

#norwoodchallenges

NORWOOD
Taking on life together

MONTENEGRO: TAKING STEPS FOR NEURODIVERSITY

Sunday 21 June - Thursday 25 June 2026
(with option to depart Wednesday evening)



OVERVIEW

Norwood has been running unforgettable treks since 1992. Over the years, we've taken adventurers across some of the world's most iconic destinations – from Israel to the Sahara Desert, Mount Olympus to Nepal, the Pyrenees to China

After a pause during the Covid years, we are thrilled to announce that **in 2026 Norwood Treks are back with a brand-new, bespoke adventure in a country we are visiting for the very first time: Montenegro.**

Explore the stunning landscapes of Montenegro on this 3.5 day trekking adventure, where rugged mountains, pristine national parks, and charming villages await. From the historic town of Kotor to the heart of Lovćen National Park, this trek promises breathtaking views, rich history, cultural experiences and an unforgettable exploration of Montenegro's hidden gems.

Fully supported, the trek will cover part of The PT1 – (Primorska transversala/ The Seaside Transversal) which crosses whole hinterlands of the Montenegrin Seaside (Orjen – Lovcen – Rumija) and is recognized as one of the most attractive long hiking routes in the country. In three days we will cover almost one third of the 168 km trail.

JEWISH HISTORY

Montenegro has a young and small Jewish community, with the first synagogue opening in Podgorica in 2017. The community, which consists of both Ashkenazim and Sephardim, has been actively working to establish a formal synagogue and cultural centre. The construction of the synagogue was officially begun in December 2017, and it is expected to be the first in the country, symbolizing the community's contribution to cultural and religious diversity. The Jewish community is recognized as the fourth official religion in Montenegro, and they have been actively involved in organising events and conferences to strengthen their community and promote Jewish values. With Chabad centres in both the capital city, Podgorica, and the coastal town of Budva, you can find minyanim and kosher meals as you explore.

In Budva, Chabad is located in the luxurious Dukley Hotel, which is also home to the town's kosher restaurant.



ITINERARY

5 days • 3.5 days trekking • Flights NOT included
Challenge level: Moderate • Kosher Available

Highlights

- UNESCO world heritage site Kotor and the Bay of Kotor
- Lovćen National Park
- Historical tour of Montenegro's former Capital, Cetinje
- Celebratory dinner and end of trek finish in Budva

Day 1: Sunday 21 June

Kotor • Warm up trek 3km • +222m

An early morning flight into Tivat, we'll pick you up from the airport for a transfer to Kotor Old Town (approx. 30min) with lunch enroute on the shores of Prcanj. After checking into our hotel, it's a leisurely afternoon warm up hike and city walking tour in Kotor Old Town. Wander through its cobbled streets - a UNESCO-listed gem nestled between mountains and sea. Explore medieval walls, charming squares, and centuries-old churches - all wrapped in stunning coastal scenery. With its rich history and lively café culture, Kotor is a perfect blend of heritage and Mediterranean charm.

- Overnight Sveti Georgije 4* eco-resort located at the base of Lovćen. Meet guides, dinner and prepare for the trek ahead.
- Meals lunch/dinner

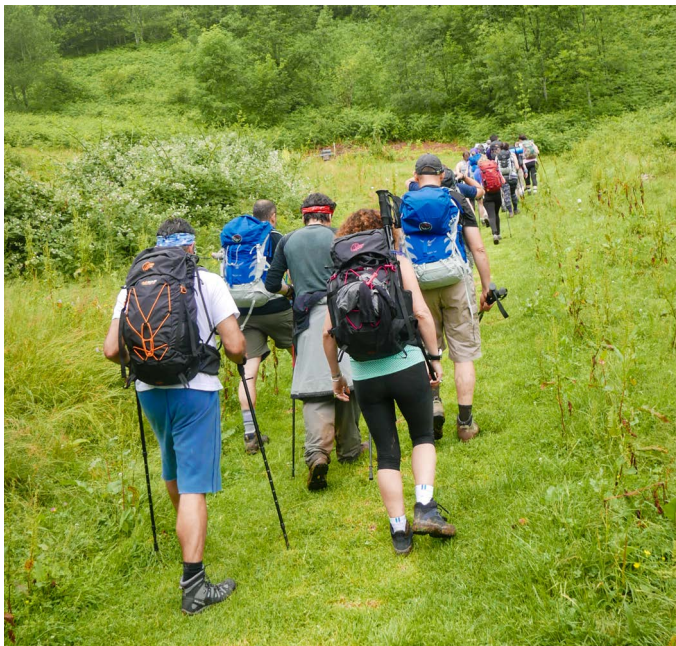


Day 2: Monday 22 June

Hike Njeguši to Ivanova Korita via the Lovćen Mausoleum
Trek 5-6hrs • +900m -550m

