

Reference document:

LOT 3: Implementation of one (1) FAM Tour - White Water Tours in the Western Balkans Bosnia and Herzegovina – Montenegro - Albania

Programme and Detailed Itinerary:

Discover the most amazing rivers and canyons of Bosnia and Herzegovina, Montenegro and Albania, and explore the unspoiled nature and many hidden gems of this area. Spectacular landscapes, variety of flora and fauna, and excitement of outdoor activities will leave you speechless and wanting more. Get ready for a great week full of new experiences.

Our tour will start in the beautiful city of Sarajevo, the capital of B&H. Our first activity will be rafting on Neretva River, one of the coldest and also most beautiful rivers in Europe. We will continue our way to southern part of B&H and enjoy canoe safari on Trebižat River, near the small town of Čapljina. After this, we will enjoy Tara River and rafting tour on this river is definitely a must for all adventurers visiting this area. Montenegro will first offer us adventure – canyoning in Nevidio canyon, and then a bit relaxing day – sailing tour on Skadar Lake, before we head for more adventure to Osumi canyon in Albania.

All these adventures will be accompanied by cultural visits to many beautiful places and cultural monuments of these three economies.

It will be a truly unique experience for all participants!

Clarification on the level of difficulties:

All rivers, canyons and lakes of Bosnia and Herzegovina, Montenegro and Albania that we are going to include in the tours are for both beginners and experienced people, and the rapids are Class II and Class III, so the participants do not need prior white water experience to join the tours. The only requirement is that they are swimmers and that they have good fitness level.

Group: From 8 to 15 participants	Flight: Regular	Displacement: Van / Minibus
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Accommodation: 3/4 star hotel and guesthouses	Guide and accompaniment: English Speaking Tour Guide
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Itinerary

DAY 01	Flight from ... to Sarajevo
<i>Transport: van / minibus</i> <i>Airport – Old Town</i> <i>Sarajevo - Konjic hotel</i> <i>Accommodation:</i> <i>Garden City /</i> <i>Apartmani Lux Novalic</i> <i>/ Visit Konjic Outdoor</i> <i>Center</i>	Arrival at Sarajevo International airport. Welcome by a representative of the local team and transfer to the Old Town Sarajevo. Visit to the 15 th century Old Town centre (Baščaršija, Gazi Husref-bey's Mosque, Gazi Husref-bey's bezistan, Sebilj, City Hall, and Cathedral of the Sacred Heart). Lunch at Baščaršija. Transport to Konjic. Check in and dinner at the hotel. Free night and overnight.
DAY 02	Tito's bunker tour and Rafting Neretva river

<p><i>TRANSPORT: VAN / MINIBUS HOTEL-TITO'S BUNKER-RAFTING CENTER-START POINT</i></p> <p><i>ACCOMMODATION: Garden City / Novalic Lux / Visit Konjic outdoor center</i></p> <p><i>Tours: Tito's bunker: 1.30h Rafting- 23km / 4 hours</i></p>	<p>Breakfast.</p> <p>Tour of the Atomic War Command D0 (Tito's bunker), one of the top secrets of former Yugoslavia. It is hidden under the mountain Zlatar, with the deepest point of 280m underground. The bunker was built for 26 years in secret, with its main purpose to protect Josip Broz Tito, the president of former Yugoslavia, and 350 people from political and state leadership in case of nuclear attack.</p> <p>After this tour, the participants depart to the rafting base to prepare for the rafting tour. All necessary rafting equipment will be provided (neoprene suits, life jacket, shoes and helmet). The guests will enjoy the untouched nature, breaks for swimming and taking photos. Lunch in Konjic.</p> <p>Dinner and overnight stay in Konjic.</p>
<p>DAY 03</p>	<p>Canoe Safari on Trebižat river and visit to Mostar and Kravice</p>
<p><i>TRANSPORT: VAN / MINIBUS KONJIC-ČAPLJINA- MOSTAR-KONJIC</i></p> <p><i>ACCOMMODATION: GARDEN / NOVALIC LUX / VISIT KONJIC</i></p> <p><i>TOURS: CANOE SAFARI ON TREBIŽAT RIVER – 8KM/3 HOURS VISITS TO KRAVICE WATERFALLS AND CITY OF MOSTAR</i></p>	<p>Breakfast.</p> <p>Transport Konjic – Čapljina. Canoe safari on Trebižat River.</p> <p>Matica/Trebižat – Struge starts at Matica/Trebižat and it is around 8km long. In this part of its flow, the river branches out into several arms with plenty of exciting rapids and cascades that will leave even the experienced canoers breathless. On average it takes around 3 hours from start to finish, but this really depends on stamina and preferences on how often and for how long participants decide to have breaks. After reaching the finish point, the route ends with lunch.</p> <p>At our next stop we will visit the amazing Kravice waterfalls, where during summer time we prefer to take a swim. They are called Little Niagara. Stretching over 120m across and tumbling down 25m, Kravice is largest and most impressive waterfall in Herzegovina.</p> <p>Transport to Mostar and city tour (Old Stone Bridge and the Old Town). Dinner will be organised in Mostar.</p> <p>After dinner, transport to Konjic and overnight stay.</p>
<p>DAY 04</p>	<p>Rafting on Tara River</p>
<p><i>TRANSPORT: VAN / MINIBUS KONJIC – FOČA – ŠĆEPAN POLJE – ŠAVNIK</i></p> <p><i>ACCOMMODATION: ECO VILLAGE NEVIDIO</i></p> <p><i>TOURS: RAFTING TARA RIVER: 25KM/4HOURS</i></p>	<p>Breakfast.</p> <p>Transport from Konjic to Šćepan Polje. Duration around 2 hours.</p> <p>Arrival at the rafting base and preparation for rafting tour on Tara River.</p> <p>Transport with jeeps to Brstanovica – the starting point of rafting. Before the beginning, skippers will inform the guests about the rowing techniques, sitting and behaving on the boat.</p> <p>After 25km of adrenaline and breath-taking landscapes, participants arrive to the rafting centre. Lunch will be organised there. After lunch, transportation to Savnik village.</p> <p>Dinner and overnight in Eco village Nevidio.</p>
<p>DAY 05</p>	<p>Canyoning in Nevidio canyon</p>

