



TRIP NOTES - SWIMMING FJORDS & COVES MONTENEGRO

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Basic information

Montenegro was a former constituent of the Republic of Yugoslavia and it lies on the Adriatic coast, nestled between Croatia, Albania, Bosnia and Herzegovina, Serbia and Kosovo. This small and unique country is one of the youngest in the world only having gained full independence as a modern nation state in 2006 after the struggles during the breakup of Yugoslavia. It has a multifaceted cultural heritage and the people are very hospitable. It also enjoys a Mediterranean climate and also offers a diverse natural beauty.

We swim and explore the stunning **Bays of Kotor and Tivat** and hop from one cove to another in the crystal-clear and balmy waters along the Adriatic coast. Our hotel is set on the beautiful bay of **Tivat** close to the Porto Montenegro marina.

This tour appeals to swimmers looking for unique fjord, sea and cove swimming adventures combined with great walks through historical towns and islands in the warm Mediterranean climate.

Map



Summary

Country: Montenegro
Duration: 6 Days (5 Nights)
Tour Type: Fjord and Sea Swimming
Accommodation: Hotel on the mainland
Average Daily Distance: 4-5 km
Level: All level swimmers (see details in our FAQs)
Escort: 3 boats, 2 swimming guides, 1 local pilot
Water temperature: 23-25 (°C)
Air temperature: 24-32 (°C)

Highlights

- swim in the stunning Gulf of Kotor, UNESCO World Heritage Site
- explore white stone fishing villages, secluded bays and unique old fortresses
- swim through or around the turquoise waters of Plava Spilja (Blue Grotto) cave
- enjoy the boat rides through outstanding natural beauty and dramatic scenery

Included in the price

Fully guided tour with comprehensive safety escort (3 boats, 2 swimming guides, 1 local boat pilot), swim coaching, technique & stroke analysis, 5 nights accommodation, all breakfasts, all lunches (except one).

Should you rely on any of the kit while swimming, please bring it with you.

Each guest receives a complimentary silicone swim cap.

Additional cost

Travel to and from the start of the tour, 5 dinners, 1 lunch, single suppl. available from 100 EUR.

Itinerary

Day 1

Meet at our accommodation - **Hotel Palma** front terrace at **20.30** for the pre-trip briefing.

Day 2

Before breakfast we walk down to the hotel beach for a short acclimatisation swim. Following breakfast, we take a short boat ride for the first swim in the Gulf of Kotor. We start the 2 km swim at Drazji Vrt village and swim towards the town of Perast. You have a chance to experience the remarkable scenic views of the fjord surrounded by imposing, rugged mountains. We dock for lunch in Perast, the old Venetian town where you can walk around and enjoy the old stone architecture. A great number of historical monuments have made Perast a UNESCO listed World Natural and Historical Heritage Site.

Before we start the second swim we film your stroke for later video analysis at the hotel. This filming can sometimes be moved to another day depending on where exactly we stop the boat.

Before our afternoon swim we first stop at the "Our Lady of the Rock" island. The island with its church has a rich history and you can walk around and explore. Afternoon swim is from the island towards Risan, a small town at the end of the bay. Boat drive back to the hotel.

Day 3

Our second day is spent part in Risan bay, part in Kotor Bay. We start our morning swim at the end of Verige area (navigational crossing between the two bays) swim coastal towards Kostanjica village on the left. On the right hand side you enjoy the stunning mountainous views of Risan bay.

For lunch we stop at Donji Stoliv's church, Gospa od Anđjela (Lady of Angels) and then we take a walk along the old village path up the hill to Gornji Stoliv's church. Once we reach the 230m high vista point we take in the superb views of Kotor and Risan bays. A great photography spot.

Our afternoon 2.5 km swim takes us from Donji Stoliv church towards the town of Prcanj in Kotor bay. Boat drive back to the hotel.