Today we wake up to the crisp mountain air and begin trekking in earnest in Lovćen National Park. From Njeguši to Ivanova Korita, we pass the impressive Lovćen Mausoleum, a tribute to Montenegro's revered ruler, Petar II Petrović-Njegoš. The mausoleum, perched at an altitude of 1,657 metres, offers panoramic views of the surrounding mountains, valleys, and even the distant Adriatic Sea. As we continue through the national park, marvel at the diverse flora and fauna, and absorb the breathtaking landscapes that unfold. This route takes you through winding trails, mountain meadows, and ancient forests, showcasing Montenegro's rich natural heritage. By the end of the day, we'll arrive at Ivanova Korita, where we spend the night at the Monte Rosa Hotel. Set amidst the tranquil beauty of Lovćen, this welcoming hotel provides an ideal place to relax after a day of hiking.

- Overnight Monte Rosa Hotel
- Meals Breakfast/lunch/dinner





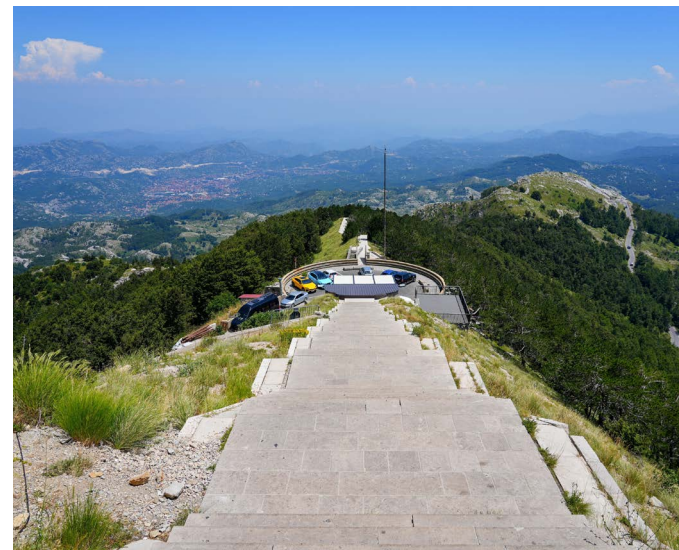
NB This itinerary is complex and subject to change.

Day 3: Tuesday 23 June

Ivanova Korita to Brajići • Trek 15.5km/6-7hrs • +301m -790m

Today we embark on a challenging yet rewarding trek through the heart of Lovćen National Park. As we make our way from Ivanova Korita via Babina Glava peak to the village of Brajići, we will be treated to sweeping views of the Adriatic coast and the majestic mountain peaks that rise above it. This trail is a perfect blend of adventure, natural beauty, and cultural richness. Throughout the day, we'll encounter scenic vistas, wildflower-filled meadows, and lush forests. The trails moderate to challenging grade ensures a true sense of accomplishment as we progress through the day. The trek ends in Brajići, where we will be met and transferred to the Grand Hotel Cetinje in the historic town of Cetinje, Montenegro's former royal capital. If time allows, we will have a short city tour. Dinner and overnight hotel.

- Overnight Grand Hotel Cetinje
- Meals Breakfast/lunch/dinner



Day 4: Wednesday 24 June

Brajići to Budva • Trek 13km/5-6hrs • +190m -9120m

After breakfast we have a short transfer for our final days trek, starting in the village of Brajići. We start the hike near the Kosmač Fortress, a 19th-century military outpost built during the Austro-Hungarian era, perched on the ridge above the Budva Riviera. From here, the trail follows an old military road offering breathtaking panoramic views over the Adriatic and the sparkling Budva coastline. As the trail winds gently toward the sea, we reach the monastery of Ogradenica, a peaceful spiritual site tucked into the landscape. The descent continues through fragrant forests and olive groves, passing three more historic monasteries - Rustovo, Duljevo, and Praskvica - one of which we will visit to get a deeper sense of the area's religious heritage. The final stretch of the route takes us along Jegor's Path, a stone-paved trail built by a solitary monk named Jegor, whose dedication and story have become part of local legend. The path leads to a magnificent viewpoint directly above Sveti Stefan, Montenegro's most iconic and photogenic coastal landmark - a tiny, fortified island turned luxury retreat. A fitting end to our trek! We have a short transfer to Budva's Old Town, where you'll check in at the stylish Hotel Avala 4*, nestled between the historic walls of the Old Town and the Adriatic Sea.

