

Trekking The Transylvanian Alps

Trip Code: ROM

Version: ROM Trekking The Transylvanian Alps



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Trek through jaw dropping mountain scenery to the highest peak in Romania
- Look over the Heroes Cross before staying on the shoulders of Mount Omu
- A relaxing two night stay in beautiful Brasov and explore pretty Sinaia on foot
- Visit Bran Castle and discover the atmospheric Monastery of Brancoveanu
- Easy to extend your holiday and explore the Romanian capital of Bucharest

AT A GLANCE

- 6 days trekking. Max altitude - 2545 metres.
- Join at Bucharest

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 5 Lunches
- 4 Dinners
- 3 nights Mountain Hut / Refuge
- 3 nights Hotel
- 1 nights Guesthouse

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Home to the incredible Transylvanian Alps, charming towns, fascinating history and wonderful folklore, Romania is a magical country waiting to be explored on foot. Here breath-taking mountain ranges surround dramatic castles, whilst medieval towns offer pockets of Romania's proud history and fascinating culture. As the perfect destination for a trekking holiday, here you'll experience some of Europe's wildest scenery where brown bears, chamois, marmots and soaring raptors still thrive. The adventure starts in Sinaia where colourful wooden houses are surrounded by a panorama of fir trees. After Sinaia we trek for two days in the Bucegi Mountains where we'll look over the Heroes Cross and head up Mount Omu for a night in Romania's highest mountain hut. After the Bucegi Plateau we visit Vlad the Impaler's Castle in Bran before our next adventure - a jaw dropping journey through the heart of the Transylvanian Alps. For the next three days we're off the beaten track as we follow mountain trails which lead to the summit of Romania's highest mountain - Moldoveanu (2544m). During this holiday we stay in stunningly located mountain refuges to ensure a true mountain journey. We finish this superb holiday in the medieval gem of Brasov. Brimming with pretty architecture, Bohemian cafes and gothic spires, Brasov is the perfect place to toast a fantastic holiday to Romania.

Is this holiday for you?

This is a real off the beaten track adventure through dramatic scenery in the heart of the mountains. One of the holiday highlights of this Transylvanian Alps holiday is the hut to hut element which guarantees you get deep into the mountains. Due to their incredible locations, each hut is inaccessible by road which is a major part of the experience. You'll have access to your main luggage on days 1, 3, 6 and 7, but on a couple of days the group will carry what they need for the overnights in refuges. However there is no need for heavy backpacking as blankets are provided. All you need to carry is a sheet sleeping liner, your lunches and your personal items for a few days. With careful packing you should be able to get your rucksack weight to around 8 - 10kgs. Trekking trails are good and as you would expect with any alpine adventure, includes rocky footpaths, some scrambling (which is fully cabled for protection) and exposure on ridges and summits. Some of the days are long, especially for the ascent of Moldoveanu but these are balanced out with shorter days at the start and finish. This excellent holiday is suitable for active walkers with a good level of fitness who are looking for a unique week of mountain walking in a remote part of Europe

Itinerary

Version: ROM Trekking The Transylvanian Alps

DAY 1

Meet at Bucharest Otopeni Airport and transfer to the colourful town of Sinaia.

The group will meet at Bucharest Otopeni Airport in the afternoon. Bucharest is a fascinating city and if you would like to extend your time pre or post-holiday, please contact the KE office and we can help organise a hotel. From the airport we transfer (1.5hrs) to Sinaia fondly known as the Pearl of the Carpathians. Sitting beneath the Bucegi Mountains in the beautiful Prahova Valley, Sinaia has a rich variety of colourful houses built in traditional style. On arriving in the town you immediately feel as if you're right in the very heart of Transylvania as the air becomes fresher and the scenery has an alpine feel. Once home to Romania's first king, Sinaia is the perfect place to start our Romanian adventure and after checking-in there will be time to stretch your legs with a stroll around the town. In the evening we'll all meet up and head out to dinner in a local restaurant. We'll also have a briefing about the first part of our trekking adventure (what to pack etc).

