Hike across remote borders in the undiscovered Balkans on this European walking and cultural holiday through Kosovo, Montenegro and Albania.

- Walk through the magnificent landscapes of Kosovo, Montenegro and Albania
- Explore Lake Skadar home to rare birdlife and stay in Lovcen National Park
- Head off the beaten track and discover a rich melting pot of cultures
- Experience traditional guesthouses and family home cooking

Albania, Montenegro, Croatia, Kosovo, Trek & Walk, Private Groups, 8 Days

3 nights guesthouse, 4 nights hotel, 7 breakfasts, 4 lunches, 7 dinners, max group size: 14, 6 days walking, max altitude - 2250m

[View dates, prices & book your holiday here](www.keadventure.com)
Introduction

Breath-taking landscapes, remote trails, towering mountains, meandering rivers, crystal clear lakes, colourful flora, eclectic architecture, fascinating history, a melting pot of cultures, tasty food and one of the warmest welcomes on the planet – welcome to the Balkan Borderlands. This fantastic cross-border walking holiday explores wild regions and follows trails along the Peaks of the Balkans route. As we weave our way through spectacular mountains and explore some of Europe's wildest scenery, we're guaranteed a warm Balkan welcome, simple way of life and unique experience. We start in the historical gem of Peja nestled at the foot of Kosovo's Rugova Mountains and home to charming Ottoman architecture and a rare opportunity to step back in time. After Peja we discover Kosovo's wild beauty and hike through traditional villages before heading over the Jelenak Pass and into Albania's magnificent Accursed Mountains. By crossing remote borders and walking through lush valleys, we criss-cross between dramatic Montenegro and majestic Albania whilst surrounded by incredible scenery. After transferring to Virpazar in Montenegro, we sail across Lake Skadar home to wonderful birdlife, stay in the breath-taking heart of Lovcen National Park and explore the Bay of Kotor, Europe's most southern fjord. This multi-country holiday takes you on an incredible walking and cultural journey through a very special area of Europe.

Is this holiday for you?

This wonderful walking holiday follows remote trails between valleys and villages that are mainly used by local shepherds and villagers. As you'd expect in mountainous areas of Europe, paths are rugged and can be slippery underfoot, whilst in June we may encounter late lying areas of snow to cross. As on all alpine walking holidays, there are some steep ascents and descents and long days, so you should ensure you are physically prepared and able to walk for approximately 6 - 8 hours each day, and for several days continuously. Homestay and guesthouse accommodation in the mountains is simple and this area of the Balkans still observes a very traditional way of life. (This holiday requires a trekking permit so a copy of your passport is required by the KE office after booking). This wonderful walking holiday follows remote trails between valleys and villages that are mainly used by local shepherds and villagers. As you'd expect in mountainous areas of Europe, paths are rugged and can be slippery underfoot, whilst in June we may encounter late lying areas of snow to cross. As on all alpine walking holidays, there are some steep ascents and descents and long days, so you should ensure you are physically prepared and able to walk for approximately 6 - 8 hours each day, and for several days continuously. Homestay and guesthouse accommodation in the mountains is simple and this area of the Balkans still observes a very traditional way of life. (This holiday requires a trekking permit so a copy of your passport is required by the KE office after booking).

Holiday Itinerary

Day 1: Meet at the hotel in Peja (Pec). A group transfer from Pristina Airport is included.

Meet at the group hotel in Pec (Peja) or join the group transfer from Pristina Airport to Pec (Peja) (1hr 15 mins). The leader will join this transfer to the group hotel.

