

# Undiscovered Balkans - Bosnia and Herzegovina

Trip Code: BAC

Version:



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Hike up Maglic (2386m) Bosnia's highest peak on the superb Via Dinarica
- Experience the wild Bjelasnica Mountains and Sutjeska National Park
- Soak up Yugoslavian culture and history in Mostar and Sarajevo

- Celebrate a great holiday with wine-tasting in Trebinje old town

## AT A GLANCE

- 6 days walking and sightseeing
- Wine tasting
- Max altitude - 2386m
- Join at Dubrovnik

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Bosnia and Herzegovina with its fascinating history, delicious cuisine, vibrant cities, primeval forests, rich cultures and warm welcome is an exciting destination for a walking and cultural holiday in the heart of the Balkans. This wonderful adventure kicks off with the Balkan gem of Mostar and spectacular Ottoman Bridge. Next we head to the Cvrsnica and Bjelasnica Mountains for some off the beaten track hiking deep in to the heart of a timeless landscape where life has stood still for over a 100 years. After the mountains we explore the vibrant capital of Sarajevo including the Latin Bridge and atmospheric Copper Alley. Feeling invigorated after mountain walks and sightseeing we hike to the summit of Mount Maglic (2386m), the highest peak in the country. A spot of wine tasting in the charming old town of Trebinje is the perfect way to celebrate our summit success before heading to Dubrovnik in neighbouring Croatia for the final night. Once part of Former-Yugoslavia, Bosnia and Herzegovina has risen like a phoenix and combined with Croatia offers the perfect walking destination for anyone looking to experience this very unique and special part of the Balkans.

## Is this holiday for you?

This unique holiday offers a great mix of walking and sightseeing, with daily walks and cultural highlights before hiking to the summit of Mount Maglic. KE's Balkan adventure is a genuine off the beaten track walking journey which follows wild and dramatic mountain paths between valleys and villages with 4 full days of walking and 2 days of sightseeing. We walk on a variety of trails through an undiscovered country, with the longer day on Maglic near the end of the holiday after a relaxed day of sightseeing in Sarajevo. Maglic summit at just over 2300m is optional, and if you decide not to head up to the top it won't take away your enjoyment from the rest of the holiday. The ascent of Maglic includes narrow trails plus small sections of fixed alpine cables and non-technical scrambling which the leader will guide you through. There are times (during very dry periods) when the guide may provide the group with helmets. We've added a variety of accommodation including two nights in a traditional mountain hut and each day you'll only need to carry your day pack.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- Professional English-speaking local leader
- Single-timed group airport transfers
- All accommodation as described
- Meals as per the meal plan
- All land transport required by the itinerary
- National park entrance fees
- All excursions mentioned in the itinerary

### What's not Included

- Travel insurance
  - Tips for support staff and guide
  - Some meals as per the Meal Plan
  - Miscellaneous expenses drinks souvenirs etc
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- Travel insurance
  - Any required visas
  - Airport transfers other than group transfers
  - Tips for local staff
  - Some meals are per the meal plan
  - Miscellaneous expenses drinks souvenirs etc

## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the hotel in Mostar

A single timed transfer from / to Dubrovnik Airport is provided.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All breakfasts, 5 lunches and 5 dinners are included.

### Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

The food in Bosnia is delicious with lots of fresh ingredients and wonderful influences from the Ottoman Empire. Grilled meats are popular, as are dolme (stuffed cabbage leaves) and rich soups such as bosanski ionac (a Bosnian hotpot) Two of the most popular local dishes are cevapi and piljeskavica made from local sausages or mince served with salad and fresh Bosnian bread. Tomatoes, aubergines, courgettes and potatoes are in abundance, as are wonderful fresh cheeses, breads and salads. A foodie highlight is the delicious and mouth-watering burek, a popular snack of filo pastry, stuffed with either meat or fresh cheese - a must try! Slow cooked beans and courgettes are served as a side dish or main meals at lunch. For vegetarians the country has plenty of fresh salads, vegetables, cheeses, eggs, potatoes and freshly cooked breads. Let's not forget an excellent selection of cheeses ranging from kajmak (a rich cream cheese) to travnicki (a white feta style from Travnik). Typical desserts include mouth-watering Turkish-style baklava, pancakes, doughnuts, sweet pastries and baked apples. Bosnians love their strong Turkish style coffee, ice-cold bottled beers, rich wines and after dinner digestives, which range from the delicious honey schnapps to the wild and fiery plum and pear brandies. Be brave and give them a try!

## Accommodation

During this holiday the group will spend 1 night at a hotel in Mostar, 1 night at a guesthouse/pension in Sarajevo, 2 nights at a hotel in Tjentiste and 1 night at a hotel in Dubrovnik.

