



OUTPOSTS

THE ADVENTURE SPECIALIST

EXPEDITIONS

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Montenegro

The Dinaric Alps & Adriatic Coast

Only 2.5 hours flying time from UK

Make your next school trip or expedition a memorable, exciting, adventurous and enriching educational experience.



Piva Lake



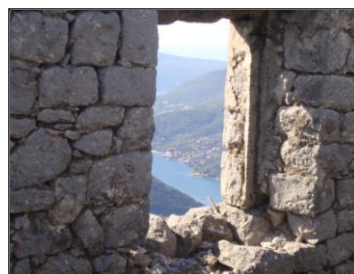
Piva Canyon



Tara River



Biking & hiking trails



A glimpse of the Bay of Kotor



The Tara Canyon

Montenegro is an outstanding destination for your next school trip or expedition

Located on the Adriatic Coast between Croatia and Albania, and formerly part of Yugoslavia, Montenegro is easily accessible via direct flights from UK (2.5 hours flight into Dubrovnik in Croatia with one hour transfer into Montenegro). This means less time spent travelling and more time in-country on expedition!

Montenegro offers **history and culture, unspoilt coastline with fjord-like bays sheltering ancient towns, villages & fortifications, mountains, deep canyons, wooded valleys, rivers and lakes** plus amazing **adventure activities**.

Venetian, Turkish, Austro-Hungarian and **Serbian** influences are evident in the Architecture, cuisine and culture of Montenegro. **Culturally and politically**, Montenegro is a fascinating and

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AALA Activities: Climbing/Trekking/Watersports/Off-Road Cycling/Caving
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evolving study of a proud people and nation in transition from a **Communist culture** and political ideology towards a more **democratic and capitalist society**. Montenegrins are committed to preserving their history, traditions, sense of community, way of life and protecting their natural environment whilst learning to adapt to change and economic development.

Recommended Highlights:

- **Kotor Old Town** is an ancient, medieval walled fortification and **UNESCO World Heritage Site** with Austro-Hungarian pathways to explore high above the fjord-like **Bay of Kotor**.
- **Mount Lovcen** has far reaching views over **three countries** (Albania, Croatia and Montenegro).
- **Tara River Canyon & White Water Rafting:** (1300m) one of the deepest canyons in the world, reputedly second only to the Grand Canyon. White water rafting with overnight camp at water's edge. **Durdevica Bridge** over the canyon.
- **Piva lake** formed when the **Piva Canyon** dam was constructed in the 1960s (one of Europe's highest dams).
- **Trek or hike through** some of Europe's last surviving **primary forest** one of the last remaining natural habitats of the European Big Five' mammal species: The **Dinaric-Pindus Brown Bear, Wolf, Lynx, Chamois** and **Wild Boar**.
- **Durmitor, Skadar & Biogradska National Parks** – of significant ecological, geological and environmental interest.
- **Adventure activities:** Hiking, biking, orienteering, kayaking, white-water rafting, wild camps, survival: fire, water, food & shelter, high and low adventure ropes courses, swimming, diving, snorkelling, sailing.
- **Teambuilding & Challenges:** Outposts can also tailor-make exciting teambuilding challenges and treasure hunts to make learning 'experiential' and fun!
- **Community project and cultural exchange** at Montenegro's only orphanage, looking after the babies & toddlers and/or mentoring, playing and interacting with the older children on a day out.



Kayaking on the Bay of Kotor



Skadar Lake National Park



Durdevica Bridge (Tara Canyon)



Chalet Accommodation



Island Monastery in Bay of Kotor



Herceg Novi Old Town

Community project and cultural exchange option



This phase is often the highlight of an Outposts' expedition. State-run and well-supported the staff at Montenegro's only orphanage look after 250 children ranging from babies up to age 16. They take care of the basic needs of the children very well, but they do not have time to interact personally with the children, spend time with them and give them the additional love and affection that children crave.

One or two days can be arranged for students to look after the babies & toddlers and/or mentor, play and interact with the older children on a day out eg. to the beach with games and a picnic. Prior to this phase, Expeditioners will be encouraged to learn key phrases in Serbian so as to be able to communicate with the children and orphanage staff – none of whom speaks English.

Educational and study-based options

Montenegro offers a fascinating location for many different areas of study including: **history, geology, world politics** and **environmental studies**. It also provides a fascinating, 'work in progress' case-study for **Tourism management and development studies**. Outposts' can arrange tailor-made itineraries and programmes to incorporate special activities, instruction, visits & tours with expert guides and speakers which are focused on your particular areas of interest & study.

Accommodation & meal options

We have a variety of accommodation and overnight options which we can recommend ranging from student/bunk style accommodation to 2, 3 and 4 star hotels and even a former Royal Palace! From 'wild' camps in the mountains and on riverbanks to eco-lodges and camping sites (sole use). From mountain-top educational centres with leisure facilities, or bungalows in National Parks, to wooden chalets in stunning waterside locations or mountain settings.

Half and full-board options are available at most hotels, accommodation centres and camping sites while traditional, rustic restaurants offer lots of character and atmosphere along with local, fresh and seasonal dishes – all homecooked. Other eating options are available in coastal towns where 'Fast food' has a mainly Italian or Continental influence eg. pasta and pizza.

Cost of Expeditions & Trips: As expeditions and trips are tailor-made, final itineraries and prices will be subject to many factors such as your chosen highlights & activities (based on expeditioners interests/studies, appetite for adventure!), number of people travelling, duration, time of year etc. Final prices will also be subject to the cost of flights and taxes etc. A fully costed proposal, including free places, will be provided.