Balkan Trilogy Road Cycle Tour

Trip Code: BAMB

Version:

CYCLE	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- The best road cycling in Croatia, Bosnia-Herzegovina and Montenegro
- Cycle across Montenegro's beautiful Lovcen National Park to Cetinje
- Ride Croatia's Dalmatian Coast and the Island of Korcula
- Visit medieval towns such as Kotor and Dubrovnik, the jewel of the Adriatic

AT A GLANCE

- 6 days cycling
- 470 kilometres
- 100% road
- 100% vehicle support
- Max. altitude - 1445m
- Join at Dubrovnik

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Adjacent to the Adriatic Sea and with a real flavour of the Mediterranean, the Balkan countries of Croatia, Bosnia-Herzegovina and Montenegro provide the backdrop for this spectacular week of road cycling. Starting and finishing our tour in the stunning coastal town of Dubrovnik means we have easy access to some of the best road rides in the region, taking us from the pretty villages and vineyards of the coastal strip up into the limestone massif of the Dinaric Alps.

The location of this tour also means that we will cross between these three adjoining countries on several occasions and have the opportunity to experience something of the variety of this beautiful and historically fascinating corner of Europe. We get a taste of what is to come on the very first day, with a hilly route through Bosnia-Herzegovina to the border with Montenegro, followed by a long descent and a picturesque coast road ride around the inner part of the Bay of Kotor. We then have a day of cycling in the rugged Lovcen National Park, with an amazing descent back to Kotor, followed on the next day with a great coastal ride up to Cavtat and some free time in the afternoon to check out one of the Adriatic's prettiest seaside locations. Then it's back up into Bosnia-Herzegovina, cycling for part of the day on a single track road that used to be a railway line, before returning through the Dinaric foothills to the Croatian coast at Ston. As a fitting finale, we spend two days on the sun-kissed Dalmatian Coast, cycling on the Peljesac Peninsula and the Island of Korcula. With a choice of low-cost flights to Dubrovnik, good hotels, all of the usual logistic support and six varied days of cycling, this is a new and exciting European holiday for road cyclists.

Is this holiday for you?

ROAD CYCLING. This holiday has 6 days of cycling, averaging around 80 kilometres and 1150 metres of ascent on each of those days. Whilst reasonably challenging, this is a holiday that should suit any regular weekend road cyclist. None of the days has more than 5 hours of actual cycling and there should be plenty of time for reflection and relaxation. Most of the riding is on quiet country roads, with a just a few link-up sections on slightly busier roads. Throughout the holiday the group is totally supported - at the start of the day your kit will be loaded into the support vehicle and transported to the next overnight halt. Apart from the spare tube, multi-tool and pump that you would take on any day-ride, you will not be required to carry anything. A great mix of inland and coastal cycling, three different countries and good hotel accommodation makes this holiday a great choice for any keen road cyclist looking for a new and very different European destination early and late in the year. BIKE HIRE AVAILABLE LOCALLY.

Itinerary

Version:

Holiday Information

What's Included

- Professional English-speaking cycling leader
- Single timed Dubrovnik Airport group transfers on Day 1 and Day 8
- All accommodation as described in the trip dossier
- Meals as detailed in the Meal Plan
- All land and boat transport involved in the itinerary
- One support vehicle
- Baggage transfer

What's not Included

- Travel insurance
- Airport transfers (other than group transfers on Day 1 and Day 8
- Some meals as detailed in the Meal Plan
- Tips for support staff and guide
- Miscellaneous expenses drinks souvenirs etc
- Local bike hire
- Airport transfer and bike bag/box transfer and handling charge (70 euros - payable locally) for clients travelling with their own bikes
- Bike Carriage on the flights - please check with your carrier for charges

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the hotel in Dubrovnik.

A single transfer from Dubrovnik Airport is provided on Day 1 of the itinerary, usually at around midday.

On the final day of the itinerary, there will be a single transfer to Dubrovnik Airport, usually in the early morning.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, all lunches and the first and last night's dinners are included.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

This part of the Balkans has a fantastic variety of food due to the rich influence of the Mediterranean and Central Europe, which means that there is something for everyone's tastes. Breakfasts are continental in style with bread, cheese, meats, jams, tea and coffee etc. For lunch, we will provide picnic food items to allow you to make a sandwich and fruit, dried fruit, energy bars and water will also be available in the support vehicle. In the evening, we will usually eat at a restaurant within walking distance of the accommodation. Pizza and seafood restaurants are popular on the coast and fresh salads are usually served with each meal. Alongside the excellent food, good quality local wine is always available and very reasonably priced.

Accommodation

Accommodation is in a variety of comfortable hotels and holiday villa apartments. All accommodation is based on twin sharing. If you are travelling by yourself, you will be paired with another solo traveller of the same sex. Single rooms can be arranged for a supplementary charge and are dependent on availability at the time of booking. Please note that Dubrovnik hotels are always in high demand and this means we sometimes have to book our groups into different hotels for the first and last nights of the holiday.

Group Leader & Support Staff

This holiday will be accompanied by an experienced KE cycling leader. In addition, there will be a support vehicle and driver.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

€350 should be sufficient to allow you to pay for the 5 evening meals which are not included, as well as taking care of miscellaneous expenses such as your bar bills and tips for the local staff. ATM's are ready available in the larger towns of Dubrovnik, Kotor and Ston.

