

Cycling Itinerary: Tirana → Sarajevo (7 Days)

Day 0 – Arrival in Tirana

- Arrival at **Tirana International Airport (TIA)**
- Transfer (~30–40 min) to hotel in Tirana city centre
- Evening briefing, bike setup, and welcome dinner

Day 1 – Tirana → Krujë (35 km, Climb)

- Route: Gradual ascent north from Tirana to historic Krujë
- Stop: Coffee in Fushe-Krujë
- **Distance:** 35 km
- **Elevation:** 650 m / 150 m
- **Highlights:** Krujë Fortress, first panoramic views of Albania

Day 2 – Krujë → Lezhë → Shkodër (80 km)

- Descend from Krujë, then ride the plains via Lezhë to Shkodër
- Stops: Lezhë (castle view), Lake Shkodër cafés
- **Distance:** 80 km
- **Elevation:** 400 m / 700 m
- **Highlights:** Flat plains, Lake Shkodër, vibrant Old Town

Day 3 – Shkodër → Podgorica (65 km)

- Cross border into Montenegro (Hani i Hotit / Božaj)
- **Distance:** 65 km
- **Elevation:** 500 m / 450 m
- **Highlights:** Lake Skadar, border crossing, Podgorica city

Day 4 – Podgorica → Nikšić (55 km)

- Rolling terrain through Montenegrin countryside
- Stop: Danilovgrad
- **Distance:** 55 km
- **Elevation:** 600 m / 300 m
- **Highlights:** Danilovgrad cafés, rural scenery

Day 5 – Nikšić → Plužine (90 km)

- Climb into Durmitor foothills, past Lake Slano to Lake Piva
- **Distance:** 90 km
- **Elevation:** 1,300 m / 1,000 m
- **Highlights:** Durmitor views, Lake Piva, mountain roads

Day 6 – Plužine → Foča (70 km)

- Descend through Piva Canyon, cross into Bosnia
- Stops: Šćepan Polje border cafés
- **Distance:** ~70 km
- **Elevation:** ↑ 900 m / ↓ 1,400 m
- **Highlights:** Piva Canyon, wild scenery, river valleys

Day 7 – Foča → Sarajevo (~80 km)

- Follow Drina valley, climb into Sarajevo basin
- **Distance:** ~80 km
- **Elevation:** ↑ 1,200 m / ↓ 1,000 m
- **Highlights:** Trnovo, descent into Sarajevo, stunning views
- **Evening:** Group celebration meal and medal ceremony

Day 8 – Departure

- Transfer (~30 min) to Sarajevo International Airport (SJJ)
- Departure and farewells