- Overnight Hotel Avala 4*
- Meals Breakfast/lunch/dinner



Day 5: Thursday 25 June

Departure back to Dubrovnik/Tivat Airport.

WHAT YOU NEED TO KNOW

TRAVEL DETAILS

Flights

Your flights are NOT included in the costs for this Challenge. You will therefore need to book your own flights for this Challenge and be at Tivat airport on Sunday 14 June at 12:30 midday to take advantage of the group transfer to Kotor. If travelling from London, we recommend the following:

EasyJet

Outbound: Sunday 21 June LGW (London Gatwick) - DBV (Tivat) 08:25/12:15

Inbound: Thursday 25 June (Tivat) - LGW (London Gatwick) 11:10/13:05 or LTN (London Luton) 12:15/14:30

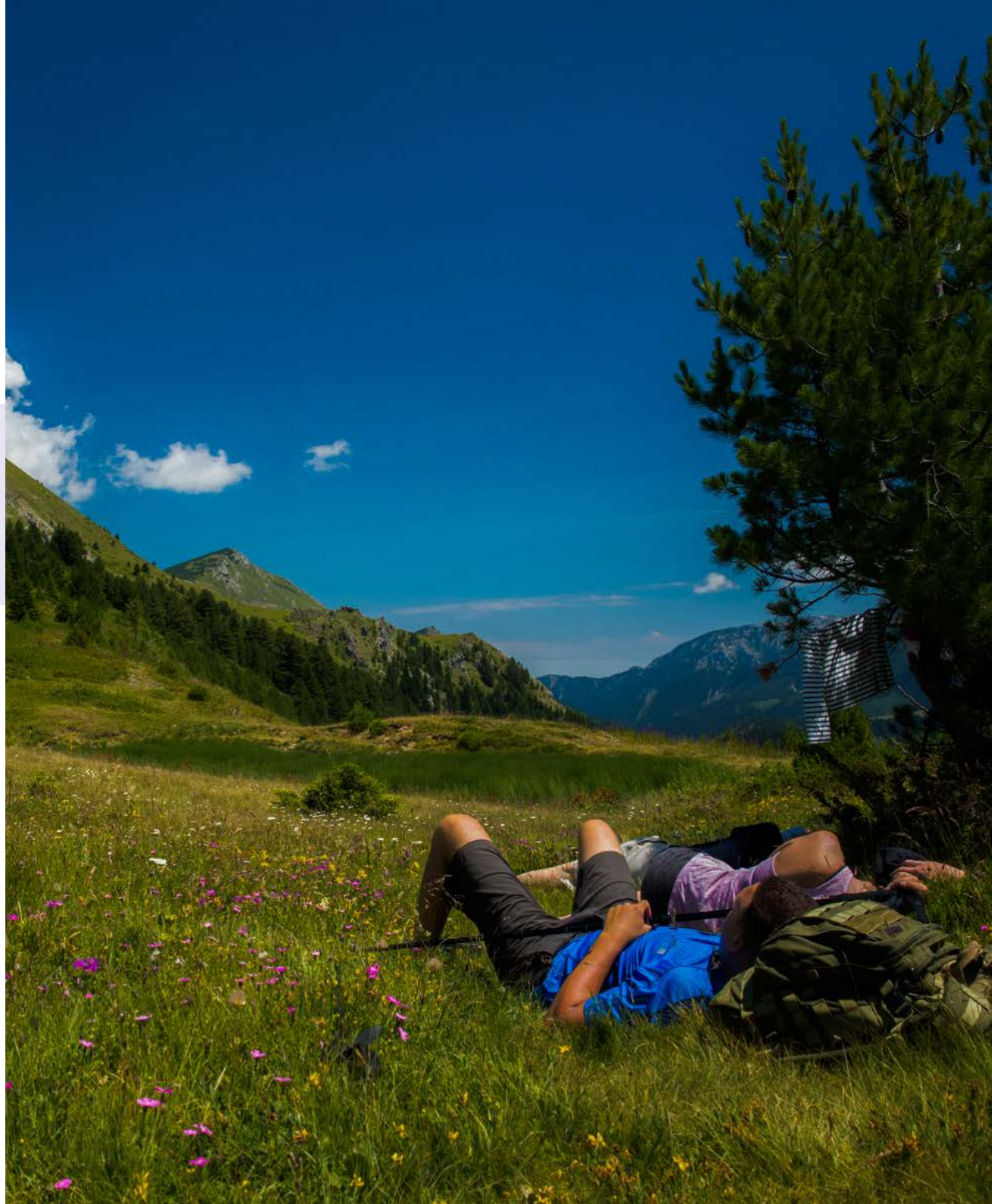
If you are intending on extending your trip either side of the group dates, then please do let us know well in advance so that we can factor in your transfer requirements. Transfers are only included if meeting the group at the scheduled times and meeting places.