It may be possible depending on the arrival of flights and traffic conditions to visit the UNESCO World Heritage Site of Decani Monastery after checking in at the hotel. This is a 30 minute drive away and costs 20 euro per person based on a minimum of 4. Decani is described as one of the most beautiful churches in the whole of Europe. Built in the early 14th century by the Serbian King Stefan Decanski, Decani is situated in a beautiful spot below the mountains, surrounded by pine and chestnut trees. However it's not only the outside that is charming, as once the doors open and you step inside, the interior is magical. With floor-to-ceiling murals this is a medieval kaleidoscope of colour. Inside are marble walls, magnificent frescoes and sculptures. Even today Decani is one of the most spectacular pieces of religious heritage left by the Nemanji dynasty. After the arrival of KFOR forces in June 1999, the monastery went under the protection of the Italian Army. Today, it still remains under Italian command but is also protected by Austrian, Slovenian, and Moldovan KFOR soldiers. Decani is the only monastery in Kosovo to remain under the protection of international forces. The monastery has a very successful farm which produces...
wine, brandy and honey and is an extremely important institution for humanitarian work which is carried out through a relief fund.

Day 2: Explore Peja before walking through the magnificent Rugova Mountains.

Peja (Pec) is one of the oldest settlements in Kosovo and the gateway to the Rugova Valley. Lying at the foot of dramatic mountains, Pec has a labyrinth of narrow streets, Ottoman style architecture, impressive mosques and pavement cafes. Initially settled by the Illyrians in 200 BC, it has been occupied by both the Byzantines and Ottoman Empires. The Ottomans brought Islamic culture with them and the city is a wonderful melting pot of faiths and cultures. The town is also home to Patriarche Monastery which is the seat of the Serbian Orthodox Church. After a brief introduction to Peja we transfer to the village of Reke e Allages via the dramatic Rugova Gorge. This area is mainly occupied during the summer months by farming families. After a picnic lunch we’ll walk through the Rugova Mountains and head up to meadows and high pastures before descending into small villages. The afternoon of walking finishes at Drelaj where we stay in a remote hamlet in a simple guesthouse and enjoy some home-cooking.

Day 3: Cross the magnificent Jelenak Pass from Kosovo to Montenegro.

After breakfast we take a short transfer to Liquenat and prepare for an exciting day ahead which includes crossing into Montenegro via an unmanned mountain border. The path snakes its way up through forest and passes two small blue glacial lakes called Liqueni i Kuchishtes and i Dreljave. Leaving the treeline behind we head up into a dramatic valley and cross the magnificent Jelenak Pass at 2250m. We enter Montenegro on the ridgeline at the Ravno Pass and descend to the village of Babino Polje (Grandma’s Field). Here we meet our vehicles and transfer (1.50hr) to the Grebaja. A small town of around 1700 people with a couple of mosques and churches located on the edge of the Prokletije Mountains. From here there are dramatic views towards the peaks on the Montenegrin and Albanian border which we can enjoy after checking into our accommodation.

Day 4: Head to Albania via Talijanka Peak with stunning views of the Accursed Mountains.

This we walk directly from our accommodation and cross the border between Montenegro and Albania by way of a small peak called Talijanka (2056m). The trail begins by zigzagging through forest as we hike up to a ridge from where there are spectacular views of Albania’s Accursed Mountains. Standing on the top of Talijanka we’ll be rewarded with magnificent views into Montenegro and Albania. From the summit we descend to the timeless village of Lepushe where we spend the night. This remote region of Albania is still undiscovered and off the beaten track, which is what makes it so special. Staying here means we really get to experience a rural lifestyle as we stay with people who are generally self-sufficient. Growing vegetables and fruit alongside keeping cattle, sheep, goats, pigs and bees is a way of life whilst electricity comes from local hydropower stations. Without any light pollution, if the sky is clear we should have a wonderful opportunity for some star gazing.
Day 5: Head through pretty meadows and rich forest to Nikc and transfer to Lake Skadar.

Another beautiful day of walking through forest and pretty meadows before heading up to a mountain pass at 1800m. Again we'll have spectacular views of this pristine environment and as we descend to the village of Nikc, in the Kelmend province of Albania we'll have a real sense of been in the middle of nowhere as this spectacular area is remote even for residents of the Balkans! Shepherds generally stay here for the main summer months and graze their flocks before the seasons change and their paths are blocked by snow. This is a region where the people are humble and incredibly hospitable, and it's not unusual to be invited into someone's home to taste homemade raki or mountain tea. After a lovely day of walking we say goodbye to the mountains and transfer (3hrs) to Virpazar, on the shores of Lake Skadar. Tonight we stay in a hotel by the lakeshore.


