



## Adventure Experience Tour in N.Macedonia (Pelagonija / Prespa) and Greece (Prespes)

**Project:** Increasing Tourism Opportunities through Utilization of Resources (I-Tour),

**Implemented by:** Center for Development of the Pelagonija Planning Region- Bitola

**Activities:** Multisport adventure combined with local cultural and gastronomy highlights

**Areas visited:** Krushevo, Bitola, Demir Hisar, Pelister national park, Prespes national park, Florina

Day 1 N. Macedonia / Tandem paragliding & Horse Riding in Krushevo

08:30-09:30 Welcome group briefing in Krusevo.

09:30-14:00 In recent years Krusevo has earned the reputation of one of Europe's top tandem paragliding spots due to its high altitude and frequent thermals. The tandem paragliding flights in Krusevo are different than other locations in Macedonia because of the beautiful natural setting (flying over the forests and valleys instead of flying above urban area). The take-off spot is located in the historical area known as Gumenja, near the historical landmark

"Meckin Kamen", only a few kilometers from the center of Krusevo, while the landing spot is usually near the village of Krivogastani.



This flight usually lasts for 20-25 minutes. But if the weather is good and guests are lucky to catch nice thermals, the instructor can offer them to stay up in the air for 20 minutes more and to land far away from the previously agreed landing place. There is available ground support team will pick the guests up from where they landed. There is also the option for extended flight for additional cost. Recommended clothing: Hiking boots with ankle support, as well as sunglasses. The paragliding equipment is provided by the tandem provider. The price includes single flight, and with additional payment additional flights can be arranged. The tandem pilots can work with up to 5 people at once. The guests which are waiting their turn for paragliding can explore the area of Gumenja (Meckin Kamen monument), or just relax and enjoy the scenic surroundings.

14:00-16:00 Lunch at a local restaurant.

16:00-18:00 Our choice for afternoon adventure is the recently introduced guided horse riding (distance: 1-1.5km; duration: 1-2 hours; easy western style riding in the area of the Krusevo lake; 6 horses at disposal).



18:00-19:00 Free time in Krusevo.

19:00-21:00 Dinner and overnight take place at local traditional restaurant in Krusevo.

Transfer duration / distance (tandem paragliding): 10 min / 3 km (in one direction from Krusevo to paragliding take-off in Gumenja); 20 min / 13 km (landing point in Krivogastani to Krusevo)

Transfer duration / distance (hiking): 10 min / 3 km (in one direction from Krusevo to Gumenja)

Meals: B (hotel), L (local restaurant or packed lunch - depending on chosen adventure), D (local restaurant)

Accommodation: Krusevo

Activities: Tandem paragliding or hiking in the area of Krusevo

Recommended suppliers & contact info	
Accommodation in Krusevo	<a href="#">Montana Palace</a> , <a href="#">Panorama Spa</a> , <a href="#">Vila Gora</a> , <a href="#">La Kola</a>
Restaurants	Krusevo: <a href="#">Montana Palace</a> , <a href="#">Krusevska Odaja</a> , <a href="#">Shape</a> , <a href="#">Skar</a> , <a href="#">Roma</a>
Activities	Tandem paragliding / horse riding
Local guides in Krusevo	Tandem paragliding: <a href="#">Heli X</a> , <a href="#">Acro Macedonia</a> , <a href="#">2 Glide</a> Hiking: Jonche Ilievski (+38978232132; based in Bitola), Misko Taneski (+38970771193; based in Ohrid), Filip Risteski (owner/manager of Montana Palace; +38977700222) Dime Veleski (horse riding tours operator; 6 horses): +38978377315
Museums & amenities	Krusevo: <a href="#">"Nikola Martinoski" Gallery</a> , Makedonium, <a href="#">Historical Museum</a>
Events	Krusevo: <a href="#">10 Days Krusevo Republic</a> , <a href="#">When in Krushevo</a>
Equipment list for horse riding	<ul style="list-style-type: none"> <li>- Comfortable walking shoes (horse riding)</li> <li>- Adequate clothing (depending on the season)</li> <li>- Sunblock / hat / sunglasses</li> <li>- Camera</li> </ul>

Day 2 N. Macedonia / Biking from Krusevo to Bitola via Demir Hisar

09:00-12:30 Breakfast and checkout, followed by short briefing for today's biking adventure. The ride takes us around the Pelagonia plain. We will start cycling from our hotel in Krushevo, and finish in the city of Bitola. Total riding distance is cca 67km, the riding is laid back on downhill/flat sections, on tarmac surface. Coffee/snack stop is arranged in the village of Slepche, home of the famous Slepche Monastery.