Passport, Foreign Office Advice (FCO) and Visas

Since Brexit, British passport holders have been regarded as “non-EU nationals” when entering EU countries in the Schengen Area, which means added stipulations about passport issue and expiry dates.

That means travellers on a British passport must have had it issued within the past 10 years, and it be valid for at least three months after the date they intend to leave.

If you hold a British citizen passport, you do not need a visa to enter Montenegro. You can visit Montenegro without a visa for up to 90 days in any 180-day period. Citizens of other countries should check with the relevant embassy for further entry requirements. Any required visas and associated costs will be met by the participant.



FCO Advice

Before you travel, we recommend that you check [Entry requirements - Montenegro travel advice - GOV.UK](#) for Croatia's current entry restrictions and requirements – relating to all aspects of your destination. These may change with little warning. Monitor this advice for the latest updates. As we plan to depart from Tivat in Montenegro, check the travel advice for the country we're departing from. It is more important than ever to get travel insurance and check it provides sufficient cover. See the FCDO's [guidance on foreign travel insurance](#).

Baggage

Your allowable checked baggage is one main luggage item on the recommended Easyjet flight – which should not exceed 23kg (depending on your route/ticket type). One item of cabin luggage is also permitted (depending on your ticket type). If travelling with any other airline, we suggest you check their baggage allowance online. We advise you wear your trekking boots and carry a spare set of trekking clothes and any medication you require, with your hand luggage.

Insurance

Travel insurance covering the event you are undertaking, trip curtailment/cancellation, emergency medical treatment, hospitalisation, air evacuation and repatriation is a compulsory condition of your booking and should cover you for the specific activity you are undertaking. We will automatically include you on the Norwood Group Insurance Policy for the challenge itself, which will cover you for five days preceding the challenge and for five days after the challenge, it will not cover you for dates outside of this. We therefore strongly recommend that you take out insurance immediately upon registration that will cover you for any losses resulting from cancellation outside of the challenge dates.

- If you choose not to take out the appropriate travel insurance, should you fall ill or be involved in an accident you will not be covered for those associated costs.
- We strongly recommend you are insured for the full duration of your trip and the policy is taken out prior to the date of your departure and does not cease until you have returned.
- If you have an existing policy we highly recommend you call your insurers and confirm that it meets with the requirement of the trip and that you are fully covered for the event you are undertaking - clarifying its precise nature to your insurers.
- You must also make sure you inform the insurance company of any pre-existing medical conditions before travel, failure to do so may invalidate your policy or any subsequent claim.

Free European Health Insurance Card (EHIC) or new GHIC (Global Health Insurance Card)

Montenegro recognises the Global Health Insurance Card (GHIC). A valid EHIC gives you the right to access state-provided healthcare during a temporary stay in another European Economic Area (EEA) country or Switzerland. The EHIC covers treatment that is medically necessary until your planned return home. Treatment should be provided on the same basis as it would to a resident of that country, either at a reduced cost or, in many cases, free of charge. The EHIC is not an alternative to travel insurance. It will not cover any private medical healthcare or costs, such as mountain rescue in ski resorts, being flown back to the UK, or lost or stolen property. It is, therefore, important to have both an EHIC and a valid private travel insurance policy in place before you travel. Some insurers now insist you hold an EHIC, and many will waive the excess if you have one. You can apply for, or renew, an EHIC using the official EHIC online application form at [Applying for healthcare cover abroad \(GHIC and EHIC\) - NHS \(www.nhs.uk\)](#)