*Food for thought - Romanian sarmale is more of a national institution than just a dish. Here cabbage rolls are filled with either pork, beef, mutton, poultry and even fish mixed with rice and ingredients. In some regions sarmale is served with corn meal and sour cream. This dish is also called sarmale in Turkey, Bulgaria, Serbia, Macedonia, Palestine, Jordan, Syria, Lebanon, Greece and Moldova! Mici are juicy skinless sausages mixed with garlic, black pepper, thyme, coriander and sometimes a touch of paprika. Cighiri are large meatballs and extremely popular with locals. The tasty dish of Salata de vinete is a wonderful aubergine dish mixed with chopped onions or mayonnaise and garlic. It is often topped with tomatoes and feta cheese.



Accommodation
Hotel






DAY 2

Explore Sinaia, take a cable car into the mountains and look over the Heroes Cross.

This morning we start with a walking tour through Sinaia which includes views of Peles Castle. Built by Carol the first king of Romania, this ornately beautiful building is a turreted masterpiece that wouldn't be out of place in a fairy-tale. Sinaia itself is home to a wonderful collection of colourful wooden houses which we'll stroll through. After paying a visit to Sinaia's richly decorated monastery, we'll prepare our lunches and snacks that we carry with us on the next two days of trekking. After a short transfer of 20mins we arrive in the small town of Busteni nestled in the Prahova Valley. From here we take a spectacular cable car ride high up onto the Bucegi Plateau. This is a lovely afternoon of walking and the views are breath-taking. As we hike across plateaus, we pass incredible rock formations and look down

on the Heroes Cross. The cross, which is illuminated at night, was built between 1926 and 1928 and sits at 2291m. A towering 36m high, the monument was built in memory of railway heroes who lost their lives during World War I. Building it was a mammoth task as materials were transported by train to Busteni railway station before oxen transported larger beams up the mountain. Finally horses and donkeys transported everything to the summit. Tonight we stay at the Cabana Omul mountain refuge, which is the highest in the country. The refuge is extremely simple but very welcoming plus soft drinks plus local beer can be purchased. The bonus of staying here is we are far away from civilisation and can really appreciate being in the heart of the mountains. On a clear morning the views extend to the Fagaras Mountains and over lush valleys below.

Meals: **B L D**

	Accommodation Mountain Hut / Refuge		Ascent 550M		Descent 200M		Time 3 - 4 hrs trekking
	Distance 9KM						

DAY 3

Spectacular day trekking down to Bran and an afternoon visit to Bran Castle.

This morning we leave the refuge and start our descent from the mountains to the valley. The majority of today is downhill and as the day is longer than yesterday, it's a great way of preparing us for the three day trekking journey when we head to the summit of Moldoveanu. Initially we trek along high trails and get to enjoy our first spot of scrambling. On these via ferrata sections we'll have the use of fixed ropes and the leader will offer guidance to anyone who is a first timer. As we may our way into lush Transylvanian forest the scenery changes from dramatic mountains to rich meadows and forest trails. These trails take us all the way to the small town of Bran and its magical castle, the legendary home of Count Dracula. With its spectacular cliff-top location, meandering river, wonderful turrets and fascinating history, this amazing castle looms over Bran and is a sightseeing highlight of Romania. Dating back to 1382, this was the home of the blood thirsty count Vlad the Impaler which Bram Stoker brought to life as Count Dracula. Although Bram Stoker never visited Romania, the stories and beliefs in the existence of night-time spirits is very much alive in Romania. After a visit to the castle it's easy to start believing in vampire legends! Tonight we stay around the area of Bran and during the evening we'll prepare for our next trekking journey into the heart of the mountains.

Meals: **B L D**






	Accommodation Guesthouse		Ascent 100M		Descent 1700M		Time 7 hrs trekking		Distance 11KM
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DAY 4

Head into the heart of Romania's mountains on the spectacular Balea Lake Circuit.

