

GROW  
with the  
FLOW

# MONTENEGRO'S WILD RIVERS

16-22 AUGUST 2020



Optional



EUR 1390,-

HIKE



CANYON



RAFT



KAYAK



the  
**RIVER**  
collective

20%\*

\*We guarantee that at least 20% of your payment goes directly towards River Conservation, based on 6 participants. If more people join, this percentage will be even higher!!

We will explore Montenegro during this 7-day adventure-packed holiday. Together with local river defender and guide Gigo, we will hike, canyon and raft or kayak through undiscovered lands. And the best thing of all, if you join this trip you directly contribute to the organisation of the next Students for Rivers Camp in Montenegro aimed to bring together the local river defending community and the academic world. Yes, ALL profit goes directly towards this project. Read more about the Students for Rivers Camp on the River Collective website.



# A 7-DAY EXPLORATION PACKAGE

## THE HIGHLIGHTS

- Hike through the narrow Mretvica canyon
- Sliding and jumping through the Nevidio canyon
- Overnight hike in Durmitor National Park
- River Conservation movie night
- Paddling through the Tara Gorge, Europe's deepest and most scenic

The trip is organised in close cooperation with local river defenders. For you, this means a first hand insight into the local fight and the future of the rivers! Apart from the chats during hikes and dinners, we will explain you about the current developments in river conservation, visit some of the most impactful hydropower projects and new protected areas and enjoy a movie night that highlights the fight for the Balkan rivers.



Gigo is the founder of Nature Lovers Montenegro, an NGO that fights for the protection of the rivers and organizes festivals that bring together nature lovers, both in kayaking and tour skiing.

“I have travelled to many places in the world and love to share some of the most unique ones with you. Montenegro is a nature lover's paradise! It is however under threat of big foreign investments that drive unsustainable development. Together with Gigo and all students that join the Students for Rivers Camp, we will work on alternatives.”

- Vera Knook, *Grow with the Flow*



# PROGRAM

Let's go on an adventure! We've done a fair bit of exploring before setting up this program and can't wait to further explore with you. We have adapted the program to the season so that you can enjoy the best of summertime Montenegro. See the day to day program on the next pages and get excited about our days up in the mountains and down in the canyons.

# ACCOMMODATION

During the trip, we will stay in three types of accommodation, being hotels, a neat bungalow and one back to basic night in a mountain hut. Prices are based on two-person shared rooms (except the mountain hut), but there is an option to book a private room as a supplement.

For the night in the mountain hut, we will bring our own sleeping bags. In case you don't have any, let us know and we will arrange it for you.

# TRANSPORT

Transport is not included in this trip for the simple reason that we encourage you to further explore the Balkans and therefore want to keep your mode of travelling flexible. You can for instance consider renting a '[Balkan Camper](#)' or rent a car to go on a longer road trip. If you however would like to have transport arranged, you can opt for this as a supplement.



# DAY 1

## AUGUST 16

ARRIVAL, WELCOME DINNER

We meet in Hostel Q at 16:00 (you can opt for an airport pick up) and enjoy its garden with a cold beer or juice. You will get to know your fellow adventurers and we will talk through the week's program so that everyone knows what to expect.

Afterwards, we will walk into the city of Podgorica together with Semra, a student in Environmental Protection and co-organiser of the Students for Rivers Camp. She will show us some culture and take us for dinner to taste the local specialities. There is time to go for a drink afterwards to enjoy the local pubs.

We stay the night in Hostel Q.



# DAY 2

## AUGUST 17

HIKING, MRTVICA CANYON

After driving for an hour, we arrive at the Mrtvica canyon. We will hike alongside the turquoise river full of mesmerisingly blue pools and white rapids. The canyon walls are formed of granite cliffs and surrounded by craggy peaks. The further we walk, the more impressive it gets until we reach a military trail that was blasted in the steep cliff wall. It's a 15 km hike with the option to shorten it.

We bring packed lunch in our day bags. After the hike, we drive to Savnik where we have dinner and stay in a hotel.