Nestled between Montenegro and Albania, dolphin-shaped Lake Skadar is the largest lake in the Balkans and one of the most important reserves for wetland birds in Europe with over 270 species. A vast freshwater lake, Skadar presents a stunning picture of island monasteries and floating meadows of water lilies with a backdrop of dramatic limestone mountains. Legend has it the lake was created by the tears of a pixie and after a boat trip you may find yourself believing in fairy tales. Protected since 1983, Skadar was added to the RAMSAR list of important wetlands in 1996. It's home to an elusive colony of Dalmatian pelicans as well as cormorants, herons, egrets, terns and over 50 species of fish including carp, trout and eel. This morning we'll enjoy a boat trip on the lake before heading to Cetinje, once the royal capital of Montenegro. Here we'll have time for lunch and a chance to wander through the historical streets which are lined with atmospheric former embassies. Next we drive through one of the most dramatic national parks in Europe, Lovcen and stop at the top of Jezerski Vrh (1657m). Here we'll walk the 461 steps up to the highlight of the park, the magnificent mausoleum of Montenegro's greatest hero - Petar II Petrovic Njegos. From here the views are spectacular and after enjoying them we'll walk down to the alpine village of Njegusi. This is a very traditional village with distinctly rural architecture and a timeless feel. We can spend an hour or so here, soaking up the atmosphere, before driving down to Kotor Bay via a long chain of hairpin bends. We will find a pull-in on the way down so we can stop and appreciate the spectacular overview of Kotor. We check in for a 2-night stay at a hotel beside the bay.

Day 7: A day to explore Kotor Bay.

Today is free for you to explore at leisure. Nestling amongst the dramatic Black Mountains (which give Montenegro its name) Kotor old town is a medieval maze of cobbled streets where you'll find museums, towering gates, churches, cafe-strewn squares, colourful shops and Venetian palaces. The ancient ramparts are great for exploring and you can climb up above the town for wonderful views across the bay. Another highlight is a visit by boat (payable locally) to the man-made island and church known as 'Our Lady of the Rock'. The tour leader can help
organise this. Sailing across to the island is a great way to take in the sheer size of the surrounding mountains. The island is close to the pretty bay-side town of Perast and it was fishermen from Perast who built the island and church in 1630. We spend a second night at our Kotor hotel.

Day 8: Departure Day. A single, timed transfer to Dubrovnik Airport is included.

After breakfast, there is a group transfer (approx 2 hrs) to Dubrovnik Airport. KE Land Only package services end on arrival at Dubrovnik Airport.

Holiday Information

What's Included

- English-speaking local guide
- Group airport transfers
- All accommodation as described in the trip dossier
- Meals as detailed in the Meal Plan
- All land transport required by the itinerary
- National park entrance fees
- All excursions mentioned in the itinerary.

What's Not Included

- Travel insurance
- Visas
- Airport taxes
- Airport transfers other than group transfers
- Any extra activities and excursions
- Tips for local staff
- Miscellaneous personal expenditure

Joining Arrangements & Transfers

The group will rendezvous at Pristina Airport at lunchtime on day 1. Within the Land Only cost of this holiday, we have arranged for a single timed group transfer from Pristina Airport to Peja on arrival. This transfer will normally depart early afternoon on Day 1 of the trip itinerary. The transfer from Pristina to Peja takes around 1.25 hours. The local guide or a representative of our local agent will assist with this transfer. At the end of the trip there will be a single timed group transfer from Kotor to Dubrovnik airport in Croatia, leaving at approximately late morning on the last day of the trip itinerary. Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