After breakfast, there will be time to prepare our trekking lunches before we leave the accommodation and transfer (approx 2.5hrs) along one of the world's most famous roads - the jaw dropping Transfagarasan Highway. This 140km patch of tarmac spaghetti heaven was awarded Top Gear's Best Driving Road in the World. Constructed between 1970 and 1974, the road was built during the rule of Nicolae Ceausescu and runs through the heart of the most dramatic mountains in Romania's Carpathians, the Fagaras Mountains. We start our adventure at the top of the pass on a trail which takes us towards Balea Lake. A beautiful glacier lake which sits just above 2000m, this location is magical with incredible mirror-like reflections and wild scenery. Next we follow a fantastic ridge which brings us the peaks of Varful Mircii (2467m) and Arpasul Mare (2468m). This afternoon we'll come across more short scrambling sections before joining a zig zag trail which takes us to the fantastically located Podragu Mountain Hut (2136m). Here we spend the night in a simple mountain chalet which is truly off the beaten track. Nestled in a mountain basin, it was here in 1885 that the Transylvanian Carpathian Society built their first basic stone shelter. The present refuge was constructed from 1948-1949 by the National Bank of Romania for its employees. The chalet is simple, but the location is dramatically wild and totally off the digital grid. Tonight's surrounding scenery is beautiful and it is not unusual to see mountain chamois grazing close by.

Meals: **B L D**






	Accommodation Mountain Hut / Refuge		Ascent 950M		Descent 800M		Time 7 - 8 hrs trekking
	Distance 8KM						

DAY 5

Fantastic mountain journey to Romania's highest peak - Moldoveanu (2544m).

Today calls for an early start as we leave the refuge. Initially we make our way out of the mountain basin on trails which are surrounded by wild and magnificent scenery. After the first saddle of Săua Podragului (2307m) we continue towards Varful Tarata where we are rewarded with extensive views of the incredible Tarata Range. However the highlight of today is the ascent of Moldoveanu, which at 2544m is Romania's highest peak. The final ridge walk from the peak of Vistea Mare (2527m) to the main summit is superb and the minute you step on the highest point in the country you'll feel like you're on top of the world! The complete journey to Moldoveanu is without doubt one of the most beautiful routes in Europe, but the panorama from the summit is absolutely breath-taking. Despite the mountains of Transylvania conjuring up images of dark peaks and swirling mists, here you'll see towering green slopes and deep valleys and together Moldoveanu and Vistea Mare form the highest ridge in the country. After the all-important summit photos we start our trekking journey down into the Sambata Valley. As we get closer to tonight's accommodation we may hear and see the comical whistling marmots which live in this dramatic landscape. Tonight we sleep in the Sambata mountain refuge which also enjoys a superb location. The refuge has a little shop selling soft drinks, beers and the local distilled spirit of Palinka - perfect for celebrating.

Meals: **B L D**

	Accommodation Mountain Hut / Refuge		Ascent 1000M		Descent 1800M		Time 9 - 10 hrs trekking
	Distance 16KM						

DAY 6

Trek through valleys, visit Brancoveanu Monastery and transfer to medieval Brasov.

A slightly later start today after yesterday's long day, as we leave the Sambata mountain refuge and make our way out of the mountains. Our easy walking route of 2 hours takes us through woods and along the river to the stunning Brancoveanu Monastery. Wondrously decorated with carved columns, frescoes and immaculate gardens, Brancoveanu Monastery is as pristine as its mountain backdrop. Named after its original founder, Prince Constantin Brancoveanu, a few dozen monks still live here, spending their time meditating and producing the glass icons for which Sambata is famous. Dating back to 1696, the monastery is a wonderful place and we'll take some time exploring the grounds. From Brancoveanu we transfer to the medieval gem of Brasov where we stay for the next two nights. Brasov is absolutely beautiful as it sits fringed by the peaks of the Southern Carpathian Mountains. Bursting with gothic, baroque and renaissance architecture, the town has a wonderful main square, old town walls and a stunning Gothic cathedral. Brasov has written links to the Pied Piper of Hamelin and it's easy to imagine him piping his way through the charming back streets. Here you'll find an abundance of wonderful street cafes and bars for enjoying a pre or post dinner drink. As we make our way to dinner tonight in a local restaurant we'll wander through the town which looks charming at night when illuminated.

*Food for thought - Papanasi is a delicious dessert made from sweet soft cheese that is rolled into donut like shapes, filled with sweet cream and topped with jam, usually berries or cherries. Each bite of papanasi will melt in your mouth. Placinta cu branza dulce si stafide is rich fried dough traditionally filled with soft cheese and raisins then sprinkled with sugar before being served hot or cold - simply delicious. Whilst plccinta cu mere is a mouth-watering sweet apple pie and delicious mix of apple, sugar, and cinnamon between several layers of sweet dough flavoured with vanilla sugar. Between two layers, a layer of grated apple is added before it is baked in the oven. The result is a soft, absolutely delicious cake.