Health and Vaccinations

You must seek professional medical advice from your GP or local travel clinic. To find out more about the relevant NHS travel health advice, good websites are <https://www.gov.uk/foreign-travel-advice/montenegro/health>, <https://travelhealthpro.org.uk/country/152/montenegro> and <https://www.fitfortravel.nhs.uk/destinations/europe-russia/montenegro>

Current recommendations for Montenegro are:

Travellers should be up to date with routine vaccination courses and boosters as recommended in the UK. These vaccinations include for example measles-mumps-rubella (MMR) vaccine and diphtheria-tetanus-polio vaccine.

You should bring your own regular medication with sufficient supplies for the whole trip (plus emergency supplies should you need to isolate in-country and not return home when planned). You should also bring your own personal small first aid kit (see packing checklist).

All participants will need to complete a detailed medical form, detailing pre-existing medical conditions and current medication. These details will be passed to the doctor accompanying the group, and they may wish to contact you prior to the event to clarify any medical conditions or requirements.



CHALLENGE DETAILS

How we grade your Challenge

We want to give you an incredible experience, but the overriding objective is of course to raise as much money as you can for Norwood. With this in mind, you have to EARN your sponsorship money and this can only be achieved if there is truly an element of challenge involved.

Our trekking challenges are graded active, challenging, tough and extreme. Many factors will influence this categorisation - terrain, distances, climate, living conditions, altitudes, climbs etc. The grade allocated however will reflect the overall level of challenge with some days being more challenging than others.

- Active and challenging events require you to have a reasonable level of fitness and an open mind to new situations.
- Tough events have usually longer itineraries, may take place in more remote areas and require a good level of fitness.
- Extreme events require a very good level of fitness, are hard going, may involve more basic conditions and often involve longer days, steep climbs and descents.

How challenging is it?

This is a moderately challenging trek requiring a good level of stamina and fitness, plus plenty of hill training. The area is known as a trekking destination, and the trails are generally well-marked. The trek is not technically difficult, but you will encounter a variety of terrain, some rocky steps, big ascents, and descents. Overall, this trek is moderate, but there will be sections which are more demanding so you should be physically fit and prepared for the rigours of trekking for long hours and you will be trekking for four consecutive days.

Remember that personal commitments can play havoc with a training routine, so prepare well and in plenty of time, so a few missed sessions won't matter. Outdoor training is always best, but our training guide also incorporates indoor and gym work as we realise it's not always possible to trek outdoors. Start slowly and gradually build up both the time you train and your intensity levels. As your fitness improves, you can begin to wear a backpack walking for some workouts, gradually adding weight to a maximum 10kgs. You shouldn't carry this weight each time you train as you'll put too much strain on your joints!

Remember that although you need to get used to the weight, you'll be carrying on the trek, you'll be able to train longer, more effectively and safely if you carry a lighter pack. Stretching routines as you warm up/cool down are recommended, to help prevent or reduce injury and to increase your flexibility and agility.

Support and Backup

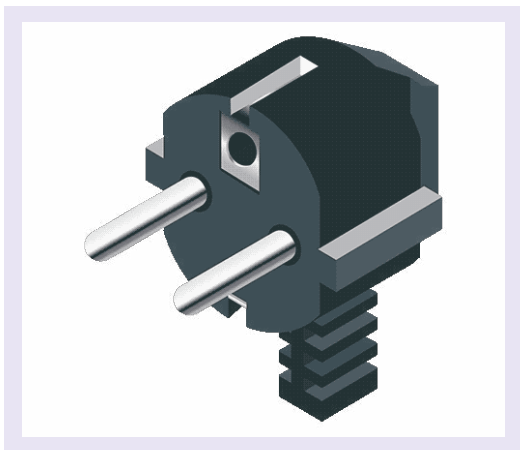
It may seem daunting, but it isn't a race. There'll be a strong support team and the in-country team, staff, medic and all guides will offer plenty of support and encouragement to help people complete their challenge. There are regular rest stops on the trip plus a good lunch stop every day. Don't worry if you need to take more rest stops as well during the day, a guide will be bringing up the rear of the group to ensure no one is left alone. Your luggage is taken ahead, but a small rucksack is useful for any extras you may require, ie sunscreen, phone etc.