Guidance on Tipping

Tipping is the accepted way of saying thank you to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

Your Bike

We recommend that your bike is fitted with suitably low gearing and suggest that you fit reasonably high volume tyres (28mm for instance) which will provide a bit more comfort on the variable road surfaces typically found on our **Road Cycling** holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

Bike Hire

Bike hire is available locally for this trip and makes a lot of sense - as it costs about the same as taking your own bike on the flights to and from Dubrovnik. Our local agent has Cannondale CAAD Optimo 105 road bikes. These have aluminium frames, carbon forks, Shimano 105 components, compact chainsets (50/34) and 11 speed (11/28) cassettes. The hire charge for this bike is 210 euros. He also has access to Trek Emonda SL5 or Giant TCR bikes which have carbon frames, Shimano 105 components, compact chainsets (50/34) and 11 speed (11/28) cassettes. The hire charge for either of these carbon framed bikes is 245 euros (increasing to 280 euros in 2027).

We need to know well in advance if you are proposing to hire a bike and we need to establish the frame size you require. As well as giving us your estimate of frame size, we need your height (metric). We will check that a suitably sized bike is available for collection and you will pay the local agent for the bike directly (in euros currency) when you pick up the bike on arrival in Croatia. Please note that your contract for bike hire is directly with our local agent and not with KE. If hiring a bike we recommend that you bring your own saddle and pedals, which will be fitted for you, as well as your helmet.

SPD, or SPD SL (road) or KEO pedals can be provided at a cost of 10 euros for the rental period.

If you are travelling with your own bike, there is an airport transfer and bike bag/box handling charge of 70 euros. This charge will come in from the start of 2027 and is payable directly to the local agent (in euros currency).

There is an additional charge of €10 for payment of these fees by credit or debit card.

Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use either soft bike bag or a purpose-made bike box or case. Whether you are using a bag or a case, you will need to partially dismantle your bike to pack it. Please note that bike bags or boxes will be placed in secure storage and will not travel with us during the course of the trip.

Please contact us if you have any questions about travelling with your bike.

Vehicle Support

Throughout the holiday, we will have the back up of a minibus support vehicle with a roof-rack for the bikes. On those days when we are moving to a different hotel (every day except one), the group's baggage will be loaded onto the support vehicle which will follow the group on the day's ride. The biking leader and the support vehicle driver will watch over the group and they will communicate with each other and you can communicate with them by mobile phone. Group members will naturally cycle at different speeds and regular stops will be set to allow the group to reform. The support vehicle will carry water, snack bars, energy bars, dried fruit, fruit and the makings of each day's picnic lunch. The support vehicle will pick up group members who wish to take a break from cycling, but can only accommodate 4 or 5 group members. A second vehicle is brought in where necessary to facilitate transfers such as the ride up into the Lovcen National Park on Day 3.

Baggage Allowance

Apart from your bike in its bag or box (if you are taking your own bike), you should travel with one main item of luggage, such as a sturdy holdall, and a small day pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling, but will also be useful to separate out items you might want to pick up from the support vehicle during the rides, like additional clothing.

Your baggage allowance on the flights will depend on your airline. When choosing your flights, whether booking them directly or through KE, you will need to consider the cost of carrying your bike. These costs are your responsibility.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Croatia is the Euro.

Preparing for your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long cycle rides in hilly country to ensure you are physically capable of taking part in this trip - this will also provide you with an opportunity to make sure all your riding kit is tried and tested before you travel. Cycling is obviously the best activity to prepare for this trip, however, running, rowing and swimming are also good for developing aerobic fitness and stamina.

Climate

This part of the Balkan Peninsula has a varied climate, with continental climate conditions inland and Mediterranean influence on the Adriatic coast. In May and October, the average daily maximum temperature is usually between 20 and 24 degrees centigrade during the day with plenty of sunshine. The temperature can fall below 15 degrees centigrade at night during these two months.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Croatia. Lonely Planet
- Montenegro. Lonely Planet
- Bosnia and Herzogovina. Bradt Guide
- Dubrovnik & Dalmatian Coast Marco Polo Guide (Marco Polo Travel Guides)

Maps

- Michelin. 1,000,000 Scale. Slovenia, Croatia, Bosnia-Herzegovina, Serbia, Montenegro and Macedonia

Private Groups Information

Make this KE cycling holiday your own!

- Do our normal group departure dates not fit?
- Are you wanting to travel with just your friends or family?
- Are you looking to organise a trip for your local cycling club?

We are experts in creating holidays for groups of friends, families, charities, and cycling clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling).

Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare tubes and puncture repair kit.

Bike Wear

- Cycling helmet
- Cycling shoes
- Waterproof overshoes
- Padded cycling shorts

- Long leg cycling trousers or leg warmers
- Lycra arm warmers
- Short sleeve cycling tops
- Long sleeved cycling top
- Lightweight windproof gilet
- Lightweight waterproof jacket
- Regular biking gloves
- Long fingered biking gloves
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

Other Stuff

- Travel and off-the-bike clothing and footwear
- Wash bag, towel, toiletries
- Swimwear
- Basic First Aid kit and personal medication
- Chamois Cream (e.g. Assos or Ozone)
- Reusable cloth bag for shopping (to avoid plastic bags)

Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. You may be asked to pay directly for any spares used, especially in the case of crash damage or damage by mis-use. If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/chain connector, rear derailleur hanger and any non-standard parts specific to your bike.

Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

Hydration and Energy Snacks

You should take 2 standard water bottles (we encourage re-filling water bottles rather than single use plastic) and also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts (and ends) at the hotel in Dubrovnik and a single group transfer is provided from/to Dubrovnik Airport.

Why Choose KE

Why KE

Pioneering cycling holidaysWith our long experience of working in the Balkans and of running road cycling holidays in other parts of Europe, we have put together a week-long holiday that should appeal both to keen road cyclists and to those with a sense of adventure looking for somewhere different. No-one else is offering a 1-week road cycling holiday in this beautiful and welcoming corner of Europe.

Please Note This document was downloaded on 12/11/2026 and the trip is subject to change