Meals: **B L**

	Accommodation Hotel		Ascent 10M		Descent 600M		Time 2-3 hrs trekking		Distance 7KM
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DAY 7

Charming final walk through pockets of rural Romania or enjoy a free day in Brasov.

Today is an easy day of walking in a pocket of rural Romania to round off the holiday. However if you prefer, you can relax in Brasov and enjoy some free time. The town has some wonderful mediaeval

architecture, a labyrinth of colourful streets and is known for Vlad the Impaler's romantic interludes. The main Council Square, built by the Saxons has sections of stone walls, bastions, ornate churches and is said to be the spot from where the legendary Pied Piper led the children of Hamelin. The Old Town Hall built in the 13th century served as meeting place for the town councillors, known as centurions, whilst Trumpeter's Tower was used during the Middle Ages as a watchtower. Today, the old city hall houses the Brasov History Museum. However the town's most famous landmark and Romania's leading gothic church, is the Black Church which towers over the Council Square and town. Built between 1385 and 1477 it was given its name in 1689 when a great fire blackened the walls of the church. The Black Church is the largest gothic church between Vienna and Istanbul. For anyone who wishes to walk, the leader will chose an easy walk in a surrounding rural area which showcases local life. This is a lovely way to see meadows and wild flowers which are a total contrast to the dramatic mountains you trekked through. The walk will arrive back in Brasov in the afternoon with enough time to wander through the town before meeting up for dinner.

*Food for thought - Baked potatoes or Cartofi copti are also known as country style or peasant potatoes and are a popular side dish. Recipes vary from region to region, but the potatoes should be a little crispy on the outside and very soft inside. Onions are added and occasionally ham and garlic - the result is filling and delicious. Zacusca de vinete is a rich paste which is delicious when spread on fresh bread and traditionally made from freshly baked or roasted vegetables. The main ingredients are eggplants, red peppers and onions. Clatitele cu gem are wonderful crepes and filled with marmalade, jam, chocolate or a special Ricotta-type cheese.

Meals: **B**



Accommodation
Hotel



Time
4 hrs walking

DAY 8

Departure day. Transfer to Bucharest Otopeni (Henri Coanda) Airport.

Early morning we transfer to Bucharest Airport.

If you are looking to extend your holiday after the trek, please contact the KE office and we can help organise a hotel in the capital. As the bustling capital of Romania, Bucharest has a number of highlights, but the number one must see is the mind-blowing Palace of the Parliament. Home to the former dictator of Nicolae Ceauescu, this mind blowing creation is the 2nd largest administration building in the world and without a doubt is an incredible piece of architecture which is beyond words. Official guided tours of the palace last just over an hour and need to be booked in advance (your hotel can easily do this). Don't forget your passport or palace security won't let you join the tour. For approximately 10 euro you get an incredible insight into the heaviest building in the world as you stroll along long marble corridors which showcase gigantic chandeliers. Although you'll only visit a handful of its 1000 rooms, it's absolutely fascinating and a Bucharest highlight. The Bucharest Sightseeing Bus offers the standard open-top hop on and hop off sightseeing tours which are a great way to get orientated or see the city if limited on time. Tickets are valid for 24 hours and there are 14 stops along the route. Strada Selari close to the Orthodox Church in the old town is a bustling pedestrian area and one of the oldest streets in the

city. Once home to the city's saddlers, today you'll find a labyrinth of streets and alleys with bars, restaurants and cafes catering for all budgets and tastes.

Meals: **B**

Holiday Information

What's Included

- A professional and qualified guide
- Single timed airport transfers on arrival & departure
- Accommodation as described
- Meals as per the meal plan
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned except where specified as 'optional'

What's not Included

- Travel insurance
- Tips
- Some meals are per the meal plan
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

A single transfer from Bucharest Otopeni (Henri Coanda) Airport to the group hotel in Sinaia, is provided in the afternoon of Day 1 of the Land Only itinerary. On the last day of the Land Only itinerary, there will be a single transfer (2.5 to 3 hours) back to Bucharest Otopeni (Henri Coanda) timed to arrive at approximately midday.

If your flight schedules do not fit with these single timed airport transfers we can provide private transfers at an additional cost.