Accommodation

Accommodation will be predominantly twin sharing in guest houses/hotels, with limited singles available on request, subject to availability and at an additional charge. Capacity is severely restricted on this Challenge, so please be prepared should singles not be available.

Accommodation is to be confirmed and subject to change.

In Montenegro power plugs and sockets (outlets) of type F are used. The standard voltage is 230 V at a frequency of 50 Hz.



Currency

The local currency is the Euro. ATM's are easily accessible and major credit cards are widely available within the major towns, however our route during the day will often be remote, so do ensure you carry some cash with you.

We recommend that you bring approximately £100 - £150 spending money which will be sufficient for drinks, any personal expenses and souvenirs. It is also customary to tip the ground

crew at the end of the challenge and we will be collecting 30/35 euros per person at the beginning of your challenge. We also advise that you bring a credit card for emergencies - all major forms of credit card are accepted. Do let your bank know in advance that you will be travelling with your card.

Things to buy

There will be a bar in the hotels and great shopping in many of the areas we visit!

Trekking kit

The kit required for each challenge differs slightly, but there are certain items that are consistent in every challenge. Full kit lists will be provided after registration with details of any specific items that may be needed, but as a guide the basics are shown below:

ESSENTIAL

- 25/30l rucksack with waist strap for use as day bag to carry essential items while trekking
- Leather or waterproof fabric ankle high walking/ trekking shoes
- Base layers/t-shirts with wick away fabric
- Lightweight waterproof jacket for early mornings
- Water bottle/hydration backpack
- Casual shoes/clothes for the evening

OPTIONAL

Trekking poles x 2 (easily bought from Amazon)

NB It's imperative that you get your walking boots well in advance of the trip to break them in and get your feet used to them. Walking boots with tough moulded soles are the best all-round solution, protecting the feet and keeping them warm and dry, providing grip and supporting the ankles, essential on steep slopes. We recommend getting your boots properly fitted at an outdoor store and advise to buy one size larger than normal.

Food

We're pleased to say your trip includes breakfast, picnic lunch/ restaurant stop en route and all evening meals on trekking days. The food is a delicious mix of Mediterranean, eastern European and Balkan influences – a mix of hearty mountain and coastal cuisines. At the guesthouses the breakfasts are simple, homemade bread with locally grown vegetables, dairy products, and eggs. Dinners include traditional soups, vegetables, pies. Guesthouses also will provide you with a packed lunch - often including a sandwich with cheese/ vegetables/tuna and fruit. Dietary requests can be catered (including Kosher), but choices are sometimes basic and limited. Tap water is generally safe to drink in urban and coastal areas—including Budva, Kotor. In rural or remote regions, it is safer to buy bottled water and bring water purification tablets as a precaution. Bottled water and other beverages are available to purchase most evenings.

Meals will be substantial, but it is still a good idea to bring your own energy bars and snacks to keep you going during the day.

We can cater for all other dietary requirements as long as long as we know in advance. Just complete the relevant section on your registration/information form. Kosher meals may also be available.

Weather

The weather in Montenegro (the Balkan Peninsular) in June marks the beginning of the summer and is one of the best times to visit Montenegro with temperatures up to 29°. <https://www.accuweather.com/en/me/kotor/297409/june-weather/297409>. However we will be in mountainous areas and the weather can always be variable with the early mornings sometimes chilly. You should therefore be prepared for mixed weather conditions.

Please bring kit and supplies to cope with both wet/cold and sunny/warm conditions with some light waterproofs, a gilet and even leggings in case of cooler weather, particularly first thing in the morning. These items can easily be removed, rolled up and put into your day bag. We hope for warm sunny conditions, so be sure to bring along sunblock and sunglasses too!

TYPICAL DAY

Each challenge varies and timings will be adjusted on a daily basis to reflect the mixed ability of the group, expected distances to be covered and the level of challenge on that particular day – ie long distances/tough climbs take longer to complete! Your typical day will be:

6:30/7:30 Breakfast

Come down in your trekking gear so you can be packed and ready to go, be sure to eat and drink plenty but don't for the first few hours of the day.

8:00/8:30 Assemble pre-trek

Check out, drop your luggage in the support vehicle and get ready for the pre-departure briefing. ***Top Tip*** give yourself extra time in the morning! Get up early and don't be rushed or you're more likely to forget important things and potentially hold up the group.