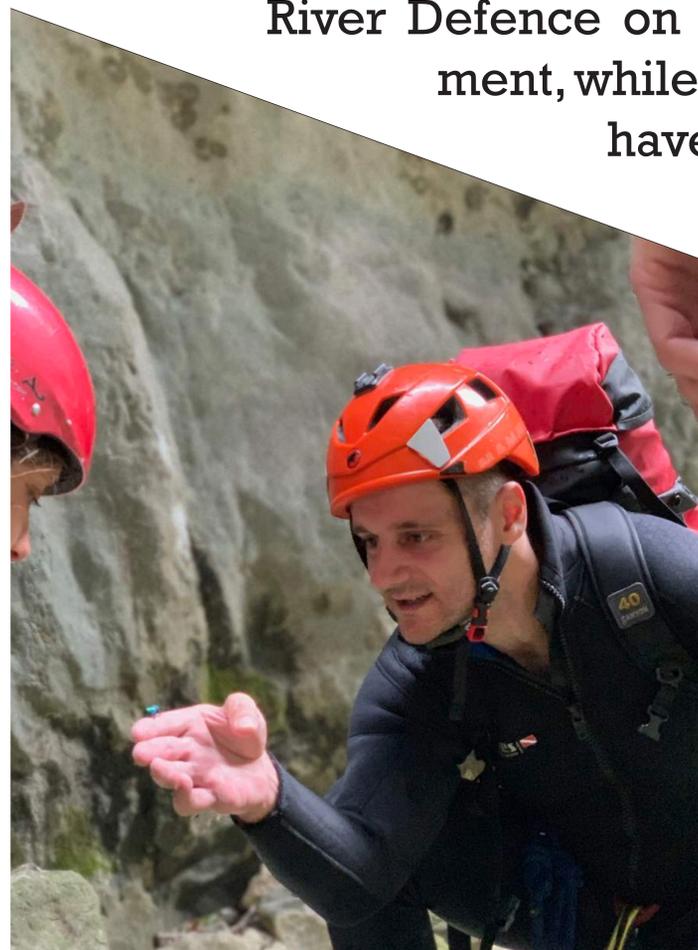
# DAY 3

## AUGUST 18

### CANYONING THE NEVIDIO, MOVIE NIGHT

Through the Nevidio (means 'never seen') canyon runs the Komarnica river, which flows from Durmitor national park. After driving in from Savnik, we will descend the canyon in roughly three hours, taking in the narrow views from a place where sunlight never reaches. After completion, we will have lunch and a rest before driving back to Savnik where we spend the night.

This night, we will watch 'The Undamaged', a film by Balkan River Defence on the fight against hydropower development, while enjoying a cold beer. (Let us know if you have seen it already, we have some other cool movies to show!)



# DAY 4

## AUGUST 18

### HIKING IN DORMITOR NATIONAL PARK

After an early breakfast and sorting out our gear, we set off for our overnight hiking adventure. Durmitor national park lies in the north of Montenegro and is a reason to travel to this ecological country itself. Carved out by glaciers and underground stream, this area will take away your breath and not only because of the ascents by foot. We set off on an easy path that leads us to a mountain hut after 2-3 hours of hiking. Here you have the choice to enjoy the quiet afternoon around the lake or to challenge yourself to a stunning saddle point overlooking two valleys.

In the evening we prepare dinner together and have our fingers crossed for a clear night so we can enjoy our 5 million star hotel to the fullest.

Note; the hut is very basic with beds but no bedsheets. you are advised to bring your own sleeping bag and potentially even your air mattress for your own comfort.



# DAY 5

## AUGUST 19

### HIKING IN DORMITOR NATIONAL PARK, WILD RIVER/DAM EXCURSION

Today, the early bird gets up to see the sunrise over the valley and after breakfast, we commence our hike back to the main road. Depending on the group, we will choose a demanding route that takes us to a mountain top over 2000 meters, or we take the more gentle route down as we came up. To be decided depending on the group!

After arrival at the main road, we will get our cars and make our way to camp Grab. But not just like that! We will use the opportunity to visit two rivers; The Bukovica, which was saved from hydropower development just this year, and the Piva, which is scarred by one of the highest hydropower dams of Europe. Being fully into the organisation of the Students for Rivers Camp, we will be able to answer any questions you have related to the fight against destructive hydropower.

Our destination is Camp Grab, an eco-camp located at the Tara riverside and a great place to rest the legs and the mind. Delicious dinner will be served and you can relax in your bungalow or on the terrace with a view over the beautiful Tara.



