

Make sure!

You have your passport with you

You have proper equipment for hiking:

- 1 - Waterproof Hiking Boots,
- 1 - Gaiters (company can provide if you do not have)
- 1 - water canisters 1 to 1.5 litres
- 1 - mountain bag 30 to 45 litres
- 1 - rain jacket/poncho
- 2 - Hiking T-shirt synthetic (no cotton)
- 1 - Hiking pants
- 1 - fleece
- 3 - spare socks
- 1 - gloves
- 1 - Hat
- 1- Sunglasses
- 1 - Suncream
- 1 - walking sticks,
- 1 - Camera, telephone, GPS (optional)

When hiking it is better to have several layer of thin cloth no thick jackets.

In June the temperatures during the night and in the shade can fall to 5 degrees.

At the guest houses and the hotels where you will be staying, towels, shampoo, warm water and other basic services are provided.

Recommended

Recommended readings for the region

The novel called "Broken April" of Ismail Kadare is situated in these mountains. A read before the trip will increase the experience this trip offers.

Edith Durham - High Albania

MAP - can be provided at Euro 10, please order in advance.

Other Info

Timezone: GMT +1

Language: Albanian, in Kosovo and Albania, Serbian/Montenegrin in Montenegro. In big cities many people speak English, but in remote areas this might not be the case. A lot of people may speak also German due to large diaspora in Germano-pohne countries.

Electric supply and plugs: 220V, 50hZ, two pin round plugs.

Currency: Euro (EUR) in Kosovo and Montenegro, Lek in Albania, however you can use Euro freely. Credit cards and Cash machines available in Peja, Plav, and Gjakova.

Cost of living: in the region is much cheaper than in the Western Europe. Some sample prices follow:

- 3-course meal in a standard restaurant: EUR 7-10 pp
- A flask of mineral water from a street shop: EUR 0.5
- A cup of coffee: EUR 0.5 - 2