12:30-14:00 Second stop (and lunch stop as well) is made in the village of Krklino. Boris Tanevski and his family have interesting private collection of vintage cars, as well as collection of local folk costumes and other traditional household items.



14:30-15:30 Upon entering Bitola, we will ride to Heraclea Lyncestis, ancient Macedonian town found by Philip II of Macedon (father of Alexander) in the middle of the 4th century BC. Most of the uncovered remains that can be seen in Heraclea Lyncestis today are from the Roman and early christian period.

15:30-17:00 Guests will bike to hotel and check in. Time to rest.

17:00-19:00 Guests who wish to explore more in and around Bitola will do short biking sightseeing in the center. Just like everywhere else



around the Balkans, cafe culture is dominant everywhere. At all times of the day in Bitola you'll find locals sitting outside cafes, catching up and watching the world



go by. In Bitola, this is nearly all confined to Shirok Sokak Street, beautiful long pedestrian street that runs through the heart of the city. This street is back-to-back cafes and

restaurants and the meeting place of choice for everyone it seems. Beyond the coffee and people watching, if you look a little higher, you're bound to see some of the city's most beautiful buildings. There's many a neo-classical building to be admired, especially if you head towards the streets northern end and arrive in Magnolia Square. This modest square is home to some of the city's biggest landmarks. It is here that we'll find the city's pride, the Clock Tower, whose origin has been sadly lost. There are also several signs of the mix of faiths found in Macedonia, with the notable Yeni Mosque and the nearby Church of St. Dimitrija.

Crossing the River Dragor, we will find ourselves standing in the city's historic Old Bazaar that dates back several centuries. The bazaar in Bitola is far less touristy and more rustic than the other famous old bazaars of the Balkans (Skopje and Sarajevo), and this makes it even more attractive to visit. As we roam its criss crossing streets, we get to appreciate how the area still holds true to its medieval purpose, even with much more modern stores.



The bazaar is also home to a medieval Bezisten, or covered market, that was once home to the city's artisans and craftsmen. On the edge of the bazaar you'll find the local farmer's market (pazar), bursting with produce stalls under low-hanging tarps. Although it's basically a farmer's market, there's something about the proceedings that lends the market an endearing old-fashioned nature.

**19:00-21:00** Dinner and overnight take place at a local restaurant with traditional setting located on Shirok Sokak, in the historical center of Bitola.

Transfer duration / distance: 1 h 30 min / 67 km

Meals: B (hotel), L (Krkline), D (local restaurant)

Accommodation: Bitola

Activities: Biking from Krusevo to Bitola; Sightseeing in Heraclea Lyncestis & Bitola

Recommended suppliers & contact info	
Accommodation in Bitola	Bitola: <a href="#">Hotel Teatar</a> , <a href="#">Bela Kukja</a> , <a href="#">Robevski Luxury Rooms</a> , <a href="#">Hotel Treff</a> , <a href="#">Millenium Palace</a> , <a href="#">Epinal</a>
Restaurants	<a href="#">Grne</a> , <a href="#">Pub Bourbon Street</a> , <a href="#">Bar Manaki</a> , <a href="#">Kus Kus</a> , <a href="#">Vino Bar Bure</a>
Activities	<ul style="list-style-type: none"> <li>- Biking Krusevo-Slepche-Demir Hisar-Krkline-Heraclea Lyncestis-Bitola (67 km)</li> <li>- Sightseeing in Heraclea Lyncestis &amp; Bitola</li> </ul>
Local guides in Bitola (sightseeing)	<a href="#">Tour HQ</a> , / <a href="#">Licensed Tour guides of Macedonia</a> / <a href="#">Association of Tourist guides of Macedonia</a>
Biking guides	<a href="#">Extreme Bike Bitola</a> (Toni; +389 70 237 102) <a href="#">Sasho Georgiev</a> (+389 78 407 508; based in Ohrid) <a href="#">Ivan Cekic</a> (+389 75 839 208; based in Ohrid) <a href="#">Marko Bekric</a> (+389 70 370 843; based in Skopje) <a href="#">Aleksandar Panajotov</a> (+389 75 341 131; based in Skopje) <a href="#">Bojan Rantasha</a> (+389 70 876 353; based in Skopje)