11:00 Morning refreshment stop

If our route passes through villages or accessible cafes, the support vehicle may be on hand in case you need to fill up your water bottle. However in more remote locations, this would not be possible and you will need to carry enough water to last you. We would also recommend that you carry some snacks. You will be briefed each evening on what is required/recommended. Please carry money with you for soft drinks/coffee where available.

13:00 Lunch

Depending on the trip and number of trekkers, this might be a picnic stop in a town square or park, or in a local cafe. If accessible, our support vehicles will be on hand.

15:00 Afternoon refreshment stop

Similar to the morning, as typically we stop every 2-2.5hrs.

17:00 End of trek and arrive at the hotel

Your luggage will have been unloaded from the vehicles for you to pick up from the reception area, and then you'll head to reception. Check in, receive your room key and get freshened up for dinner.

19:30/20.00 Dinner

Dinner at the hotel or nearby restaurant and briefing for the following day.



CHALLENGE SUMMARY



What's included

- Airport Transfers if taking the recommended flights/ meeting at the specified point and time
- 4 nights of accommodation (twin-sharing). Limited singles available on request, subject to availability and at an additional charge
- Professional, knowledgeable and safety certified trip leader/guide for the duration of your challenge
- Fully supported trek with organised water/rest stops
- City tours Kotor, Cetinje, Budva. Guided visit to Lovcen Museum.
- Daily transfer of all luggage
- All meals – vegetarian - with the exception of lunches on non-trekking days. Celebratory meal at the end of the Challenge. Specific dietary requirements on request
- Water
- FREE Norwood trek t-shirt

What's NOT included

- International flights to and from Tivat (Montenegro). Flight time 3hrs 5mins
- Airport transfers outside of the times of meeting the recommended flights.
- Personal trek equipment
- Single person supplements
- Travel insurance
- Any personal expenses, coffees, tips, trips, entry fees and gratuities

Summary of additional charges:

Single supplement for 4 nights: TBA euros

Fundraising

Fundraising is largely a test of imagination, organisation and perseverance. The more you make your own personal fundraising campaign stand out against everyone else, the more successful you'll be. While you are responsible for raising the funds yourself, that doesn't mean we can't offer some helpful hints to help you on your way. When you sign up to one of our challenges we'll send out more information, but are always on the end of the phone with useful tips to help you achieve your fundraising target. For more fundraising information or materials, please contact Julie Braithwaite on 020 8420 6811 or challenges@norwood.org.uk.

Training

It's really important that everyone follows a reasonably serious course of training in order to get the maximum benefit. The more you train, the more you'll enjoy the Challenge. Although these events are achievable, they're also designed to take you out of your comfort zone. You'll be trekking each day, on several consecutive days. The amount of training required will depend on your current level of fitness, but we recommend that that you do factor in hill climbing.

We have a full training guide online, but Norwood also offers a unique level of personal support through a nominated ambassador and optional organised walks leading up to the event. There will also be online sessions on trek preparation and kit. You are also very welcome to join our FREE weekly spinning classes at the Village Gym in Elstree

FURTHER INFORMATION

- Registration, information and medical forms
- Training tips
- First Time Trekker Useful Tips
- More about Norwood
- Full kit list & useful pre-event information

USEFUL WEBSITES

Foreign office:	www.fco.gov.uk
Lonely planet:	www.lonelyplanet.com
Currency converter:	www.expedia.com
Weather:	www.accuweather.com

Places are limited to a maximum of 30 participants on this trek, so we advise that you book early. For more tips on fundraising, details of payment plans and direct debits, family promotional offers, training, or any questions on any of the Challenges, please contact the Challenges team or Julie Braithwaite directly on 020 8420 6811 or email julie.braithwaite@norwood.org.uk

We are really looking forward to another great year for Norwood Challenges and look forward to trekking with you.

PRICING

Option	A - Fully fundraising	B - Pay your own costs	C - Self funding
Registration fee	£325	£1,525 (pay £325 deposit)	£2,275
Minimum fundraising	£1,950	£750	—

For more tips on fundraising, details of payment plans and direct debits, family promotional offers, training, or any questions on any of the Challenges, please contact the Challenges team or Julie Braithwaite directly on **020 8420 6811** or email julie.braithwaite@norwood.org.uk

Register at www.norwood.org.uk/pages/challenges/

