

# Croatia & Montenegro

## Trek, rafting and sea kayaking expedition itinerary

This is your day-by-day itinerary that you will take on expedition and use as a guide. You'll need to work as a team of students to ensure you're where you should be, when you're supposed to be there. Don't rely on the adults, this is your expedition! Just remember, during an expedition things don't always go according to plan so it is quite common to have to make alternative arrangements as challenges present themselves, but this is all part of expedition life. Enjoy.



Day	From	To	Details
	Build up	Build up	<p><b>Build up</b></p> <p>The time before departure is spent together as a team making final preparations, checking and dividing up team kit, agreeing your expedition ground rules, running through all the paperwork and risk assessments, answering any final questions and of course saying goodbye to loved ones. Depending on the time of your flight, your build up may be held the day before you depart from the UK, and may also include an overnight stay at your school. Check with your School Leader what arrangements have been made.</p>
1	Departure Airport	Dubrovnik	<p>After all your planning and hard work, departure day is here! You'll fly to Dubrovnik and get your first tantalising glimpses of Croatia as your plane comes in to land. At the airport, you'll meet your local guide from Raftrek, who will stay with the team for the duration of the expedition. You will need to change some of your budget in Kuna and keep some as Euros for Montenegro before your Raftrek guide takes you to your first campsite in Zaton Bay, around 20 minutes from Dubrovnik. Set up your tents at the campsite and prepare to travel into Montenegro tomorrow morning.</p> <p><b>Tip:</b> Don't forget to check your flight details as they can sometimes change, and ensure you get to the airport on time: it's your responsibility.</p>
2	Dubrovnik	Durmitor National Park	<p>With your local guide you will travel by minibus to the border at Ivanica, where you will drive for 45 minutes through Bosnia to the border at Dolovi and into Montenegro, heading towards the town of Žabljak, the gateway to Durmitor National Park. On the way you will need to stop at a supermarket to stock up on supplies for your trek, you can do this either in Croatia or Montenegro. After setting up your camp you'll have time in the afternoon to head to the Durmitor National Park museum to see what animals and plants you may encounter and to watch a short video about the area and its history. You may also have time for a short walk into the national park.</p> <p><b>Tip:</b> Make sure you have your passports ready for the border crossings.</p>
3	Durmitor National Park	Durmitor National Park	<p><b>Durmitor National Park trekking</b></p>
4	Durmitor National Park	Durmitor National Park	<p>This is what you've been waiting for! Your team will be based just outside the Durmitor National Park at a campsite that is ideal for exploring this magical area. With 48 mountains over 2000m the national park is known as 'the pillar of heaven' or 'Soa Nebeska' in Montenegrin. The region's soaring peaks, glacial lakes and ancient forests are criss-crossed by more than 2,000km of hiking trails and with your guide, you'll decide which treks your team wants to do. You might like to start with a warm up trek to the nearby Black Lake (Crno Jezero) before tackling a more challenging route like the Ice Cave trek. Each day, in your day sack you'll carry all the food, water and spare clothing you need, plus any group kit that the Expedition Leader has asked you to bring. If you're lucky, you may see a golden eagle circling high in the sky above you.</p>
5	Durmitor National Park	Durmitor National Park	
6	Durmitor National Park	Durmitor National Park	<p><b>Tip:</b> Pack warm clothes and a waterproof as the weather can be highly changeable in the mountains.</p>
7	Durmitor National Park	Tara River	<p><b>Tara River Adventure</b></p> <p>You are about to embark on a white water rafting trip of a lifetime. Before leaving your camp site in Durmitor you will need to organise what kit and equipment you will need during the rafting journey and what you can leave in the vehicle which will meet you at the end. You will need to pack the kit you are taking on the river into dry bags which will be provided by Raftrek.</p>
8	Tara River	Tara River	<p>The 144km-long Tara River and its canyon are truly spectacular: the canyon is the second deepest in the world, measuring up to 1300m at its deepest point, and is protected as a UNESCO World Heritage Site. You'll paddle for 80km down this beautiful river, negotiating rapids, taking in some amazing views and maybe spotting some of the local wildlife such as kingfishers. Each night you'll set up camp close to the river, where you can relax after a hard days paddling. The third day of paddling will be the most exciting but you will also get the wettest as you paddle through the rapids! As you come to the end of your rafting adventure the Tara River joins the Piva to become the Drina River at the border with Bosnia.</p>
9	Tara River	Dubrovnik	<p>You'll paddle over the border and continue for 6km into Bosnia where you will take the raft out of the water.</p> <p>There will be time for a hot shower and a chance to try some traditional Bosnia food (you must order this through your guide on your first rafting day), before you take the 3 hour drive through Bosnia and back to Croatia and your campsite in Zaton Bay. You may like to head into Old Dubrovnik Town for a final meal to celebrate everything your team has achieved.</p> <p><b>Tip:</b> Try and only take essentials with you for the river journey as you will have to fit it all on the rafts!</p>

10	Dubrovnik	Dubrovnik	A day of rest and relaxation*. Today you might like to go into Dubrovnik Old Town on the public bus and explore the marbled walkways, walk along the ancient city walls or hunt for trinkets in the souvenir shops to take home for your friends and family. Alternatively you could soak up the sun and relax at your campsite in Zaton Bay.
11	Dubrovnik	Sea Kayaking	<b>Sea Kayaking</b> Time for the next phase of your expedition. You will be spending the next few days paddling on the crystal clear Adriatic Sea in two man sit-on-top kayaks. On your first day you will do some safety training and paddling practice before heading out to explore the Bay. Each day you'll paddle to a new area dependent on the weather and how the team is feeling, camping each night at your Zaton Bay campsite. One option is to follow the wild northern shores of the Bat Peninsula, exploring the caves, cliffs and coves before crossing the channel to Kolocep Island where you can pull up the kayaks and explore the island! Speak to your Raftrek guide about the possibility of camping overnight on one of the islands.
12	Sea Kayaking	Sea Kayaking	
13	Sea Kayaking	Dubrovnik	On your final day of sea kayaking you may like to organise a mini kayak Olympics in the bay in the morning and then head into Old town Dubrovnik in the afternoon to explore and organise a team meal to celebrate everything that you have achieved during your time in Croatia and Montenegro. <b>Tip:</b> Don't forget to keep reapplying your sun cream, you don't want to get burnt!
14	Dubrovnik	Home Country	Time for those last minute jobs before you pack up your kit for the final time and head to the airport for the flight back home. If your flight time allows, you may have time for one last look around Dubrovnik before you go. <b>Tip:</b> Give yourself plenty of time to get to the airport as roads can be very busy! Getting off the plane you'll be bursting with stories and photos to keep family and friends entertained for hours! Don't forget to keep the experience alive and put your images, videos and best stories up on Youtube, Flickr and Facebook – remember to tag them all as World Challenge so you can compare notes with other returning Challengers.

\* Don't forget all rest and relaxation activities are to be undertaken in accordance with World Challenge risk assessments and will be at the teams own expense, unless otherwise specified. Please note that although swimming may not be specified on the itinerary, the team may have the opportunity to paddle or swim during the course of the expedition.

\*\* Please note that the order of phases/activities in the itinerary may change.