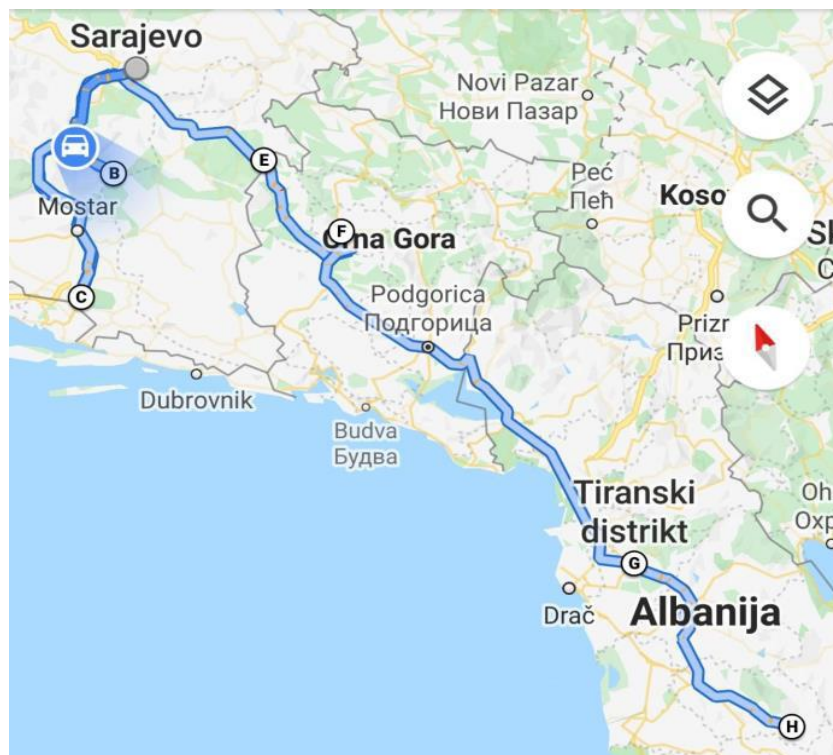
<p><i>TRANSPORT: VAN / MINIBUS</i></p> <p><i>ACCOMMODATION: HOTEL HEMERA / KERBER, PODGORICA</i></p> <p><i>TOURS: NEVIDIO CANYONING – 4KM, 5 HOURS</i></p>	<p>Breakfast.</p> <p>Preparation for canyoning tour in Nevidio canyon. Skipper's briefing to inform the guests about the tour. All necessary equipment is provided.</p> <p>Cliffs of the canyon are about 400m above sea level and canyoning is around 4km long. Few places during the tour are really tight, only 1m. In the canyon, the participants will overcome obstacles, jump down numerous natural waterfalls and enjoy many other attractions. Planned breaks for taking photos. After the tour, transport to Podgorica, dinner and overnight.</p>
DAY 06	Sailing on Skadar lake
<p><i>TRANSPORT: VAN/MINIBUS PODGORICA-SKADAR-KRUJA-TIRANA</i></p> <p><i>ACCOMMODATION: HOTEL CAPITAL, TIRANA</i></p> <p><i>TOURS: SAILING SKADAR LAKE – 2 HOURS</i> <i>CULTURE TOURS TO CASTLE KRUJA – 1 HOUR</i></p>	<p>Breakfast.</p> <p>Transport from Podgorica to Skadar lake and relaxing time with lunch. Halfway between the sea and the mountains is where Skadar lake is located, a sacred place revealing wild and untouched beauty. The locals call the area The Bird Kingdom because it is inhabited by more than 280 bird species, some of which are white great egrets, cormorants and ducks. Also, Skadar lake is one of the few pelican habitats in Europe.</p> <p>Transport to castle Kruja, built in 5th or 6th century, perched above the city of the same name. At the time of Ottoman threat, it was the headquarters of Gjergj Kastrioti, the Dragon of Albania, and Albanian nobleman and military commander. The castle now contains a museum dedicated to this legendary Albanian leader.</p> <p>After Kruja, transport to Tirana, where dinner and overnight in Capital hotel are organised.</p>
DAY 07	Rafting in Osumi canyon
<p><i>TRANSPORT: VAN/MINIBUS TIRANA-BERAT-OSUMI CANYON-BERAT</i></p> <p><i>ACCOMMODATION: WHITE CITY HOTEL/ HOTEL GUYA MANGALEM, BERAT</i></p> <p><i>TOURS: RAFTING OSUMI CANYON- 25KM/3 HOURS</i></p>	<p>Breakfast.</p> <p>Transport from Tirana to Berat and then to Osumi canyon. The Osumi canyon is a river canyon in southern Albania. During spring, high water from melting snow makes it possible to explore the whole length of the canyon from the river. The rapids are Class II, so one does not need prior white water experience to navigate them. Preparation for the rafting tour, taking all the necessary equipment, briefing time. Rafting tour is about 4 hours long. Lunch is organised after the tour. The edges of the canyon have an unusual ecosystem that preserves the greenery on both sides of the canyon all year round.</p> <p>After lunch, transport to Berat, dinner and overnight in Berat.</p>
DAY 08	Departure
<p><i>TRANSPORT: VAN/MINIBUS BERAT-TIRANA AIRPORT</i></p>	<p>Breakfast.</p> <p>Relaxing free time and departure to Tirana airport.</p>

