



## Via Dinarica Trail

### BOSNIA AND HERZEGOVINA

This riding holiday will take you through the lovely **Olympic Mountains** of Bosnia, and the unspoilt nature of the **Via Dinarica**. Experience trail rides through forests, picturesque slopes, and mountain creeks, with a chance for a cultural immersion in the historic streets of the capital, **Sarajevo**. Each day concludes at a different mountain lodge, where you will enjoy the traditional Bosnian cuisine. At the end of the holiday, you will be taken to a **local SPA** to enjoy a well-deserved massage. Can you think of a better way of ending a holiday?

Trail Riding	7 days (5 days riding) -	From £0	
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### ITINERARY

## Highlights

- Explore the Olympic mountains on horseback – from expansive fields to picturesque slopes, this makes for a uniquely varied trail ride.
- Overnight in different quaint mountain lodges and experience the best of Bosnian hospitality.
- Learn more about the history of Sarajevo on a guided walking tour.
- Relax with a SPA experience on the last day of your stay.

## Day 1 — 1: Home – Sarajevo Airport - No riding

Lazy horse equestrian centre

Fly to Sarajevo airport. Flights are not included but can be arranged upon request. Upon arrival, you will be transferred from the airport to the accommodation (around 30 min drive).

If you arrive early, you will have time to explore the surrounding area and meet the horses.  
In the evening, you will enjoy your dinner in the company of the local team and the other guests.

Overnight at the riding centre.

## Day 2 — 2: Introductory ride - 2h riding

Lazy horse equestrian centre

After breakfast, you will set off on a short ride. This morning is all about you getting comfortable with your horse, so there will be no particular challenges ahead. If you have any concerns, please make sure to speak to the guide.

After having lunch at the equestrian centre, you will be joining a 2-hour walking tour of Sarajevo and learn more about the history of this city.

Dinner at local restaurant before heading back to the riding centre.

## Day 3 — 3: Crna Rijeka - 5-6h riding

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Today's landscapes call for light trots and canters. The route will take you downhill towards the Lepenica river where you will admire its lovely waterfalls. For the next 15 kilometres or so, you will ride along forest paths and through a few glades, enjoying the sight of Crna Rijeka (Black river).

After lunch, the calming sounds of the river encourage a quick nap in the hammocks.

In the afternoon, you will get back in the saddle and ride towards tonight's accommodation, at Lopata mountain lodge.

## Day 4 — 4: Bitovnja - 5h riding

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Today, as you move further northwest, the elevation will continue to rise. You will follow a forest path and ride along open glades that provide lovely views of the mountains. The vast pastures are the perfect spot to enjoy a few canters.

After around 10km, you will meet the backup car and enjoy a traditional Bosnian meal, picnic-style, with a view of the Bitovnja mountain.

In the afternoon, you will continue to enjoy the endless green pastures. After a few hours of riding, you will leave Bitovnja behind and descend towards tonight's lodge.

Dinner and overnight at Pogorelica mountain lodge.

## Day 5 — 5: Zec Mountain and Prokosko Lake - 5-6h riding

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Today you will set off on a demanding 25km ride. The journey begins with a three-hour climb towards the towering Zec mountain. Along the way, you will catch a glimpse of the shepherds and sheep grazing on its slopes.

A stop at a breathtaking viewpoint provides a chance to enjoy a saddle-bag picnic lunch and let the horses graze.

In the afternoon, continue towards the Prokosko Lake, known as "the eye of the mountain" or "natural gem." Nestled in the Vranica mountain range, this stunning destination features traditional shepherds' huts made of wooden logs, where a cozy cabin awaits for the night.

Overnight at "Roomy Cabin" (no electricity).

## Day 6 — 6: Toveriste & SPA Day - 3-4h riding

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 Lazy horse equestrian centre

After leaving the stunning sights of Prokosko Lake, the trail will lead you from the charming village of Toveriste to the quaint town of Fojnica. Enjoy one last picnic lunch before parting with the horses.

In the afternoon you will return to the equestrian centre. You will then have the chance to change and visit a local spa for swimming, sauna, steam rooms, and a well-deserved massage.