Bike rentals & vehicle support	<a href="#">City Bike Ohrid</a> (25+ hybrid bikes with helmets. Note: Apart from the bike rental, there is additional cost for bike transport Ohrid to Bitola, as well as vehicle & mechanical support) <a href="#">Macedonia Experience</a> (10 Cube SL Road 2016 bikes with helmets. Note: There is an additional cost for bike transport Skopje to Bitola, as well as vehicle & mechanical support) <a href="#">Bicycle.mk</a> (30+ bikes with helmets; Note: There is additional cost for bike transport Skopje to Bitola, as well as vehicle & mechanical support)
Museums & amenities	<a href="#">Heraclea Lyncestis</a> / <a href="#">Museum of Bitola</a> / <a href="#">Auto &amp; Ethno Museum "Filip" Krklino</a>
Events	<a href="#">Manaki Brothers Film Festival</a> , <a href="#">Interfest Bitola</a> , <a href="#">Ilindenski Denovi</a> , <a href="#">Small Monmartre of Bitola</a>
Equipment list for biking	<ul style="list-style-type: none"> <li>- Comfortable shoes</li> <li>- Helmet</li> <li>- Adequate clothing (depending on the season)</li> <li>- Sunblock / sunglasses</li> <li>- Camera</li> </ul>

### Day 3 N. Macedonia / Hiking in Pelister national park (Big Lake) & overnight in Dihovo

08:00-08:30 Checkout from hotel, followed by a briefing for the hiking tour.

*Hike to Golemo Ezero (Big Lake; 2.218m asl) (moderate hike)*

08:30-16:00 The hike starts and ends at the weekend settlement of Nize Pole, with the goal of reaching the glacial lake – Great Lake (“Golemo Ezero”), at an altitude of 2.218 meters. The movement takes place through unique areas of the Pelister national park, rich with endemic biodiversity and beautiful vistas. The lake is one of the most famous glacial lakes in Macedonia, and one of the major highlights of the national park. Guests enjoy a packed lunch.

Golemo Ezero (Big Lake, Големо Езеро) is post glacial lake on Pelister National Park on altitude of 2218 m. The lake is located in the original part of Ezerska River, a left tributary of the river Sapuncica. The Lake is formed by the interaction of erosion and accumulative glacial processes in the concave part of the cirque. Toward the direction southwest – northeast, the lake is 223 m long, and its greatest width in the south east – north west is 166 m. The total length of the lake is 785.25 m, and in this context, it covers an area of



42,000 m<sup>2</sup>. In the basin of the lake can be accumulated a total of 185,374 m<sup>3</sup> of water. With maximum depth of 14.5 m, it is the third deepest natural lake, and deepest mountain lake in the Republic of N. Macedonia.

Duration: 6-7 hours with rests.

Starting/finishing point: Nize Pole village, at 1000m asl. Highest

point: Glacial lake Golemo Ezero , at 2218 m asl. Hiking distance: 12 km.

Equipment: Professional – 3 season, water-resistant shoes and jacket (compulsory)

Difficulty: Medium to strenuous.

Note: For the guests who don't feel fit enough to complete the proposed hike, we suggest one of the easier walking & hiking options in the area given below:

#### Leisure walk along the WW1 trail in Pelister national park (easy walk)

Given that Bitola was on the actual front-line of the so called "Macedonian" front during WW1, it is safe to say that here the percentage ratio is far higher. Today in the city can't be found in many places that would witness the horrors of that time, but remnants of the war can be found in the surrounding mountains. One such location is the "Path of the First World War" in the Pelister national park. We will get transferred to the nearby Pelister national park and do this memorial walk through the picturesque landscapes of the National Park Pelister, which is a great opportunity for our guests to learn more about the First World War and the Macedonian front. Lunch takes place at a local restaurant in the area, or the city of Bitola, upon returning.



#### Hike to Mt. Mala Cuka (2009m asl) (easy to moderate hike)

We will first have to do 30 min transfer from Bitola to the Vlach village of Maloviste, the last remaining living village in the Pelister national park, abundant with rustic architecture. It is a mountain village at the foot of Mt. Baba, and is the only living settlement within the Pelister national park.

The village has beautiful large stone built. Today's relatively easy hike will give us the opportunity to visit old churches in the village and its vicinity, as well as the nearby peak of Mala Cuka (2009m asl).

Starting point of this route is from the center of Maloviste (altitude of 1140 m). We will pass the St.Petka church a few minutes uphill we will disconnect from the village streets and start climbing to the little church of St. Spas, sitting at 1886 m. From here we have a beautiful view of the surrounding mountains and Pelister highest peak. After a short break we continue to the peak Mala cuka at 2009m, where we will enjoy a beautiful view of the Prespa lake and the entire area. From Mala cuka we descent to the monastery of St. Ana. After lunch (guests enjoy packed lunch), we make the return hike back to the village of Maloviste.



Walking route information: 5 hours, 12 km, +/- 870-1000m altitude difference.

16:00-19:00 Return transfer to Dihovo, followed by check-in and time to rest.