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

Baneasa Airport arrivals and departures

Please note that the majority of scheduled International flights arrive/depart Bucharest Otopeni (Henri Coanda) Airport, however some flights still arrive/depart from Bucharest Baneasa Airport. If your flight arrives at Bucharest Baneasa Airport you will need to take a taxi to Bucharest Otopeni (Henri Coanda) Airport if you are intending to take advantage of the single timed group airport transfers. A taxi from Baneasa to Otopeni usually takes around 20 minutes.

Joining in Sinaia

If you are unable to take advantage of the single timed group transfer on arrival, it is straightforward to reach the group hotel in Sinaia by train from Bucharest Gara de Nord Railway station. You should allow at least 45 minutes to reach Gara de Nord by taxi from Otopeni or Baneasa Airports. A taxi should cost around £20 for this journey. There is a regular (almost hourly) train service from Bucharest Gara de Nord to Sinaia, that takes around 90 minutes. The cost is approximately £10 - 15. You can check train times on the Romanian State Railway at www.cfr.ro.

Meal Plan

All breakfasts, 5 lunches and 4 dinners are included.

Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Romanian food is excellent with a variety of influences from the Balkans. Local specialities are smoked bacon and sausages, stuffed cabbage rolls, cornmeal (similar to polenta) and served alongside fresh sour cream. You'll find bean soups, baked pumpkin, roasted corn on the cob and oven baked potatoes, which are wonderful with their crispy skins. Romanians love soups and stews, stuffed vegetables and mouth-watering tasty pies made with spinach or mushrooms and soft cheese. You'll come across colourful salads and wide range of soft or hard cheeses. Desserts are something of a speciality and range from dough filled with sweet cheese to mouth-watering papanash (little doughnuts served with sweet cheese and blueberries) plus crepes served with either jam, marmalade, chocolate or a ricotta-style of cheese.

Breakfasts are simple and usually consist of bread, butter, jam or honey, sometimes tomatoes, eggs or cheese plus tea or coffee. Lunches are picnic-style (sandwiches) and made up before the two trekking elements to be carried with you in your rucksack. Chocolate and cereal bars plus fruit is also available for you to take along.

Even in the huts you'll find soft drinks and local beers to buy for a reasonable price - perfect after a day in the mountains. Most beer is European-style such as Silva, Ciucas (from Brasov), Ciuc, Timişoreana and Ursus. Romania has brown ale called bere neagra or bruna. The country is one of the world's largest wine producers and the sixth biggest in Europe. Romania's main grape varieties are the white Feteasca and the red Feteasca Regala. Aligote and Merlot are other important varieties, alongside Sauvignon Blanc, Pinot Gris, Rkatsiteli, Muscat Ottonel and Traminer. The national drink is a powerful brandy distilled from fruit and drank neat - don't leave Romania without trying it!

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 diet 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.

Accommodation

During this holiday the group will spend 4 nights in comfortable local hotels and pensions in Sinaia, Bran and Brasov, where the rooms are on a twin sharing en-suite basis.

The group has 3 nights in mountain huts/refuges. Accommodation in the mountain huts is dormitory style and the huts are simple with basic bathroom facilities, however, the most important aspect is their location. Each refuge has a simple kiosk where soft drinks and local beer can be purchased. The Cabana Omul is without running water and toilet facilities are extremely rustic. It's good to remember that mountain infrastructure in Romania is very simple, and accommodation options are located far apart. A real highlight though is their welcome and it's a great way to meet other trekkers. Staying in these mountain refuges also means the group can stay high in the mountains and genuinely get off the beaten track. Each hut provides a blanket so you only need to carry a sheet or thermal sleeping bag liner with you. However if you are someone who feels the cold, you may want to carry a lightweight sleeping bag.

If you are travelling by yourself, you will be paired up with another single client of the same sex for the nights in the hotels and pensions (4nights). Single rooms are available for a supplementary cost for these 4 nights. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professionally qualified Mountain Guide. A second guide will accompany groups of 10 or more clients for the 3 days in the Fagaras Mountains only. There will also be a support vehicle and driver for vehicle transfers and transporting our main baggage to our hotels.