Feeling refreshed, you will return to the equestrian centre for a farewell dinner, reminiscing about the unforgettable memories of the past week.

Overnight at the riding centre.

## Day 7 — 7: Home

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After breakfast, you will be transferred to the airport.

### DATES & PRICES

We are currently updating our dates and prices they will be online soon. If you want details of this holiday, please do not hesitate to contact us.

## Price details

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No departure for this destination. Please contact our travel advisers for more information.

- Flights or transportation to your destination (international/domestic) are not included but can be booked on request - please contact us for rates.
- Rates are per person, based on two riders sharing a twin/triple/quadruple room during the ride.
- Groups are composed of a minimum of 2 riders and a maximum of 8 international riders, plus guides. Larger groups can be accommodated, please contact us for more information.
- There is no single supplement on this ride, and you must be willing to share.
- Transfers from/to the airport or Sarajevo city centre are included in the price.
- Rider weight limit: 95kg / 210 lbs / 15 st. Heavier riders please contact us.

- Only riders aged 18 or older may participate on this trail.

#### **Please Note**

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

## Price includes

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### **SUPPORT TEAM**

- 1 English-speaking horse guide

### **LOGISTICS**

- 1 support vehicle

### **INLAND TRANSPORT**

- Airport transfers

### **ACCOMMODATION**

- 3 nights in mountain lodges - twin, triple, quadruple rooms (shared bathrooms)
- 3 nights in the equestrian centre - twin or triple rooms (shared bathrooms)

### **MEALS**

- Full board from dinner on day 1 to breakfast on day 7
- Drinks (including wine and beer)

### **ADDITIONAL EQUIPMENT**

- First aid kit

### **EXTRAS**

- SPA entrance fee (includes sauna, pool, and steam rooms)
- Full body massage on day 6 (approx. 40min)

## Price doesn't include

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### **MEALS**

- Personal extras

### **ACCOMMODATION**

- Possible night in Sarajevo depending on your airline schedule

### **EXTRAS**

- Tips to the local team

## INSURANCE

Visas and personal purchase

Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

## EQUESTRIAN INFO

### Horses

The local team has 9 horses ranging from 15-16hh. The predominant breed is the Bosnian Mountain horse. There are also Haflingers Lipizzaner, and Bosnian Arabs. They are calm and sure-footed. There are a more spirited horses for confident riders.

### Guide & local team

Jason will be your guide. He is a professional rider, showjumper, riding instructor, natural movement and physiology enthusiast as well as a vastly experienced trail guide. He has been working with horses for 25 years and has accrued a varied and impressive list of accolades during his time on the international equestrian circuit.

In addition to his many years of equine experience, he has obtained a specialist level first aid, an equine lameness and rehabilitation as well as therapeutic modalities certifications, all accredited in the UK. He is currently working through a veterinary anatomy and bodywork course via the USA.

Dino might be your guide. With a high school diploma in veterinary medicine and a master's degree in psychology, he combines knowledge of animal health with a deep understanding of people - the perfect combination for creating a safe and enjoyable riding experience.

Rasim will be your host (and possibly your guide too!), he is fluent in English and German. He is a pharmaceutical expert and renowned author, an explorer, endurance competitor, university professor, riding instructor, facilitator of equine-assisted learning and a pilot.

### Minimum riding ability

#### MINIMUM RIDING ABILITY

You must be a confident rider, capable of riding over varied terrain at all paces. This ride is only open to strong intermediate and advanced riders.

Maximum rider weight limit: 95kg / 210 lbs / 15 st

#### PACE

There will be walking, trotting, long canters and even a few gallops along the way. Please remember that all gallops are weather-dependent and in case of slippery terrain, the ride may be slower than normal.

#### TACKING ABILITY AND PARTICIPATION

You will be responsible for tacking and untacking your horse throughout your stay. You can help groom the horses, but this is not mandatory.

#### TRIP CONDITIONS AND REQUESTED EXPERIENCE

You need to be riding fit with good stamina. The hours in the saddle can be long and you must be able to sustain longer canters.

#### EQUESTRIAN EQUIPMENT

English saddles (GP or endurance style) and simple English snaffle bridles.

Helmets are mandatory and are available locally. We recommend you take your own helmet to ensure a correct fit.