19:00-21:00 Dihovo, a little village located in the foothills of Mt Pelister on the outskirts of Bitola, will be our base for this overnight. Our dinner in Dihovo is a traditional home cooked meal arranged in the family home of the beekeepers. All of the ingredients used to cook are organic and come from the Jovcevski own private gardens (they also sell groceries at the green market in Bitola). Overnight takes place in Dihovo.

Transfer duration / distance: 30 min / 20 km

Meals: B (hotel), L (packed lunch), D (family home)

Accommodation: Dihovo

Activities: Hiking in Pelister national park

Recommended suppliers & contact info	
Accommodation in Dihovo	<a href="#">Vila Dihovo</a> , <a href="#">Vila Ilinden Dihovo</a> , <a href="#">Villa Patrice</a>
Restaurants	Packed lunch: <a href="#">Hotel Teatar</a> Dinner in Dihovo: <a href="#">Old House BN</a> , <a href="#">Vila Dihovo</a>
Activities	Hiking in Pelister national park
Hiking guides	Jonce Ilievski (+389 78 232 132) <a href="#">Slobodan Hadzi-Iliev</a> (+389 70 588 040; based in Skopje) <a href="#">Dean Ivanovski</a> (+389 78 300 972; based in Skopje)
Events	//
Equipment list for hiking	<ul style="list-style-type: none"> <li>- Hiking boots (waterproof if possible)</li> <li>- Trekking poles</li> <li>- Adequate clothing (depending on the season)</li> <li>- Sunblock / hat / sunglasses</li> <li>- Camera</li> </ul>

Day 4 N. Macedonia / Jeep safari in Mariovo

07:30-08:00 Tour briefing conducted by the jeep safari guides.

08:00-16:00 According to the legend, Mariovo region received its name after the beautiful princess Maria, which in order to save her principality, agreed to become the Sultan's wife. Surrounded by high mountains, Mariovo is characteristic for its history, ethnology, traditions and culture. This Jeep excursion is a great opportunity to come in touch with the rich cultural and natural heritage of the least populated region in Macedonia. The guided jeep safari tour takes place in the villages of Makovo, Rapes, Staravina, Gradeshnica, Zovich.

The departure is in the morning hours from the accommodation in Dihovo, followed by panoramic drive through the villages of Logovardi, Novaci, Makovo and Rapes (cca 40 minutes). A short break is planned at a panoramic location near the village of Rapes, where visitors will have the opportunity to take photos of the memorable landscape surrounding this village. The drive will then continue through the canyon of Crna River, to the monastery of St. Athanasius near the village of Staravina. This monastery is one of the few locations where you can view the entire region of Mariovo region. The church St. Demetrius (16th cent.), the monastery of St. Ilija, as well as the remains of the Roman fort Pesta near the village of Gradeshnitsa will be our next destination. The final stop is Zovich village with the famous Stone Bridge. The excursion ends at 16:00, when we get back to Bitola (about 1 hour drive).

Safety recommendations / important information

- All guests must have valid travel insurance
- Drivers have to be in possession of a valid international driving license
- Pregnant women and guests who have problems with neck, back, other health problems or allergies are advised to consult a doctor regarding their participation in jeep excursions.
- If you are allergic or if you need some medication, keep in mind that all jeep tours are on locations outside of urban areas.
- Children under the age of 18 must be accompanied by a parent or guardian.

17:00-19:00 Upon returning from our jeep safari adventure in the afternoon hours, we will return to Dihovo.

19:00-21:00 Dinner and overnight take place in Dihovo.

Transfer duration / distance: 3 h 20 min / 135 km

Meals: B (hotel), L (local restaurant), D (family home)

Accommodation: Dihovo

Activities: Jeep safari in Mariovo

Recommended suppliers & contact info	
Accommodation in Dihovo	<a href="#">Vila Dihovo</a> , <a href="#">Vila Ilinden Dihovo</a> , <a href="#">Villa Patrice</a>
Restaurants	Lunch in Mariovo: <a href="#">Etno Restoran Mariovo</a> , <a href="#">House Delin</a> (owned and operated by <a href="#">Hotel Teatar</a> ), <a href="#">Etno House in village Zovik</a> Dinner in Dihovo: <a href="#">Old House BN</a> , <a href="#">Vila Dihovo</a>
Activities	Sightseeing in Mariovo (4x4 tour arranged by <a href="#">Off-road Macedonia</a> ) Lunch & cheese tasting in Mariovo (arranged by <a href="#">House Delin</a> ) Beekeeping demonstration and dinner in Dihovo (arranged by <a href="#">Old House BN</a> )
Local guides	Mariovo: <a href="#">Off-road Macedonia</a> ; <a href="#">Macedonia Experience</a> Dihovo: <a href="#">Old House BN</a> , <a href="#">Vila Dihovo</a>
Recommended clothing, footwear and equipment:	<ul style="list-style-type: none"> <li>- Proper clothing and footwear. In some locations there is a high grass, insects and everything else that nature can offer. If you plan short walks in nature, it is necessary to wear appropriate clothing.</li> <li>- Sunglasses with UV filter</li> <li>- Sun block (recommended above SPF 30)</li> <li>- Insect repellent</li> </ul>



## Day 5 N. Macedonia / Kayaking & e-biking to Golem Grad (Prespa)

Today the group will be transferred from Dihovo to the area of Prespa, where they will be split in 2 minor groups in accordance to the adventure of their preference.