Tour includes:

Airport / hotel / airport transfers
Accommodation in 3* and 4* hotel
Accommodation in Eco Village
Meals
On-site transfers and luggage transport
Tour Guide

Tour does not include:

Return flights
Drinks
Personal expenses
Tips options
Travel insurance (provide details of any insurance/or options if any)

MAP:

2. List of Tour Operators and Bloggers

2.1 Regional Tour Operators

Lasta Travel

Travel agency based in Bosnia and Herzegovina.

<https://www.facebook.com/lastatravelmo/>

Bosnia Dream Tours

Travel agency based in Bosnia and Herzegovina.

<https://www.bosniadreamtours.com/>

Meet Bosnia

Travel agency based in Bosnia and Herzegovina.

<http://meetbosnia.ba/>

Sarajevo Funky Tours

Tour Operator based in Bosnia and Herzegovina.

<https://sarajevofunkytours.com/>

Sarajevo Discovery

Tour Operator based in Bosnia and Herzegovina.

<http://sarajevodiscovery.com/>

Sarajevo Insider

Tour Operator based in Bosnia and Herzegovina.

<http://www.sarajevoinsider.com/>

A.C.E. Adventure

Travel agency based in Serbia and Montenegro.

www.ace-adventurecentre.com

EST Adventure

Tour Operator based in Serbia.

<https://estadventure.com/>

Wild Serbia

Tour Operator based in Serbia.

<https://wildserbia.com/>

Rafting Center Drina Tara

Tour Operator based in Montenegro.

<https://www.raftingtara.com/>

Sondor Travel

Tour Operator based in Albania.

<https://sondortravel.com/>

Ojla Turizem

Travel agency based in Slovenia.

www.ojla.si

Super Tours

Tour Operator based in Croatia.

www.supertours.eu

Furaj.ba

Newspaper media based in Bosnia and Herzegovina.

<https://furaj.ba/>

2.2 International Tour Operators, Bloggers and Manufacturers**NoSun Reizen**

Tour Operator based in the Netherlands with main focus on outdoor activities packed in a multi-day arrangement.

www.nosun.nl

Mr. Yeti

Tour Operator based in Belgium offering multi-day packages for groups of app. 15 people with inclusion of traditional overnight stays and homemade food.

www.mryeti.be

Joker

Tour Operator with offices in both Belgium and the Netherlands, usually operates multi-day Balkan tours with app. 14 people and engages only locals for services needed.

www.joker.be/nl

Aktiva Dagar

Tour Operator from Sweden that organises tailor-made programmes for both individuals and groups. Main focus is on Croatia, Montenegro, Serbia and B&H.

www.aktivadagar.se

Von Tours

Tour Operator based in Norway with main focus on tailor-made Balkan tours.

www.vontours.no/nb/om-oss

Iventus Travel

Tour Operator based in Sweden.

www.iventustravel.se

Lozo Tours

Tour Operator based in Denmark.

www.lozotours.dk

La Grotta Holidays

Travel agency based in Hungary.

www.lagrotta.hu

KTM Voyage

Tour Operator from North Macedonia with offices in the Netherlands, with main focus on Balkan tours.

www.ktm-voyage.com

Pociag na Balkany

Tour Operator based in Poland.

www.pociagnabalkany.pl

IgiTravel

Tour Operator based in Poland.

www.igitravel.pl

BalkanyRudej, Poland

www.balkanyrudej.pl

VadersOpReis, the Netherlands

www.vadersopreis.nl

Veronika's Adventures, Czech Republic

www.veronikasadventures.com

Fedja Salihbasic, Denmark

www.fedja.dk

Dan Flying Solo, United Kingdom

www.danflyingsolo.com

Sandiline Manufacturer, Slovenia

www.sandiline.si

ROBfin Manufacturer, Czech Republic

www.robfin.cz