Day 4

Today is the first Adriatic day as we head out to Mamula island and submarine tunnels. Boat takes us from Tivat bay straight to the Mamula island where we do our first swim. We swim two loops of the island which is about 2km in total. Afterward we explore the island by foot where you can see the impressive fortress and infrastructure that was used during the WWII as a concentration camp.

The fortress was built by Austro-Hungarians in 1852 and it originally served as a strategic guarding point at the entrance of Kotor bay.

Lunch stop in the beautiful coastal town of Rose.

Afternoon swim is between two incredible Yugoslav submarine tunnels along the Lustica peninsula. We stop in the tunnel where you can see how the Yugoslavian Navy used to store and hide their submarines. All tunnels are dead ends, so you cannot swim through, but you can swim to the end and back.

We finish the 2.5 km swim after the second tunnel and just before the old Yugoslav Navy ship no.21. Boat drive back to Tivat.

Day 5

Today we head out to the Blue Cave on the Adriatic, locally know as Plava Spilja (Blue Grotto). We pass the Mamula island, Azra fortress and start our first swim right at the Blue cave. Colours in the cave offer us an incredible start for our swim. P.s. In case the cave is busy, we may swim around that area instead of going through.

We follow the high cliffs along the coast, swim in and out of several small coves until we reach the Veslo bay. Swimming in the crystal clear water of the Adriatic is a great experience! For today's lunch we stop at Zanjice bay along the Lustica Peninsula.

Our second swim takes us from Zanjice bay to the beginning of Rose village. Swimming alongside the green peninsula in clear blue sea is just how you want to end up a great day. Return back to the hotel.

Day 6

Before breakfast we have a final swim in Tivat bay.



Swimming awareness

Your safety is of utmost importance to us. In the event of adverse weather conditions at any of our swimming locations, we may need to adapt our itinerary. Our team always includes local guides who know the safest and most picturesque places to swim, so rest assured you won't be missing out!

Swimming in the open sea amongst natural wildlife is a unique experience, but you may come across certain marine life such as jellyfish, coral and sea urchins from time to time. There are very few jellyfish along the Adriatic coast and so the risk of any unfortunate encounters with them is low, and we will always show you the safest areas to swim. If you are stung by a jellyfish and are unable to carry on swimming, you will never be far from an escort boat where one of the guiding team will be able to treat the affected area immediately.

If you suffer from Anaphylaxis or any other allergic reactions it is important to inform us at the time of booking.

General Information

Start Point: Hotel Palma, Tivat, Montenegro
<http://hotelpalma.me/>

Start Time: 20.30 on 1st Day

Finish Point: Hotel Palma, Tivat, Montenegro

Finish Time: 10.00 am on 6th Day

Passports and Visas

You require a full passport to enter Montenegro. Please check whether you require a visa. Visa regulations do change, so be aware of this and check the current requirement with your local authorities. It is a good idea to carry photocopies of the personal details pages of your passport.

Vaccinations

There are no specific vaccinations required for Montenegro, but you should ensure that your tetanus and polio vaccinations are up to date.

Extra Expenses

You will need enough money to cover entertainment and evening meals which are not included in the tour price. An average dinner: 15 Euro.

Currency

The local currency in Montenegro is Euro, in Croatia it is Kuna. It is advised to have local currency with you before you arrive. Also, ATMs are widely available to draw cash. Most places prefer cash.

Accommodation

Hotel Palma offers double and twin rooms with en-suite shower. Single supplements are available – Double room for Single use. The hotel is located on the seafront in the stunning Bay of Tivat .
Hotel website: <http://hotelpalma.me/>

Extended stay

If you require additional nights' accommodation before or after the tour, please book directly with the hotel, quoting Strel Swimming trip.
Hotel contact: <http://hotelpalma.me/>,
info@hotelpalma.me, +382 32 671 393

Group Size

Up to a maximum of 16 people or more if arranged differently.