Spending Money

The national currency of Romania is the Romanian leu. We estimate that £120 should be sufficient to cover your extra expenditure including non-included meals, tips for local staff, drinks and souvenirs. If you expect to buy considerable quantities of soft drinks, wine or beer, or if you intend to buy expensive souvenirs, you may need more. Credit cards can be used in restaurants and you will find ATM machines at Bucharest Airport (arrivals hall) and in Sinaia and Brasov. Please note the mountains huts only take payment in local currency cash.

Guidance on Tipping

Tipping is the accepted way of saying thank you to the leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group and budget approximately £25 to £35.

Baggage Allowance

During this trip your main bag will remain with the support vehicle and you will have access to this at the overnight accommodation on days 1, 3, 6 and 7. During the days of trekking from hut to hut, you'll only need to carry minimal overnight items in a daypack. With careful packing you should not need to carry more than about 8kgs. There is no baggage limit other than that imposed by your international carrier but we do ask you to restrict your baggage to one main bag and one daypack.

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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Flight payment

We sell this holiday on a Land Only basis and recommend that you book your flights to Bucharest Otopeni Airport. Please refer to the 'Joining arrangements and transfers' section of the trip dossier for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the trip is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK, Ryanair, EasyJet, Blue Air & Wizzair offer direct flights to Bucharest from London airports. Blue Air also operates a service from Liverpool & Wizzair offer a flight from Glasgow. Other airports & carriers may be available. Click on the 'Flight information' link below for further information on booking low cost airlines. Alternatively if you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

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.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Currency

The unit of currency in Romania is the Romanian New Leu.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a regular exercise routine leading up to your trip. Running, cycling and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in the boots you intend to trek in.

Climate

The main season for trekking in Romania is from July to September and the weather is generally good. We can expect daytime, valley temperatures of between 20°C and 25°C, dropping to 12°C at night, sometimes less dependent on the altitude. As with any mountain area, there is always the risk of mixed weather including rain, wind and the occasional storm.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.travelaware.gov.uk)' 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 prior to 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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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 direct 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

- The Rough Guide to Romania
- Never Mind the Balkans, Here's Romania - Mike Ormsby
- Lonely Planet Romania and Moldova
- The Mountains of Romania Cicerone Guide - James Roberts
- Dracula - Bram Stoker
- Transylvania and Beyond - Dervla Murphy
- Romania - Bucharest and Beyond

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

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Hiking boots
- Trainers / approach shoes
- Socks

- Underwear
- Trekking /walking trousers
- Waterproof jacket
- Waterproof overtrousers
- Thermal leggings
- Shorts
- Thermal baselayer shirts (2 short sleeve, 1 long sleeve)
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Warm gloves
- Sunhat
- Sunglasses
- Warm Hat
- Earplugs (for the mountain huts)
- Daypack 40 litres
- Headtorch and spare batteries
- Sun protection (including for lips)
- Water bottles 1L x2 (we encourage re-filling water bottles rather than single use plastic)
- Sleeping bag liner (for the huts)*

- Washbag, toiletries and wetwipes
- Small Towel
- Antibacterial hand wash

Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium)
 ■ painkillers, plasters and blister treatment, insect repellent (DEET), and re-hydration salts (Dioralite).
 Glucose tablets and multi-vitamin tablets are a good idea.

*Those who feel the cold may consider taking a lightweight sleeping bag for the September departure. Please note that blankets are provided in the huts, however a sheet sleeping liner is needed as sheets are not provided.)

The following items are optional:

- Trekking poles (highly recommended)
- Gaitors
- Insect repellent
- Camera
- Pen-knife (remember to put all sharp objects in hold baggage)
- Travel clothes
- Small padlock
- Reusable cloth bag for shopping (to avoid plastic bags)

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

We sell this holiday on a Land Only basis and recommend that you book your flights to Bucharest Otopeni Airport. Please refer to the 'Joining arrangements and transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK, Ryanair, Blue Air & Wizzair offer direct flights to Bucharest from London airports. Blue Air also operates a service from Birmingham, Liverpool & Glasgow & Wizzair offer a flight from Birmingham & Doncaster Other airports & carriers may be available.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Why Choose KE

Why KE

With KE you'll stay two nights in the magical town of Brasov at the end of your holiday. With its charming cobbled streets, stunning medieval architecture plus traditional cafes and restaurants, we know it's the most perfect spot in Romania to raise a celebratory glass of local wine. We also feel Bran Castle is a must see so it's included in the holiday too.

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change