

SUP holiday Itinerary

Day 1 – Arrival and welcome dinner

We offer pick ups from selected airports, or from your previous accommodation. Check in is from 3pm. The afternoon is left free to explore your new home and take a walk to the beach, enjoy a sea swim or a dip in the pool. In the evening, we will enjoy a welcome dinner to celebrate the start of the tour.

Day 2 – Herceg Novi tour, choice of restaurants

After breakfast, a short drive to our departure point at the beach. Equipment will be issued and we will have a safety brief, followed by SUP lessons in the shallow water as required. We will then paddle across the bay to the old submarine tunnel and to the former Navy base for swimming and snorkelling. We will head to the ancient village of Rose, one of the most exclusive resorts in Montenegro. Along the way are several excellent options for lunch. This tour can be tailored as a half or whole day depending on your energy levels.

Day 3 – Skadar Lake National Park tour, lunch included

The national park is 2hrs away by car along a spectacularly scenic route. We will leave early, before dawn if possible, and take breakfast en-route. Skadar Lake is home to a plethora of wildlife, and is one of the biggest bird reserves in Europe, with around 270 species including some of the last European Pelicans. Our tour guide will lead you to the best-preserved parts of Skadar lake, with warm and pristine waters. We will visit sleepy fishing villages and take a small hike to see a medieval castle. We will indulge in a traditional freshwater fish lunch. This will be a long day with 6 to 8 hours paddling, but is one of our most spectacular tours.

Day 4 – Grahovo lake morning tour plus Kumbor sunset tour, lunch included

After breakfast we will drive to Grahovo Lake for a relaxing paddle and swim, surrounded by dolomite cliffs and pine forests. We will take a short walk to explore rural Montenegro, and eat lunch at the friendly local restaurant. We will return to the hotel for an afternoon siesta or lounge around the pool. At the most peaceful part of the day, golden hour, the water traffic slows down and the wind stops. We will set off once again for a short paddle to enjoy the sunset illuminated peaks that surround the bay.

Day 5 – Free day

Breakfast and relaxing on the beach, or by the swimming pool. Opportunities for organised boat trips, rafting, canyoning, coasteering or hiking. See additional activities above.

Day 6 – Blue Cave Tour, choice of restaurants

We will leave early to beat the traffic, with breakfast en-route. We will cross the bay by ferry, and drive across the Lustica peninsula to get to our starting point. From here, we will paddle to the Blue Cave and enjoy the magnificent sparkling sea, just before the boat traffic-jam starts! We will then paddle along various coves and beaches, ideal for

swimming and snorkeling. There are several options to stop at local restaurants for lunch before we head back to the accommodation for a free afternoon. Alternatively, we can visit Porto Montenegro in Tivat for sightseeing.

Day 7 – Departure day

Breakfast and check out by 10am. Transfers to local airports provided.

*Please view our itinerary as a rough guide only! All our tours can be customized for your level or need. We want to provide you with the best possible experience, and some changes may be necessary due to weather conditions