10:00-14:00 Group 1 (up to 8 participants) will be transferred from Bitola to the village of Konjsko, their starting point for a kayaking trip to the island of Golem Grad. Kayaks are sit-on-tops (BIC; RTM or similar), and there will be a guide as well as local boat support from Konjsko. The finishing point of the kayakers is the island of Golem Grad, where they will walk around and enjoy this truly unique spot while waiting to be joined with the other group.



10:00-14:00 Group 2 (up to 8 participants) will be transferred from Bitola to the picturesque village of Brajcino where they will get onboard their e-bikes and ride along in east-to-west along the coast of Lake Prespa, with enroute stops in Resen, Carev Dvor and Stenje, before they reach the small fishing village of Konjsko, and get on a boat to get transferred to the island of Golem Grad.



14:00-16:00 Exploration of Golem Grad followed by lunch in Prespa. The joining point for both groups is the island of Golem Grad, aka the "Snake Island", N.Macedonia's only island in the Prespa lake. The island itself is protected natural reserve within the Galicica national park. Guests do short guided walk around the island and enjoy coffee and snack break, before embarking on the boats and return to the shore. Lunch is arranged at a local restaurant in the villages of Konjsko, Stenje, Otesevo or Carev Dvor.



16:00-16:30 Transfer from Stenje (or Konjsko) to Oteshevo. 16:30-

19:00 Time to rest in Otesevo.

19:00-21:00 Dinner and overnight in Otesevo.

Transfer duration / distance (e-biking group): 2.5 h / 114 km

Duration / distance (e-biking): 1.5 h / 57 km  
 Transfer duration / distance (kayaking group): 3 h / 120 km  
 Duration / distance (kayaking): 5 km / 4 hours (with boat support)  
 Meals: B (hotel), L (local restaurant or packed lunch), D (local restaurant)  
 Accommodation: Otesevo  
 Activities: e-biking & kayaking in Prespa area

Recommended suppliers & contact info	
Accommodation	Otesevo: <a href="#">Lakeview Resort</a>
Restaurants	Konjsko: <a href="#">Hotel Rot</a> (+389 77 513 515; +389 75 240 691) Stenje: <a href="#">Hotel Riva</a> Otesevo: <a href="#">Lakeview Resort</a> Carev Dvor: <a href="#">Spirit of Prespa</a>
Activities	Sightseeing / e-biking / kayaking / boat trip
E-bike guide	<a href="#">E-bike Tours Macedonia</a> (Dean Ivanovski: +389 78 300 972; based in Skopje)
E-bike rentals & transport	<a href="#">E-bike Tours Macedonia</a> (Dean Ivanovski: +389 78 300 972; based in Skopje; 8 e-bikes Specialized (model: <a href="#">Turbo Levo HT 29</a> ); Note: Apart from the bike rental, there is additional cost for e-bike transport (e-bikes: Skopje to Brajcino & Konjsko to Skopje)
Kayak guide	<a href="#">Kayak MK Adventures</a> (Laze Popovski: +389 71 200 200; based in Skopje)
Kayak rentals & transport	<a href="#">Kayak MK Adventures</a> (Laze Popovski: +389 71 200 200; based in Skopje; 4 double kayaks; Note: There is additional cost for kayak transport (Skopje to Konjsko and back)
Boat transfers	<ul style="list-style-type: none"> <li>- Boat support for kayaking group (Konjsko to Golem Grad): Small regular boats arranged by <a href="#">Lakeview Resort</a> or <a href="#">Hotel Rot</a> (capacity is 5 pax per boat) (Note: Hotel Rot can book boats from July 2019 onwards)</li> <li>- Boat transfer for biking group from Konjsko to Golem Grad (motor boat from <a href="#">Lakeview Resort</a>; capacity is 5 pax in one batch; Note: Motor boat is available from July 2019 onwards)</li> <li>- Return boat transfer for both groups (Golem Grad to Konjsko, Stenje or Otesevo, depending on lunch location) (motor boat from <a href="#">Lakeview Resort</a>; capacity is 5 pax in one batch)</li> </ul>
Museums & amenities	Island of Golem Grad
Events	Bitola: <a href="#">Manaki Brothers Film Festival</a> , <a href="#">Interfest Bitola</a> , <a href="#">Ilindenski Denovi</a> , <a href="#">Small Monmartre of Bitola</a> Resen: Apple Harvest Festival in Resen