## TRAVEL INFO

### COMFORT

On this holiday you will stay in different mountain lodges. The rooms and bathrooms are all shared between the riders (twin, triple, or dormitory-style rooms). Please note that the accommodation at "Roomy Cabins" is basic (mattresses on the floor), and there is no electricity.

Warm water is not available at every lodge.

You will also spend a few days at the equestrian centre. There are 3 double bedrooms (one with private bathroom) and one room with four beds (with shared bathroom). There is also a small kitchen and communal dining area with a terrace overlooking the riding arenas.

Toiletries are not provided. Towels are not available at the mountain lodges, please bring your own.

## **MEALS**

Traditional Bosnian dishes made up of varieties of peppers, cured and fried meats, local cheese, fried pastries and organic produce. Most lunches will be packed.

Meals at the mountain lodges are simple, yet prepared using good quality, organic ingredients.

Vegetarian and vegan diets can be accommodated. Please contact us in advance.

## **CLIMATE**

Spring (March to May)

Temperature: 10°C (50°F) to 20°C (68°F)

Weather: Generally, mild and pleasant though it can be quite variable with occasional rainfall.

Summer (June to August)

Temperature: 20°C (68°F) to 30°C (86°F), occasionally above 35°C (95°F)

Weather: Warm to hot, generally dry and sunny.

Autumn (September to November)

Temperature: 20°C (68°F) to 10°C (50°F)

Weather: This season is marked by mild weather with occasional rainfall. The foliage changes colour, making it a picturesque time to visit.

Winter (December to February)

Temperature: -5°C (23°F) in mountains to 5°C (41°F) in lowlands

Weather: Snow is common in the mountainous regions, making them popular for winter sports.

## **TIPS**

Tips are not mandatory but very welcomed if you are pleased with the service provided. You are free to tip using Euros or Convertible Mark (BAM).

## **PACKING LIST**

There are rain jackets available locally.

Head

- A riding helmet is mandatory. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable.

- Sunglasses - with a cord attached so they don't fly off when riding

Upper body

- Long sleeved shirts provide protection from the elements

- T-shirts

- Lightweight fleece or jumper

- Waterproof jacket (made from Goretex or equivalent) waterproof and breathable

Lower body

- 2 pairs of lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub

- Casual clothes for the evenings (jeans or walking trousers)

- A swimming costume

- Non-irritant cotton or synthetic underwear

Hands and Feet

- Comfortable riding boots. We recommend half-chaps with sturdy riding boots (or even hiking boots as you may need to walk)

- Lightweight shoes or trainers for the evenings

- Several pairs of warm socks

- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

#### Other useful items

- Towel
- Water bottle (1.5 litres or 2 equivalent)
- Toiletries
- Protein or cereal bars for the longer stretches of riding
- Small plastic bags for you rubbish
- Ear plugs (may be useful)
- Camera and high capacity memory card. Spare battery

#### Medical kit

Make sure any allergies (to medication or otherwise) and clearly stated in your medical kit

- Any medication you regularly take
- Painkillers
- Imodium or similar anti-diarrhoea medication
- Vitamin C tablets
- Sunscreen and lip balm - should be high factor
- Insect repellent
- Eye drops
- Hydrating/ soothing cream
- Plasters
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..
- 10cm wide bandage
- Spare prescription glasses/contact lenses
- Antiseptic wipes
- Handwash gel

#### Our Recommendations

- Backpacks cannot be worn whilst riding. We recommend a small bumbag or a coat with pockets so that you can carry small items with you during the day (camera, sunscreen, lip balm, etc)
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!
- Keep a copy of your passport and insurance details with you.

#### In your hold luggage

- Any liquids, such as shampoo, moisturiser, deodorant over 100 ml and all bottles can be decanted into small, clear, plastic Ziplock bags. We recommend biodegradable washing products where possible.
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- In your hand luggage carry any valuables, such as your camera, tablet etc.

## SUSTAINABLE TOURISM

1. Travel light. It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. Reduce plastic waste. Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. Preserve nature. Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. Choose your experiences carefully. Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. Support local populations. Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. Share! Raise awareness among your family and friends about sustainable tourism.

For more information please see [this page](#).