



**Multisport adventure in Western Macedonia - PA**  
**Kayaking / Rock climbing / Caving / Hiking**

**Provider / tour operator:** Macedonia Experience

**Title of adventure:** Multisport adventure in Western Macedonia - PA

**Trip difficulty:** 3/5

**Activities:** Multisport (kayaking, caving, rock climbing, hiking) blended with local culture and gastronomy

**Brief description of adventure:** Macedonia remains one of Europe's last undiscovered areas. Being centrally located in the Balkans, this country is a crossroad between the East and West, christianity and islam, melting pot of civilizations, which has been reflecting in it's culture and overall way of life even today. During this multisport adventure You will experience firsthand Macedonia's beautiful nature with kayaking in the crystal clear waters of the Matka canyon near the capital of Skopje, go caving in the untouched area of Makedonski Brod, and hike to the magnificent peak Mt.Ljuboten, located in the Shar Mountain massif. During the journey You will taste local cuisine typical for each area visited prepared by friendly locals, and combine the delicacies with premium Macedonian wines.

**Starting date / time / location:** 06.05.2016 / 08:30 / Skopje (airport or hotel)

**Ending date / time / location:** 09.05.2016 / 18:00 / Ohrid

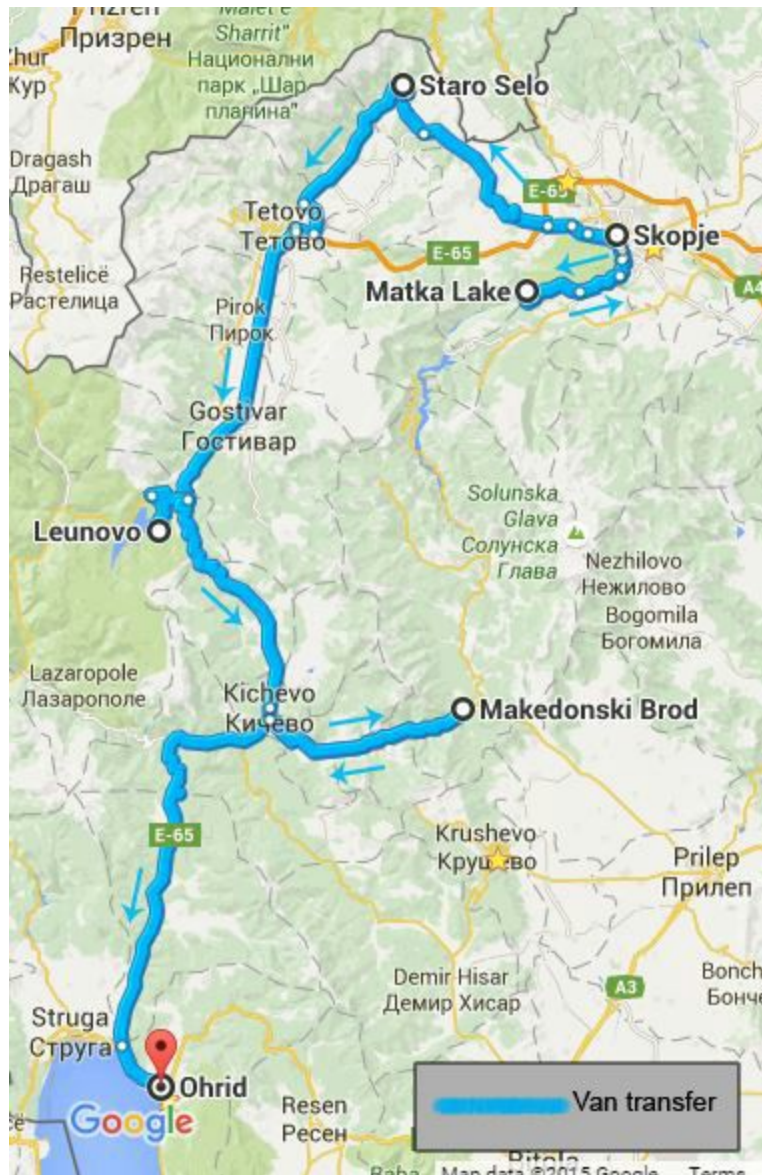
**Terms of payments and cancellations:** Macedonia Experience T&C apply