Swimming Information

Month	Water Temp. (°C)	Air Temp. (°C)
June	23	26
July	24	28
August	25	30
September	24	27

Swim Locations

	Distances
Drazji Vrt - Perast	2.3 km
'Our Lady of the Rock' Island - Risan	2.5 km
Verige Straight - Kostanjica	2.2 km
Stoliv church - Prcanj	2.5 km
Around Mamula Fortress	2.0 km
Submarine tunnels	2.2 km
Blue Cave - Veslo Bay	2.5 km
Zanjice - Rose village	2.8 km

Keep in mind that you can skip any of the swims you want and relax on our escort boats. Distances and locations can be slightly different on each trip.

Walking Conditions

In order to enjoy your walks on the tour please bring comfortable walking shoes and suitable clothes for summer temperatures.

Essential Equipment

In addition to normal items, we recommend the following: at least 2 swimming costumes, at least 2 pairs of swimming goggles (one clear and one anti-glare recommended), sweater/fleece, towel, sun hat, small daypack, waterproof sun cream and jacket, walking shoes and sandals or aqua shoes. We provide swim caps and limited fins.

Travel

To get to **Tivat (Bay of Tivat)**, you can fly into either **Dubrovnik** (DBV) in **Croatia** or **Tivat** (TIV) and **Podgorica** (TGD) in **Montenegro**. There are a number of international flights to Dubrovnik from various cities and a few to Tivat and Podgorica. From the UK Easyjet, Ryanair, Jet2, BA, Croatian airlines, Thomson, Monarch. Best way to search for flight options is via www.skyscanner.net

Private car transfers

We speak the local language and we work with local taxi drivers to help you organise a private transfer. You can book a transfer by emailing hotel Palma at info@hotelpalma.me

From Dubrovnik airport

Transfer from the airport to the hotel takes about 2 hrs and it costs 120 Euro per car for up to three people. Border crossing required.

From Dubrovnik town

Transfer from Dubrovnik town to the hotel takes about 2.5 hrs and it costs 140 Euro per car for up to three people. Border crossing required.

From Podgorica airport

Transfer from Podgorica airport to the hotel takes about 2 hrs and it costs 90 Euro per car for up to three people.

From Tivat airport

Transfer from Tivat airport to the hotel takes about 10-15 min and it costs 20 EUR per car for up to three people.

Larger group transfers (4 or more). We can also organise a van for larger group transfers. Please email us for further details.

Bus options with online booking

Search and book online at www.getbybus.com

Bus from Dubrovnik to Tivat

There are a few buses daily going in and out of Dubrovnik to Montenegro. Buses to Tivat (Kotor, Budva direction) usually depart at 07.00, 11.00, 15.00. Bus at 20.30 departs on MON, WED and SAT. The cost is around 15-18 EUR one way and 1 EUR per bag. You can buy tickets at the Dubrovnik bus station or on the bus itself. Please note that some buses stop at Dubrovnik - Čilipi airport, however, they can get full and we recommend you to go into Dubrovnik town first to catch the bus from there. Ref. link for bus times: <http://libertasdubrovnik.com/home-english/>

The journey from Dubrovnik town to Tivat takes around 3 hrs and it usually goes via Kotor. Please note that both Croatia and Montenegro use the **Euro**.

Buses from Podgorica (Montenegro)

There is no bus option from the airport. You can take a taxi to Podgorica town for ie 20 Eur and then take a bus to Tivat. Domestic buses leave for Tivat (Kotor direction) almost every hour and you just get to the counter and buy a ticket to Kotor. Cost per person is about 7 EUR and it takes about 2 hours. Bus schedule: www.busterminal.me

Please note that once you get to Tivat bus station you will need to take a local taxi to our Hotel Palma. It costs about 5 Eur and it takes only a few minutes. You can also ring us or hotel to book a taxi for you.

Safe travels and see you in Montenegro!

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