek.com/faq](http://www.mtsobek.com/faq) and the form itself at [www.mtsobek.com/pdf/participant\\_info.pdf](http://www.mtsobek.com/pdf/participant_info.pdf).

### **Terms & Conditions**

Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions including the Limitation of Liability Clause. The full Terms and Conditions can be found at [www.mtsobek.com/faq/#liability](http://www.mtsobek.com/faq/#liability) or call 1-888-MTSOBEK (687-6235) for a copy. These are partial conditions. Your participation is contingent on your signature on the full list of terms specified in the four-page Participant Information Form ([www.mtsobek.com/pdf/participant\\_info.pdf](http://www.mtsobek.com/pdf/participant_info.pdf)). Any dispute concerning, relating or referring to the Terms and Conditions, to any literature concerning this trip, or the trip itself, shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing commercial rules of the American Arbitration Association. Such proceedings will be governed by substantive California law (but not procedural law) without regard to the California Arbitration Act.

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*Registration as a seller of travel does not constitute approval by the State of California.*