Equipment list for e-biking	<ul style="list-style-type: none"><li>- Comfortable shoes</li><li>- Helmet</li><li>- Adequate clothing (depending on the season)</li><li>- Sunblock / sunglasses</li><li>- Camera</li></ul>
Equipment list for kayaking	<ul style="list-style-type: none"><li>- Comfortable shoes (waterproof if possible)</li><li>- Hat / Sunblock / sunglasses</li><li>- Camera</li><li>- Drybag</li></ul>



## Day 6 Greece / Hiking discovery of Prespes

Upon checkout from our hotel in Oteshevo, we will enter Greece via Niki/Medzitlija border crossing, we will make a short rest in the town of Florina before heading to the area of Prespes, driving via Vigla Pisoderi. Our day is reserved for hiking discovery of the region of Prespes.



09:00-15:00 Hiking in the area of Prespes.

Packed lunch is arranged for the hike. Agios Germanos to Potistra (Platitiko). This beautiful hiking route explores the slopes of Mt. Varnous. Passing beneath a dense canopy of oak, hazel and beech, the trail ascends to the mountain meadows, where a wild profusion of flowers attracts countless dozens of butterfly species from spring through to autumn. The view of the lakes and the surrounding mountains is breathtaking.



Distance: The total length is 12,3 km. Starting and finishing point: A.Germanos

The elevation is minimum 1030m asl and the maximum is 1410m asl. Duration: Approximately 5 hours of walking.

Note: There is an extensive selection of marked walking & hiking trails in the area of Prespes, prior consultation should be made with the local suppliers or the Prespa National Park Management Body.

15:00-19:00 After we finish the hike, we transfer to our accommodation in Prespes, check-in and spend free afternoon.

19:00-21:00 Dinner at local traditional restaurant and overnight.

Transfer duration / distance: 1-2 h / 70-100 km (depending on chosen hike)

Meals: B (hotel), L (packed lunch), D (local restaurant)

Accommodation: Prespes

Activities: Hiking in Prespes area

Recommended suppliers & contact info	
Accommodation in Prespes	<p>Agios Germanos: <a href="#">Agios Germanos Traditional Hotel</a>, <a href="#">Varnous Hotel</a> Laimos: <a href="#">Hotel Mimallones</a>, <a href="#">Guesthouse Ariadni</a>            Platy: <a href="#">Prespa Wellness Resort</a>            Psarades: <a href="#">Syntrofia Guesthouse</a>, <a href="#">Hotel Philippos</a> Vrontero: <a href="#">Al Monte</a></p>
Restaurants	<p>Psarades: <a href="#">Syntrofia Guesthouse</a>, <a href="#">Paradosi</a> Agios Achilios: <a href="#">Agios Achilios Restaurant</a>, Agios Germanos: <a href="#">To Tzaki</a>, <a href="#">Prespeion</a></p>
Activities	Hiking / Sightseeing
Hiking guides	<p><a href="#">Wildlife &amp; Culture</a> (Nikos Marmaridis: +30 694 430 5386; can arrange complete ground service for hiking and wildlife discovery trips in Prespes area, inclusive of guidance, local transfers, accommodation, meals, etc.)  <a href="#">Prespa Experience</a> (regional tourism portal)            Christos Naoum (tandem paragliding provider) tel.+30 6976876423</p>
Additional resources in Prespes (GR):	<p><a href="#">Prespa National Park Management Body</a> (t: +302385051870; national park info center working hours: Mon-Sat 09:00-17:00)  <a href="#">Association of Licensed Tourist Guides in Greece</a>            Mr. Yannis Constantinou (owner of Hotel Mimallones)</p>
Events	<p><a href="#">List of events and customs in Florina &amp; Prespes Cultural events in Prespes</a>            Panigiri (Agios Germanos - 11.05 &amp; 12.05; Antartiko - 12.06; Kallithea - 26.07;            Karies - 01.06; Laimos - 24.06; Lefkona - 26.10; Platy - 05.08 &amp; 06.08;</p>
Equipment list for hiking	<ul style="list-style-type: none"> <li>- Hiking boots (waterproof if possible)</li> <li>- Trekking poles</li> <li>- Adequate clothing (depending on the season)</li> <li>- Sunblock / hat / sunglasses</li> <li>- Camera</li> </ul>

## Day 7 Greece / Cycling discovery of Prespes (Psarades, Agios Achilios, Agios Germanos)

09:00-14:00 Cycling discovery of Prespes. Our last day of our exciting multi-sport adventure is spent enjoying relaxing supported cycling discovery of the areas between the small and big Prespa lakes (Lemos-Mileonas-Platy-Kallithea-Lefkonas-Karies-Mikrolimni-Psarades-Agios Acchilios - Agios Germanos).