Time for some real holiday! This morning we take our chance to sleep in and enjoy the relaxed atmosphere of Kamp Grab. After lunch, we get back into adrenaline mode and choose to run down the Tara in a raft with an expert guide, or conquer the currents on your own in a single person

kayak. The rafting will take place on the 'adrenaline section' of the Tara, just downstream of the deepest part of this deepest canyon of Europe. The kayaking starts at Kamp Grab, where the rapids are slightly more gentle and a perfect challenge for the novice kayaker. Let us know if you are an experienced kayaker, and the 'adrenaline section' might be just perfect for you!

We will be on the river for 1-2 hours before we get back to Kamp Grab for a delicious last dinner together.



# DAY 6

## AUGUST 21

### RELAXED MORNING, KAYAK OR RAFT TARA

# DAY 7

## AUGUST 22

### GOODBYE!

Time to say goodbye after a last delicious breakfast at Kamp Grab. You either continue your road trip with a bunch of new tips from Gigo, or you opt for an airport shuttle to catch your flight from Podgorica.



# TERMS AND CONDITIONS

Below you find some important terms and conditions. The full terms and conditions can be found on the website ([www.growwtfLOW.nl](http://www.growwtfLOW.nl)). By booking the trip, you will agree to these full terms and conditions. The trip can be booked by sending an email to [vera@growwtfLOW.nl](mailto:vera@growwtfLOW.nl).

## 2. To secure your booking

To secure a booking, we must receive the deposit within 3 days after booking the trip. The deposit is 25% of the total sum, being € 347,50. All clients (including anyone who is added or substituted at a later date), whether booking in person, by telephone, by e-mail or facsimile or by any other means, will be deemed to have agreed to the following four conditions:

- a. they have read and accepted our Terms and Conditions published on our website.
- b. they appreciate and accept the risks involved in adventure travel.
- c. they do not suffer from any pre-existing medical condition or disability which may prevent them from actively participating in the trip. If any person suffers from any medical condition or disability which will or may affect their trip arrangements, please contact us before making your booking to discuss your requirements.
- d. the booker confirms that he/she is at least 18 years old and has full authority to enter into a contract on the basis of these conditions on behalf of all persons named on the booking, will be the point person for all communications relating to the booking, and confirms that all such persons are fully aware of and accept these conditions.

## 3. Payment for your trip

The balance of monies due must be received by us no later than listed in the following scheme;

- Within 3 days after booking; 25 % of the sum, which is the deposit.
- 6 weeks before the start of your trip; 50 % of the sum
- 4 weeks before the start of your trip; 100 % of the sum

## 5. If you cancel your booking

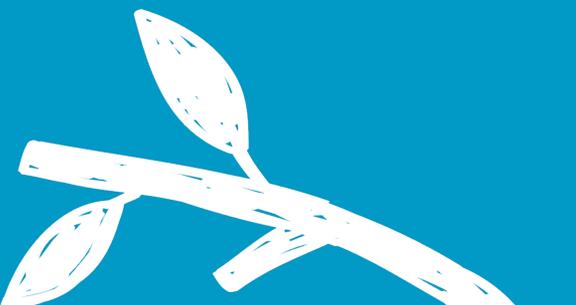
Should you wish to cancel, cancellation charges will be imposed. The cancellation charges shown below are those which will apply to package holiday to Montenegro.

- 8 weeks and more before trip start date – loss of deposit
- 6 to 8 weeks before trip start date – 50%
- 4 to 6 weeks before trip start date – 80%
- Less than 4 weeks before trip start date – 100%

We strongly recommend that comprehensive travel insurance is taken out which includes cover against cancellation charges. Depending on the reason for the cancellation, you may be able to reclaim the cancellation charges under the terms of your insurance policy. Part cancellation of a booking may result in additional costs being payable by the remaining members of your party. Please also see clause 4.

## 6. If you have a complaint

If you have a complaint about any of your trip arrangements, you must tell the company guide at the time. It is only if we know about problems that there will be the opportunity to put things right. If you don't complain on the spot this may affect your ability to claim compensation. If your complaint cannot be resolved on the spot you should notify us in writing within 28 days of the end of your trip. Grow with the Flow will give a reaction within 28 days after receiving the written complaint.



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