**Proposed tour leader/guide:** Metodi Chilimanov (head) & Slobodan Hadzi-iliev (support)

**Contact name, phone & email:** Jane Josifovski, +38975243944, info@macedoniaexperience.com

**Minimum/maximum number of pax:** 4-10 pax

Map:



## Proposal itinerary

### Day 1 (06.05.2016) – Arrival / Sightseeing of Skopje



Arrival and welcome in the Skopje airport, followed by single time transfer to Skopje (or individual airport transfer, in case of separate arrivals). The driver will meet you outside of the customs and immigration area at the airport. He will brief you on the immediate arrangements and escort you to the hotel. After a short break, you will be given short walking tour of Skopje's most famous amenities (the Stone Bridge, the famous mosques - Mustapha Pasha, Sultan Murad, Yahya Pasha, Ishak Bey, the Old Bazaar and it's inns and hammams, as well as the Skopje Fortress). In the evening the guests will be taken for a welcome dinner to a restaurant with traditional setting, where they will try dishes typical for Skopje.

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

Hotel: (Hotel Duvet [www.duvet.mk](http://www.duvet.mk))

### Day 2 (07.05.2016) – Hiking / kayaking / rock climbing in the Skopje area (Matka canyon)



After breakfast, we are transferred (30min) to the Matka canyon, Skopje's most famous tourist attraction. The vast Matka Canyon is a protected natural reserve and home to several medieval monasteries (XII-XIV cent.), amazing caves and a wide variety of plants and animals. Located just 15 km from Skopje, with its steep cliffs and limestone rocks, Matka is one of Macedonia's most popular kayaking, mountaineering and climbing sites.



Guests will first do a warmup hike in the area of the Matka canyon, there's a choice of different trails.  
Duration: up to 2 hours.

Today's kayaking will lead us to the Vrelo cave. We will use sit on top kayaks (single/double sitter BIC kayaks), with the Monastery of St. Andrew (XIV cent.) being our starting point, and kayak along the Matka lake to reach Vrelo (cca 5 km; cca 3h in both directions). Once the Vrelo cave is reached, we leave the kayaks to enter the cave and enjoy it's interior and wildlife (cave lakes and ornaments, bet colonies). Guests paddle back to the starting point (the ones who are tired are transferred by boat).

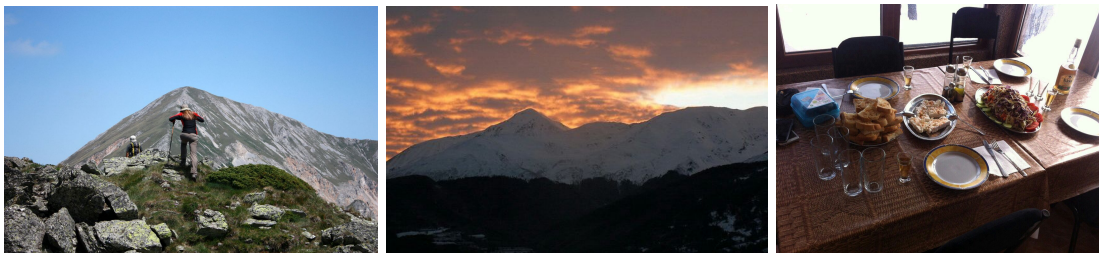
Final activity for this day is top rope climbing in the canyon. After our multisport day on Matka, we enjoy our deserved lunch at a nearby village restaurant (10min transfer from the canyon) to try dishes typical for the Skopje countryside.

After this hard adrenaline filled adventure day, we return to Skopje. Dinner and overnight.

*Meals: B (hotel), L (restaurant near the Matka canyon), D (local restaurant)*

*Hotel: (Hotel Duvet [www.duvet.mk](http://www.duvet.mk))*

### **Day 3 (08.05.2016) – Hiking in Shar Mountain - Mt. Ljuboten (2498 m asl) / Painted Mosque**



Early breakfast and checkout are followed by transfer to Mt. Shar, area of Staro Selo (cca 1hr transfer). From Staro Selo we will continue with jeeps (10km) to the starting point of our hike.