There is also 2 nights at a simple mountain guesthouse in Umoljani with between 2 and 4 people per room and shared bathroom facilities. This is a highlight because of the welcome and wonderful location where tourist infrastructure is very much in its infancy. In the mountains, the solitude and warm welcome more than makes up for the lack of hotel facilities.

If you are travelling by yourself, you will be paired up with another single client of the same sex for the 5 nights in the hotels and pensions. Single rooms are available for a supplementary cost on these 5 nights. If you are planning on extending your holiday additional nights at the group hotel are available on request.

## Group Leader & Support Staff

The group will be accompanied throughout by a professional English-speaking local tour leader.

## Altitude

The altitudes attained on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2000 metres.

## Spending Money

Approximately £150 - 200 should be allowed for miscellaneous expenses including drinks bills, meals not included and reasonable tips to support crew. If you intend to buy souvenirs, you'll need to budget accordingly (credit cards can be useful). The local currency in Bosnia is the Convertible Mark (KM) whilst in Croatia (for Dubrovnik) it's the Kuna (HRK). By far the easiest way to obtain your travel cash is from ATMs using a credit or debit card. ATM machines are available on arrival at Dubrovnik Airport and in Dubrovnik old town for Kuna. Sarajevo and Mostar both have ATM machines to obtain Bosnian currency. Major credit cards are only accepted in larger cities. There are also exchange facilities in Mostar for exchanging sterling, euro or dollars. For up to date exchange rates visit [www.xe.com](http://www.xe.com)

## Guidance on Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. It is best if the tip is given at the end of the trip by the group as a whole. We recommend that each group member contributes around £25 for the tour leader and £10 for the driver in 2 separate envelopes.

## **Baggage Allowance**

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels or a soft kit bag is suitable for this holiday. For international flights please check your baggage allowance with your airline.

## **Group Size & Holiday Status**

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.



# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

## Preparing for your Holiday

It makes a lot of sense to spend some time before coming on an active holiday getting some additional exercise. Regular hiking is the best preparation as are running, cycling and swimming. The fitter you are for your holiday the more you'll enjoy the overall walking experience.

## Climate

Bosnia is home to mixed weather with the southern part of the country having mild winters and warmer summers with average temperatures in June to September ranging from 25 to 30 degrees centigrade. As expected it can be cooler in the mountains due to the alpine conditions. Rainfall is generally less than 30mm per month through the summer and is usually confined to the odd thunderstorm. It's always good to be prepared for a wide range of mountain weather on this holiday.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travellaware.campaign.gov.uk](http://travellaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Goodbye Sarajevo: Atka Reid and Hana Schofield
- Europe Bradt Travel Guides Bosnia and Herzegovina
- Bosnia A Short History - Noel Malcolm
- The Shed That Fed a Million Children - Magnus MacFarlane-Barrow

## Maps

### **Freytag-Berndt. Bosnia-Herzegovina. 1:200,000 scale**

Bosnia-Herzegovina on a large, double-sided, indexed road map from Freytag & Berndt, showing the whole country at 1:200,000 with detailed presentation of the road and rail networks, places of interest, etc. Relief shading with spot heights and colouring indicating forested areas shows the country's topography, with plenty of names of geographical features. National parks and other protected areas are marked



## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

### You should bring the following items:

- Hiking boots with ankle support
  
- Socks
  
- Trekking trousers
  
- Waterproof overtrousers
  
- Underwear
  
- Baselayer shirts (1 short sleeve, 1 long sleeve)
  
- Light fleece shirt or mid-layer
  
- Warm fleece jacket or jumper
  
- Waterproof jacket
  
- T-shirts or casual shirts

- Lightweight thermal gloves
- Sunhat
- Warm hat
- Sunglasses
- Daypack 30 litres
- Headtorch and spare batteries
- Sun protection (including for lips)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Travel towel
- Antibacterial hand wash

Basic First Aid Kit including; Insect repellent, antiseptic cream, throat lozenges, diarrhoea treatment

- (Diocalm or Immodium), painkillers, plasters, blister treatment and re-hydration salts (Dioralite).  
Glucose sweets and vitamin tablets are a useful addition.

◆ **The following items are optional:**

- Trainers or sandals
- Shorts
- Travel clothes
- Trekking poles (highly recommended)

- Camera
- Pen-knife for picnic lunches
- Swimwear (there are on occasion opportunities to swim in natural pools and rivers)
- Reusable cloth bag for shopping (to avoid plastic bags)

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Mostar and a single timed transfer is provided from Dubrovnik Airport.

# Why Choose KE

## Why KE

As Balkan experts we're proud of 5\* reviews for this holiday. Enjoy wonderful mountain walks including Lukomir the highest village in the country, to ensure you're fully prepared for Mount Maglic. Standing on Bosnia's highest peak deserves a reward, so we've included wine tasting in Trebinje to celebrate.

**Please Note** This document was downloaded on 23/11/2024 and the trip is subject to change