14:00-17:00 Lunch stop followed by boat trip is arranged in the village of Psarades, while some time is also spent to explore the beautiful island of Agios Achilios. Lunch is arranged in the coastal village of Psarades. After our lunch in Psarades, we will set out in a small boat for a trip to enjoy the natural beauty of the Prespa lake. The natural beauty, along with its remote location, attracted many monks during the Ottoman reign, who built their hermitages along the shores of the lake. The Greek part of Prespa belongs to the "Prespes" national park, for its great importance as one of Europe's most important bird sanctuaries, and guests will definitely have the chance to spot many birds during the boat trip, among which the pelicans are most notable.



17:00-19:00 Our last stop today is another special place - Agios Achilios, the basilica in the heart of Prespa. This is the place where Tsar Samuel built a magnificent basilica especially for the mummified remains of Saint Achillios, an early bishop of Larissa in Thessaly, when he conquered that city in the 10th century. The basilica is also the place where the sarcophaguses of Samuel, Gavriilo Radomir (his son) and Ivan Vladislav (his nephew) were discovered. Today this romantic ruin is the most important site in Prespa. The island can be reached by a long wooden bridge.



The overnight takes place in the village of Agios Germanos, the largest of the Prespa villages, Agios Germanos (or Gherman) snuggles under the rugged bulk of Mt Varnoundas and is the trademark of the area. Here you'll find two churches joined together. The smaller one dates from the 11th century and is of inestimable value. The larger 19th-century church was added to it, drawing inspiration and perhaps a little ethereal energy from its elder partner.

19:00-21:00 Farewell dinner and overnight take place in Agios Germanos.

Transfer duration / distance: 1 h 30 min / 65 km (support vehicle)

Biking duration / distance: 4-5 h / 65 km

Meals: B (hotel), L (local restaurant), D (local restaurant)

Accommodation: Agios Germanos or villages in the vicinity

Activities: Biking sightseeing in the areas of Prespes, boat trip in Psarades area

Recommended suppliers & contact info	
Accommodation in Prespes	Agios Germanos: <a href="#">Agios Germanos Traditional Hotel</a> , <a href="#">Varnous Hotel</a> Laimos: <a href="#">Hotel Mimallones</a> , <a href="#">Guesthouse Ariadni</a> Platy: <a href="#">Prespa Wellness Resort</a> Psarades: <a href="#">Syntrofia Guesthouse</a> , <a href="#">Hotel Philippos</a> Vrontero: <a href="#">Al Monte</a>
Restaurants	Psarades: <a href="#">Syntrofia Guesthouse</a> , <a href="#">Paradosi</a> Agios Achilios: <a href="#">Agios Achilios Restaurant</a> , Agios Germanos: <a href="#">To Tzaki</a> , <a href="#">Prespeion</a>
Activities	Biking / Sightseeing / Boat Trip
Biking guides	<a href="#">Wildlife &amp; Culture</a> (Nikos Marmaridis: +30 694 430 5386) <a href="#">Eco Turismo</a> (Christos Naoum: +30 697 687 6423; can arrange complete ground service for biking trips in Prespes area, inclusive of guidance, support vehicle, bike rentals, accommodation, meals, etc.). They have 20 bikes at their disposal. <a href="#">Prespa Experience</a> (regional tourism portal)
Museums & amenities	<a href="#">Ethnographic Museum in Podmocani</a>
Events	<a href="#">List of events and customs in Florina &amp; Prespes</a> <a href="#">Cultural events in Prespes</a> Panigiri (Agios Germanos - 11.05 & 12.05; Antartiko - 12.06; Kallithea - 26.07; Karies - 01.06; Laimos - 24.06; Lefkona - 26.10; Platy - 05.08 & 06.08;
Equipment list for biking	<ul style="list-style-type: none"> <li>- Comfortable shoes</li> <li>- Helmet</li> <li>- Adequate clothing (depending on the season)</li> <li>- Sunblock / sunglasses</li> <li>- Camera</li> </ul>

## Day 8 – Departure

Checkout from hotel and departure to Thessaloniki or Skopje airport. End of program.

Price per person in DBL/TWIN occupancy (NET, in EUR):

4-6 pax (minivan)	1610
7-15 pax (minibus)	1420

Note: Detailed costing is given in separate sheet (with approx. prices; please inquire directly with the suppliers for availability, pricing and bookings).

