

MONTENEGRO & ALBANIA – EXPLORING THE BALKANS

10-day / 9-nights **GUIDED** inn-to-inn **CHALLENGING** cycle touring

E-bikes available



Tiny Montenegro is a jewel of the Balkans, boasting a mountainous interior of soaring limestone peaks and a stretch of superb Adriatic coastline. On this guided cycling tour we explore both aspects of Montenegro, with breath-taking, challenging rides in Durmitor National Park and above the Tara River Canyon, and a sweeping free-wheeling descent to the Bay of Kotor. We have a free day in the coastal resort town of Kotor, allowing us to relax by the seaside or explore the bay on a boat trip to Our Lady of the Rocks or the Blue Cave. The tour starts and ends in Albania, still largely undiscovered by tourists, where we cycle on quiet roads in the country's north. Both countries are dotted with numerous UNESCO World Heritage-listed sites and we visit several of Montenegro's notable sites including Kotor's maze-like Old Town with its cobblestone streets, the medieval limestone Stecci tombstones, and the defensive fortifications built by the Republic of Venice in the 15th to 17th centuries.

Food is a highlight of the tour – both Montenegro and Albania offer a cuisine of Mediterranean and Balkan flavours, with bountiful seafood on the coast or salad, vegetables and meat from local farms inland. In Montenegro try cevapi, minced pork or beef seasoned then grilled; in Albania sample tave kosi, baked lamb and rice with yoghurt. Breakfast, lunch and dinner are included most days at carefully selected venues. Accommodation too is carefully selected, from lake or seaside resort hotels to mountain retreats.

Our bikes are well maintained and multi-gearred, ideal for the terrain, with a pannier, repair kit and helmet provided. E-bikes will give the boost needed on some of the longer and more challenging rides. A support van and trailer will accompany the riders with fresh water and repairs or a rest from riding if needed. Whatever goes up must come down so you can look forward to some exhilarating downhill rides with multiple switchbacks and hairpin bends.

Cost from: **\$2895** per person (twin share) Single room supplement from \$585

Departs: 28 May, 25 June 2026

E-bike hire: \$570 (highly recommended)

Includes: 9 nights' accommodation in hotels and guesthouses; 9 breakfasts, 7 lunches, 8 dinners; hire of multi-gearred hybrid bike with panniers; transportation as per itinerary; English-speaking cycling guide; support vehicle with driver/guide; guided city tours of Cetinje and Kotor; one-way arrival transfer from Tirana airport

Not Included: Drinks, other meals, sightseeing entry, gratuities, personal expenses, departure transfer to Tirana airport (available at extra cost). Headlight / bike light not included but it is recommended you bring your own for passing through tunnels.

Trip Grading: Moderate to Challenging. Daily cycling distances 45-75km (2 to 5 hours of cycling each day) with an average daily elevation gain of 860 metres. E-bikes are available (at extra cost) to help 'iron out' the hills and the group is accompanied by a support vehicle.

Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations

Suggested itinerary:

Day 1 Arrive Tirana Airport and transfer to Shkodër (Albania)

Arrive at Tirana Airport, meet your fellow cyclists and be transferred to Shkodër, the largest city in northern Albania.

Day 2 Shkodër – Andrijevica (Montenegro)

cycling distance @ 50km (1060m elevation gain)

After breakfast we transfer by van to Rrapshë where we start our cycling adventure descending a series of switchbacks locally nicknamed the Rrapshë Serpentine. We ride through villages, alongside rivers etched into remarkable gorges and over high plateaus with breathtaking views. Having skirted the Montenegrin border for much of the day, we finally cross into Montenegro at the Vermosh border point; from here we transfer to our hotel.

Day 3 Andrijevica – Kolasin

cycling distance @ 45km (1040m elevation gain)

We cycle a two-lane road north of Andrijevica to a quiet forest road through the spectacular Komovi Mountains to Tresnjevik Pass (1565m), then we descend to Kolasin, a popular destination for walkers and skiers.

Day 4 Kolasin – Zabljak

cycling distance @ 75km (1350m elevation gain)

First a short transfer to a viewpoint at the beginning of the Tara River Canyon, the deepest canyon in Europe. We cycle to the much-photographed Tara Bridge, 165 meters above the river. After lunch, we climb to UNESCO-listed Durmitor National Park. The top of the climb is a plateau with wide-open pastures and farms. Before reaching Zabljak we take a fantastic secondary road towards another UNESCO site, the Stecci Tombstones.

Day 5 Zabljak – Pluzine

cycling distance @ 45km (750m elevation gain)

We spend much of the day in Durmitor National Park, beginning with a dramatic ascent to Prevoj Sedlo Pass, at 1905 meters is Montenegro's highest paved road, offering spectacular views. The descent winds through a magnificent limestone landscape to high alpine meadows, then we snake around hairpin bends and pass through several short tunnels on our way to Lake Pluzine. We spend the night near the lakeshore in the town of Pluzine.

Day 6 Pluzine – Cetinje

cycling distance @ 50km (860m elevation gain)

An undulating ride from Pluzine along the main road above the Komanica River. After lunch in Nikšić, we transfer by minivan to Cetinje, the old royal capital city of Montenegro. Founded in the 15th century, this town was once the centre of Montenegrin culture and home of kings. We have a guided walking tour through the historical centre.

Day 7 Cetinje – Kotor

cycling distance @ 50km (800m elevation gain)

A day of amazing contrasts as we descend from the highlands to the deep blue Adriatic Sea. First a climb through the alpine forest of Lovćen National Park, then a descent finishing with the serpentine switchbacks above the Bay of Kotor – one of the most scenic rides in all of Europe! We end our day with a guided tour of Kotor Old Town.

Day 8 Free day in Kotor

no cycling

The coastal resort of Kotor is a popular destination in Montenegro for its well-preserved medieval architecture, its scenery and its position on the Bay of Kotor. The bay is surrounded by Mount Lovćen, the 'Black Mountain' after which Montenegro is named, and the limestone massifs of the Dinaric Alps. You can have an active or leisurely day – hike to Kotor Fortress, kayak in the bay; take a boat trip, or simply relax on the beach or at a seaside café.

Day 9 Kotor to Shirokë, transfer to Tirana

cycling distance @ 45km (150m elevation gain)

Our final day of cycling takes us alongside the forests close to the Albanian border. The road undulates without any significant ascents or descents as we cycle to the flat plain and the Muriqan border crossing into Albania. The final stretch to the River Buna is almost flat. Then we transfer to Tirana. Farewell dinner this evening.

Day 10 Departure day

Tour arrangements end after breakfast. Ask about departure transfer to Tirana airport (at extra cost).



Contact Outdoor Travel for more details and reservations:

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