Breakfasts, 4 lunches and 7 dinners.
Food & Water

With a mix of Balkan, Turkish and European influences, the food in this part of the world is fantastic. In the hotels breakfast are continental style, with cereals, bread and jam, tea, coffee and sometimes eggs. You may also have the chance to try a more traditional breakfast of flavoured rice. At the guesthouses, breakfasts are also simple. Packed lunches are provided and will consist of bread and a variety of meats, cheeses, tomatoes and cucumber. There will also be plenty of fruit, biscuits and cake. Evening meals include traditional soups, fantastic locally-grown vegetables, local dairy produce and meat dishes. Soups, stews, and goulashes are common. There is always plenty of bread which is usually Italian style, often served with a tomato and olive salad and various cheeses. On and near the coast, the diet is even more Mediterranean with fish understandably featuring in the most common dishes. Water is provided, but very often this is from local wells or mountain streams and is not chlorinated. If you are concerned about drinking untreated water, we suggest you bring a supply of water treatment tablets.

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.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature 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 1 night at a comfortable hotel in Peja/Pec, 1 night at a similar establishment in Virpazar, and 1 night in Kotor. These hotels provide twin-sharing, en-suite accommodation. There will also be 4 nights in simple homestay/guesthouse/lodge-style accommodation with simple bathroom facilities. During these 4 nights the group are staying in remote places which has very little tourism infrastructure, which is all part of the cultural experience. Whilst staying in the guesthouses and lodges, it’s good to keep in mind these are people’s homes and although they are basic, they are selected for their friendliness and location which more than makes up for the lack of hotel facilities. Rooms are likely to accommodate between 2 and 5 people per room and it may be necessary for male and female group members to share depending on the group. For the 3 nights in hotels, it is possible to arrange for single room occupancy at additional cost. For hotel prices and single supplement costs please refer to the website. Hotels are subject to availability and prices may vary.

Group Leader & Support Staff

The group will be accompanied throughout by a professional English-speaking local tour leader.

Altitude

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

Approximately £100 should be allowed for miscellaneous expenses including your bar bills and reasonable tips to the support crew. If you intend to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Kosovo & Montenegro use the Euro, and the Lek is the currency of Albania. You should obtain Euros for this holiday. By far the easiest way to obtain your travel cash is from ATM's using a credit card or a debit card. ATM's are available at the airport in Pristina and in Peja, as well as Cetinje and Kotor.  

OPTIONAL ACTIVITIES (Subject to change) Boat ride to Lady of the Rock : €5, Local bus to Perast : €1 each way.

Guidance On Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. It is best if the tip is given at the end of the trip by the group as a whole. We recommend that each group member contributes around £30 and that tips are then distributed between the guide and support staff as the group feels is appropriate.

Additional Information

During this holiday we trek across the borders of Albania, Kosovo and Montenegro. A trekking permit will be applied for on your behalf by our local agent. Please send a copy of your passport into the KE office after you have been confirmed on the holiday.

Baggage Allowance

There is no weight restriction as such on this holiday other than that imposed by your international carrier (normally 20kg). However, we do ask you to restrict your luggage to one trek bag/suitcase and one small daypack per person.

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.

Recommended Outdoor Retailers

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 15% discount voucher from Cotswold Outdoor and other retailers.  

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.

**General Information**

**Passport & Visas**

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

*T visa information is changing all the time. Please ensure that you check for the latest advice before travel.*

**Visa Europe**

Travel to the European Union, Switzerland, Norway, Iceland or Liechtenstein will change from 1 January 2021. Before you travel, you should check the latest government advice at: [https://www.gov.uk/visit-europe-1-january-2021](https://www.gov.uk/visit-europe-1-january-2021)

From 1 January 2021 your passport must be less than 10 years old and have at least 6 months validity beyond the date of travel.

**Passport Copy**

For this holiday we require a scanned copy of the main pages of your passport. Please email this to the office when your holiday is guaranteed to run.

**Health & Vaccinations**

**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. 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 or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](https://www.gov.uk/visit-europe-1-january-2021).

**Currency**

The unit of currency in Albania is the Lek.

The currency for part or all of this holiday is the Euro.
Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at:

http://www.worldstandards.eu/electricity/plugs-and-sockets/

Preparing For Your Holiday

It makes a lot of sense to spend some time before coming on a walking holiday getting some additional exercise. Regular walking in hill or back country is the best preparation. Running and swimming are also good for developing better cardiovascular fitness and stamina.