Included:

- Transportation throughout the journey (English speaking driver, fuel, pay tolls, parking incl.)
- Tour leader for the group during the entire trip and local activity support guides for paragliding / biking / kayaking in each area (as per program)
- Accommodation in DOUBLE/TWIN rooms at conveniently located hotels (as per program)
- Meals as per program: breakfast at hotels; lunches & dinners at small family owned local restaurants; Beverages excl.)
- Activities, equipment and local activity guides as per program
- Entrance fees at national parks and archaeological sites
- 24/7 assistance from Macedonia Experience

Not Included:

- Flights
- Airport transfers
- Single supplement
- Travel insurance (please see below, in ADDITIONAL INFORMATION)
- Gratuities
- Personal expenses



#### Additional information:

##### Insurance information

- If the tour product is distributed directly (b2c distribution), then the tour organizer always requires clients to have valid travel insurance in order to confirm booking (the check is always conducted during the welcome meeting by the tour leader)
- If the tour product is distributed to company buyers (b2b distribution), its common company policy among tour operators in most western markets to require from their clients to have valid travel insurance in order to be eligible to sign up for a trip, and it's the duty of the ground agent to check the travel insurance on tour start (the check is always conducted during the welcome meeting by the tour leader)

##### Best time to go

We recommend April-October for this trip.

##### Activity level and accessibility

The activity level of this trip is moderate. This is an active trip with hiking, biking and kayaking involved, and You have to possess a certain degree of physical fitness in order to complete the itinerary. The city tours are on foot. Travel is by private bus, generally on good roads and there are some longer drives due to the distances covered on the trip.

This trip is not suitable for wheelchair users, as well as other persons of reduced mobility.

##### Packing list

Please pay attention to the equipment lists listed under each day's description.

##### Visas

No visa required for N.Macedonia and Greece for EU,USA,AUS,CAN,GB passport holders.

##### Vaccinations

There are no specific health risks in both N.Macedonia and Greece.

## Weather

The Balkans enjoy a similar climate to most of Central Europe - hot summers, cool springs and autumns and cold winters with considerable snowfall. We schedule trips May to September, when temperatures will be generally warmer (20-30°C). However these temperatures will be a little cooler in the mountain areas. In July and August we can easily expect 25-35 degrees Celsius during the day. The weather in this region can sometimes be unpredictable where Mediterranean and Continental Alpine climates vie for supremacy. The result is an extremely unpredictable climate even in summer. Rain can fall at any time of the year, although in mid-summer it is more likely to come as short, sharp thunderstorms.

## Eating and Drinking

Food in both N.Macedonia and Greece is quite varied thanks to the many regional influences, particularly Mediterranean combining Ottoman, Oriental and European tastes. Many corners of the Balkans have popular dishes with the same names but often have big differences in taste. Dairy products, especially milk and yoghurt are present in many dishes. Grilled meats are very popular with pork and lamb being prevalent in both countries. Pastries, pies, salads and fresh vegetable dishes are a staple of the local diet.

Local wines are incredibly good value, especially wines from the region of Western Macedonia in Greece. Rakija, similar to brandy, is very popular in N.Macedonia (and tsipouro being its counterpart in Greece), and often locals make their own.

Vegetarian and special dietary requirements can be catered for. Please inform us for any specific requirements prior arrival.

#### Tour leader profile (Requirements & Responsibilities):

- Minimum 2 years active in the field working as a tour guide
- Consistently deliver a high level of customer service and traveller satisfaction
- Provide leadership for our travellers and be responsible for their well-being.
- Continually increase his/her knowledge about the visited areas, their culture, religion, current affairs, environment, etc.
- Have detailed knowledge of hotels, sights, restaurants, transport, souvenirs, prices, etc.
- Maintain a valid passport
- Keep vaccinations and preventive medication up to date.
- Act as day-to-day guide, interpreter and manager of the group
- Deal directly with traveller's issues and concerns, ensuring that passenger satisfaction is effectively achieved
- Maintain the established travel itinerary as closely as possible, making changes only when necessary.
- Keep track of reservations for accommodation, transportation and activities as required
- Assist and accompany travellers during optional activities and meals
- Advise travellers on suitable restaurants, additional transport requirements, purchase of souvenirs, etc.
- Maintain daily expenditure accounts, retain receipts and keep expenses within the trip budget provided
- Provide a report for each trip
- Able to walk up to 20KM a day and carry emergency equipment
- Excellent people skills
- Awareness of and commitment to sustainable tourism
- Resourceful, decisive and able to take action and resolve problems as they arise.
- Bilingualism and language skills (English is mandatory; Greek is an advantage)
- Knowledge of regional and local area
- First Aid/CPR Certification
- Background in basic computer and social networking skills