Trekking The Transylvanian Alps

Trip Code: ROM

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- Trek through jaw dropping mountain scenery to the highest peak in Romania
- Look over the Heroes Cross before staying on the shoulders of Mount Omu
- A relaxing two night stay in beautiful Brasov and explore pretty Sinaia on foot
- Visit Bran Castle and discover the atmospheric Monastery of Brancoveanu
- Easy to extend your holiday and explore the Romanian capital of Bucharest

AT A GLANCE

- 6 days trekking. Max altitude - 2545 metres.
- Join at Bucharest

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Home to the incredible Transylvanian Alps, charming towns, fascinating history and wonderful folklore, Romania is a magical country waiting to be explored on foot. Here breath-taking mountain ranges surround dramatic castles, whilst medieval towns offer pockets of Romania's proud history and fascinating culture. As the perfect destination for a trekking holiday, here you'll experience some of Europe's wildest scenery where brown bears, chamois, marmots and soaring raptors still thrive. The adventure starts in Sinaia where colourful wooden houses are surrounded by a panorama of fir trees. After Sinaia we trek for two days in the Bucegi Mountains where we'll look over the Heroes Cross and head up Mount Omu for a night in Romania's highest mountain hut. After the Bucegi Plateau we visit Vlad the Impaler's Castle in Bran before our next adventure - a jaw dropping journey through the heart of the Transylvanian Alps. For the next three days we're off the beaten track as we follow mountain trails which lead to the summit of Romania's highest mountain - Moldoveanu (2544m). During this holiday we stay in stunningly located mountain refuges to ensure a true mountain journey. We finish this superb holiday in the medieval gem of Brasov. Brimming with pretty architecture, Bohemian cafes and gothic spires, Brasov is the perfect place to toast a fantastic holiday to Romania.

Is this holiday for you?

This is a real off the beaten track adventure through dramatic scenery in the heart of the mountains. One of the holiday highlights of this Transylvanian Alps holiday is the hut to hut element which guarantees you get deep into the mountains. Due to their incredible locations, each hut is inaccessible by road which is a major part of the experience. You'll have access to your main luggage on days 1, 3, 6 and 7, but on a couple of days the group will carry what they need for the overnights in refuges. However there is no need for heavy backpacking as blankets are provided. All you need to carry is a sheet sleeping liner, your lunches and your personal items for a few days. With careful packing you should be able to get your rucksack weight to around 8 - 10kgs. Trekking trails are good and as you would expect with any alpine adventure, includes rocky footpaths, some scrambling (which is fully cabled for protection) and exposure on ridges and summits. Some of the days are long, especially for the ascent of Moldoveanu but these are balanced out with shorter days at the start and finish. This excellent holiday is suitable for active walkers with a good level of fitness who are looking for a unique week of mountain walking in a remote part of Europe

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified guide
- Single timed airport transfers on arrival & departure
- Accommodation as described
- Meals as per the meal plan
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned except where specified as ‘optional’

What's not Included

- Travel insurance
- Tips
- Some meals are per the meal plan
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

A single transfer from Bucharest Otopeni (Henri Coanda) Airport to the group hotel in Sinaia, is provided in the afternoon of Day 1 of the Land Only itinerary. On the last day of the Land Only itinerary, there will be a single transfer (2.5 to 3 hours) back to Bucharest Otopeni (Henri Coanda) timed to arrive at approximately midday.

If your flight schedules do not fit with these single timed airport transfers we can provide private transfers at an additional cost.

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

Baneasa Airport arrivals and departures
Please note that the majority of scheduled International flights arrive/depart Bucharest Otopeni (Henri Coanda) Airport, however some flights still arrive/depart from Bucharest Baneasa Airport. If your flight arrives at Bucharest Baneasa Airport you will need to take a taxi to Bucharest Otopeni (Henri Coanda) Airport if you are intending to take advantage of the single timed group airport transfers. A taxi from Baneasa to Otopeni usually takes around 20 minutes.

Joining in Sinaia
If you are unable to take advantage of the single timed group transfer on arrival, it is straightforward to reach the group hotel in Sinaia by train from Bucharest Gara de Nord Railway station. You should allow at least 45 minutes to reach Gara de Nord by taxi from Otopeni or Baneasa Airports. A taxi should cost around £20 for this journey. There is a regular (almost hourly) train service from Bucharest Gara de Nord to Sinaia, that takes around 90 minutes. The cost is approximately £10 - 15. You can check train times on the Romanian State Railway at www.cfr.ro.

Meal Plan

All breakfasts, 5 lunches and 4 dinners are included.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

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.

Romanian food is excellent with a variety of influences from the Balkans. Local specialities are smoked bacon and sausages, stuffed cabbage rolls, cornmeal (similar to polenta) and served alongside fresh sour cream. You'll find bean soups, baked pumpkin, roasted corn on the cob and oven baked potatoes, which are wonderful with their crispy skins. Romanians love soups and stews, stuffed vegetables and mouth-watering tasty pies made with spinach or mushrooms and soft cheese. You'll come across colourful salads and wide range of soft or hard cheeses. Desserts are something of a speciality and range from dough filled with sweet cheese to mouth-watering papanash (little doughnuts served with sweet cheese and blueberries) plus crepes served with either jam, marmalade, chocolate or a ricotta-style of cheese.

Breakfasts are simple and usually consist of bread, butter, jam or honey, sometimes tomatoes, eggs or cheese plus tea or coffee. Lunches are picnic-style (sandwiches) and made up before the two trekking elements to be carried with you in your rucksack. Chocolate and cereal bars plus fruit is also available for you to take along.