Climate

Daytime temperatures in the lower valleys will vary between 15ºC and 30ºC at the times of year we operate this trip. The weather in summer is generally excellent - with hot days, clear skies and little rain. Note that temperatures do drop in the evenings in the mountains by several degrees. High up, we may encounter cooler conditions and stormy weather cannot be ruled out at any time of year in this mountainous region. At the coast the temperatures will be higher.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices’ 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 prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO 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 FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO 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. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.

Books

• Western Balkans Lonely Planet
• Southeastern Europe Lonely Planet
• The Accursed Mountains - Robert Carver
• Broken April - Ismail Kadare
• High Albania - Edith Durham
The Mountains of Montenegro – A Walkers and Trekkers Guide. Rudolf Abraham. (Cicerone)

Kosovo Bradt guide

Maps

Slovenia, Croatia, Serbia, Kosovo, Bosnia-Herzegovina, Macedonia, Montenegro

1:600,00. Detailed, double-sided road map of Slovenia, Croatia, Serbia, Bosnia-Herzegovina, Macedonia, Montenegro, with index and city centre street enlargements of Belgrade, Sarajevo, Zagreb and Ljubljana. Clearly shows the national road network and selected provincial and local roads, with each class of road clearly indicated and road numbers shown. Intermediate driving distances between locations are shown in kilometres alongside the road, motorway filling stations are shown and motorway junctions are indicated.

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.

Flight Inclusive Notes

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Heathrow to Pristina (Kosovo), with Austrian Airways. Outbound flights will depart from the UK in the morning, arriving in the early afternoon of the same day (day 1 of the Land Only itinerary). Return flights will depart in the afternoon of the last day of the itinerary from Dubrovnik (Croatia), arriving in the UK later that same evening. Regional departures and/or alternative carriers are available on request.

It is possible to fly with Turkish Airlines from London & Manchester however we do recommend that you fly the day before into Pristina so you have a full day exploring this fascinating city. Contact the KE Flights department for a quote.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures or flights with an alternative carrier, we will contact you with an alternative quote. Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary joining in Pristina (Kosovo) and departing from Dubrovnik (Croatia). For clients making their own flight arrangements, Pristina Airport is the most convenient for transfers to the group hotel. Please refer to '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'.
Why Choose KE Adventure Travel?

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a 'Mountain Code', which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.
Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition ‘Campbell Irvine Direct’ cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the 'Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.
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 Must Bring The Following Items:

• Hiking boots
• Socks
• Trekking trousers
• Waterproof overtrousers
• Underwear
• Baselayer shirts (1 short sleeve, 1 long sleeve)
• Light fleece shirt or mid-layer
• Warm fleece jacket or jumper
• Waterproof jacket
• T-shirts or casual shirts
• Lightweight thermal gloves
• Sunhat
• Warm hat
• Sunglasses
• Daypack 30 litres
• Headtorch and spare batteries
• Sun protection (including for lips)
• Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
• Water purification tablets (Water is provided, but very often this is from local wells or mountain streams and is not chlorinated. If you are concerned about drinking untreated water, we suggest you bring a supply of water treatment tablets.)
• Washbag and toiletries
• Travel towel
• Antibacterial hand wash
• Small padlock (to lock your KE trek bag)
• Name and address label for your trek bag (for Customs when the bags travel across borders by vehicles unaccompanied by their owners)
Basic First Aid Kit including Insect repellent (DEET); antiseptic cream; throat lozenges; diarrhoea treatment (Diocalm or Immodium); painkillers; plasters and blister treatment; and re-hydration salts (Dioralite). Glucose sweets and vitamin tablets are a useful addition.

The Following Items Are Optional:

- Sheet sleeping bag liner
- Trainers or sandals
- Spare laces
- Shorts
- Travel clothes
- Trekking poles
- Camera
- Pen-knife
- Reusable cloth bag for shopping (to avoid plastic bags)

Please note: This document was downloaded on 14 Dec 2020, and the trip is subject to change.