Today's hike is taking us to Mt. Ljuboten, one of the most famous peaks of the Shar Massif. Duration of the hike is 5-6 hrs, length: 15km, Ascent: 1400m/2500m ; Descent: 2500m-900m. Return hike is done via Kozja Stena. Lunch is arranged at family home in the area.

Late afternoon transfer to the Mavrovo national park, in the village of Mavrovo (cca 1.5hrs transfer), where we will settle in and enjoy local hospitality and traditional dishes typical for Mavrovo. If time allows, en route visit of the Painted Mosque in Tetovo will be arranged.

*Meals: B (vila Ljuboten), L (family home), D (local restaurant)*

*Hotel: (Mavrovo national park - hotel Bistra; [www.bistra.com](http://www.bistra.com) )*

#### **Day 4 (09.05.2016) – Caving in the area of Makedonski Brod / Ohrid**



After breakfast, we checkout and transfer (1.5 hours) from Mavrovo to the area of Makedonski Brod, area with great adventure potential and many wonders of nature.

There are 346 registered caves in Macedonia - a haven for adventurers. Their number is believed to be between 400 and 500. Many of the Macedonian caves have underground rivers, waterfalls, and small lakes, while most of them abound in stalactites, stalagmites, pillars, drapers, and corals. The caves are also home to a variety of interesting fauna, such as crabs, spiders, bats, and various insects, which are accustomed to life in the dark and food shortage. Fossil remains of the extinct Pleistocene fauna, such as cave bears and sword tigers, are also found in many of the Macedonian caves.

Our caving day in the area of Makedonski Brod (Slatina area) includes the “Gorna Slatinska” cave (horizontal caving, 400m), followed by visit of the cave Peshna. After short safety briefing from our caving guides, we put on our suits, helmets with lights, and enjoy this unique adrenaline activity. The total duration of the caving is approx. 1,5-2 hours at Gorna Slatinska. Delicious local dishes prepared by our friendly hosts are served for lunch at location near the cave.

Once lunch is over and we say goodbye to our hosts, we get transferred (15min) to our next site, the “Peshna” cave. “Peshna”, located at 6 km from Makedonski Brod, is one of the most attractive natural beauties that unfortunately are not discovered and known not only for the foreign tourists, but also for the inhabitants of Macedonia. This cave that is known only by few people, it is an undiscovered treasure and completely unused tourist attraction, although it was proclaimed as a natural monument. According to the speleologists, Peshna is a cave with biggest cave entrance on the Balkans – the flooring of the opening is 30 m high. Coffee/toilet break is arranged at a restaurant near the cave before we proceed to Ohrid (transfer duration: 1.5-2 hours). Guests are dropped off at their hotels. End of program.

*Meals: B (hotel), L (village of Slatina)*

*Hotel: //*

**Price per person in SGL occupancy (NET, in EUR):**

**700 euro**

**Included:**

- Transportation throughout the journey (English speaking driver, fuel, pay tolls, parking incl.)
- Tour leader from Macedonia Experience (2 guides)
- Accommodation at SGL room at selected venues (2 overnights in Skopje; 1 overnight in Mavrovo national park)
- All meals (as per program / 3 course meals - selection of traditional dishes, locally sourced ingredients / 1 non-alcoholic beverages incl. per meal) at local restaurants/family homes
- Water/snacks during the trip
- Activities, equipment and local activity guides as per program (kayaking, hiking, caving, rock climbing)
- Entrance fees at archaeological sites / national parks
- 24/7 assistance from Macedonia Experience

**Not Included:**

- Transfers to Macedonia
- Alcoholic drinks
- Travel insurance
- Tips
- Personal expenses

**Notes:**

- No need to carry special equipment for the caving, participants will be provided with suits, boots, helmets and carbon lamps before the caving
- For hiking: winter hiking boots, jacket, sunscreen, sunglasses
- No need to carry special equipment for rock climbing, guests will be provided on the spot
- No need to carry special equipment for kayaking, guests will be provided on the spot
- The restaurants, accommodation and activity providers (local guides, clubs or associations) on our trips are small family owned businesses which were carefully selected for their premium quality and service, and their involvement on our trips is crucial for their existence. By working with these suppliers, we make true local impact and enforce responsible travel around Macedonia
- Should weather conditions worsen, ME reserves the right to offer alternative area/activity