Even in the huts you'll find soft drinks and local beers to buy for a reasonable price - perfect after a day in the mountains. Most beer is European-style such as Silva, Ciucas (from Brasov), Ciuc, Timişoreana and Ursus. Romania has brown ale called bere neagra or bruna. The country is one of the world's largest wine producers and the sixth biggest in Europe. Romania's main grape varieties are the white Feteasca and the red Feteasca Regala. Aligote and Merlot are other important varieties, alongside Sauvignon Blanc, Pinot Gris, Rkatsiteli, Muscat Ottonel and Traminer. The national drink is a powerful brandy distilled from fruit and drank neat - don't leave Romania without trying it!

Accommodation

During this holiday the group will spend 3 nights in comfortable local hotels in Sinaia and Brasov and 2 nights in a guesthouse in Bran. Rooms are allocated on a twin sharing en-suite basis.

The group will also have 2 nights in a mountain huts/refuge. Accommodation in the huts is basic with dormitory rooms and very basic bathroom facilities. However, the most important aspect is the location. It's good to remember that mountain infrastructure in Romania is very simple, often without running water, and accommodation options are located far apart. A real highlight though is their welcome and it's a great way to meet other trekkers. Staying in these mountain refuges also means the group can stay high in the mountains and genuinely get off the beaten track. A blanket is provided by the huts so you only need to carry a sheet or thermal sleeping bag liner with you. However if you are someone who feels the cold, you may want to carry a lightweight sleeping bag.

If you are travelling by yourself, you will be paired up with another single client of the same sex for the nights in the hotels and pensions (4nights). Single rooms are available for a supplementary cost for these 6 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 led by a professionally qualified Mountain Guide. A second guide will accompany groups of 10 or more clients for the 3 days in the Fagaras Mountains only. There will also be a support vehicle and driver for vehicle transfers and transporting our main baggage to our hotels.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

The national currency of Romania is the Romanian leu. We estimate that £120 should be sufficient to cover your extra expenditure including non-included meals, tips for local staff, drinks and souvenirs. If you expect to buy considerable quantities of soft drinks, wine or beer, or if you intend to buy expensive souvenirs, you may need more. Credit cards can be used in restaurants and you will find ATM machines at Bucharest Airport (arrivals hall) and in Sinaia and Brasov. Please note the mountains huts only take payment in local currency cash.

Guidance on Tipping

Tipping is the accepted way of saying thank you to the leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group and budget approximately £25 to £35.

Baggage Allowance

During this trip your main bag will remain with the support vehicle and you will have access to this at the overnight accommodation on days 1, 3, 4, 6 and 7. During the days of trekking and staying overnight in a mount but, you'll only need to carry minimal overnight items in a daypack. With careful packing you should not need to carry more than about 8kgs. There is no baggage limit other than that imposed by your international carrier but we do ask you to restrict your baggage to one main bag and one daypack.

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

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

Currency

The unit of currency in Romania is the Romanian New Leu.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a regular exercise routine leading up to your trip. Running, cycling and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in the boots you intend to trek in.

Climate

The main season for trekking in Romania is from July to September and the weather is generally good. We can expect daytime, valley temperatures of between 20°C and 25°C, dropping to 12°C at night, sometimes less dependent on the altitude. As with any mountain area, there is always the risk of mixed weather including rain, wind and the occasional storm.

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 travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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

- The Rough Guide to Romania
- Never Mind the Balkans, Here's Romania - Mike Ormsby
- Lonely Planet Romania and Moldova
- The Mountains of Romania Cicerone Guide - James Roberts
- Dracula - Bram Stoker
- Transylvania and Beyond - Dervla Murphy
- Romania - Bucharest and Beyond

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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
- Trainers / approach shoes
- Socks
- Underwear
- Trekking /walking trousers
- Waterproof jacket
- Waterproof overtrousers
- Thermal leggings
- Shorts
- Thermal baselayer shirts (2 short sleeve, 1 long sleeve)
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Warm gloves
- Sunhat
- Sunglasses
- Warm Hat
- Earplugs (for the mountain huts)
- Daypack 40 litres

- Headtorch and spare batteries
- Sun protection (including for lips)
- Water bottles 1L x2 (we encourage re-filling water bottles rather than single use plastic)
- Sleeping bag liner (for the huts)*
- Washbag, toiletries and wetwipes
- Small Towel
- Antibacterial hand wash
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) painkillers, plasters and blister treatment, insect repellent (DEET), and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are a good idea.

*Those who feel the cold may consider taking a lightweight sleeping bag for the September departure. Please note that blankets are provided in the huts, however a sheet sleeping liner is needed as sheets are not provided.)

The following items are optional:

- Trekking poles (highly reccommended)
- Gaitors
- Insect repellant
- Camera
- Pen-knife (remember to put all sharp objects in hold baggage)
- Travel clothes
- Small padlock

- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

We sell this holiday on a Land Only basis and recommend that you book your flights to Bucharest Otopeni Airport. Please refer to the 'Joining arrangements and transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK, Ryanair, Blue Air & Wizzair offer direct flights to Bucharest from London airports. Blue Air also operates a service from Birmingham, Liverpool & Glasgow & Wizzair offer a flight from Birmingham & Doncaster Other airports & carriers may be available.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Why Choose KE

Why KE

With KE you'll stay two nights in the magical town of Brasov at the end of your holiday. With its charming cobbled streets, stunning medieval architecture plus traditional cafes and restaurants, we know it's the most perfect spot in Romania to raise a celebratory glass of local wine. We also feel Bran Castle is a must see so it's included in the holiday too.

Please Note This document was downloaded on 26/11/2026 and the trip is subject to change