



## NORTH MACEDONIA & ALBANIA

MULTISPORT THROUGH THE BALKANS  
BY BIKE, FOOT & KAYAK  
8-DAYS

BikeHike's North Macedonia & Albania: Multi-sport through the Balkans offers an itinerary filled with cultural encounters, active pursuits and the culinary influences of the Mediterranean and Middle East. We visit medieval monasteries, timeworn bazaars and ancient fortresses. We kayak on crystal clear waters; bike around Ohrid Lake into Albania; and hike through Mavrovo National Park, a UNESCO heritage site. At night, we refuel over exquisite traditional meals, often paired with local wines and artisan cheeses. For those early adopters who crave the path less trodden, North Macedonia awaits.



## Day 1

### SKOPJE

#### ARRIVAL

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Upon arrival into the Skopje International Airport, make your way to your hotel in the city. After a brief break to get settled, your guide will meet you at the hotel to venture out on a short evening walking tour of Skopje's most famous sites including the Stone Bridge, Mother Teresa memorial house, the Old Bazaar and the Skopje Fortress. In the evening, we'll be treated to a Macedonian welcome dinner at a traditional restaurant. The local dishes served are specifically typical to Skopje.

**Accommodation:** Hotel

**Meals:** Dinner



## Day 2

### SKOPJE - MAVROVO NATIONAL PARK

#### HIKING

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This morning, we will transfer two hours to the small town of Galicnik. From there, we'll spend the day hiking in Mavrovo National Park. The hike starts at 1400 m / 4600 ft and at Mount Medenica we will reach our highest point, 2160 m / 7100 ft. From there, we will descend on foot to Galicnik where we'll have a special lunch served by a local family in their small family restaurant. After lunch, we'll transfer to the village of Janche where we'll dine and overnight. En route, we'll stop briefly at the monastery of St. John the Baptist Bigorski, one of the region's most famous monasteries, famous for the wooden carved iconostasis created by local woodcarvers in the 19th century. The monastery is a must-see for any visitor to Macedonia. Overnight at comfortable hotel.

**Hiking Distance:** 13 km / 8 mi

**Hiking Duration:** 5 - 6 hours

**Ascent:** + 600 m (1969 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

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For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)

## Day 3

### MAVROVO NATIONAL PARK - LAKE OHRID

#### BIKING

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Today, we'll switch gears and get on our bikes for the day, riding 42 km / 26 mi through Mavrovo National Park's mountainous and alpine terrain. We will first have a one hour drive to Carevec, our starting point located at 1600 m / 5200 ft. From there, we'll cycle on dirt roads that wind through pastures and meadows, passing several flocks of sheep along the way. We'll eventually enter deep into a forest, the road gradually leading to the village of Leunovo. At the village, our ride will return to paved roads as we cycle toward Bunec, a national park known for its deer. Along the way, we'll have time for a short stop to explore an educational trail to learn about the national park's wildlife. We will then continue biking around the lake on the lookout for a perfect, picturesque picnic lunch spot. After lunch, we'll meet our driver and transfer to Ohrid, a UNESCO World Heritage site. This evening, we'll be arriving in Ohrid in time for dinner.

**Biking Distance:** 42 km / 26 mi

**Biking Duration:** 3-4 hours

**Ascent:** + 300 m (984 ft)

**Descent:** - 750 m (2460 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner



## Day 4

### LAKE OHRID

#### KAYAKING

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This morning after breakfast we'll depart to the coastal village of Peshtani, which is the starting point for our kayak adventure. We'll paddle 12 km/7 mi along the east coast of Lake Ohrid, from Peshtani to the village of Trpejca, where we'll enjoy a fish lunch at a local restaurant. The rest of the afternoon is free to relax on the beach of Trpejca, or head back to Ohrid for a walking tour of the old town (Church of St. Sofia / the Theatre / Tzar Samuil's Fortress). For dinner, we'll be transferred from the hotel to the nearby village of Kuratica, where we'll have a very special home-cooked dinner.

**Hiking Distance:** 12 km / 7 mi

**Hiking Duration:** 3 - 4 hrs

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

## Day 5

### LAKE OHRID - PRESPA

#### BIKING

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We're back on our bikes today, riding around Ohrid Lake and into Albania.

Today's route is entirely on paved roads.

Once we've passed the border crossing, we'll ride along the Albanian coast of Lake Ohrid, stopping for coffee in the small coastal town of Pogradec. We then continue back to Macedonia on a leisurely ride back to Ohrid, along the lake's east coast. This section has a few steep but short climbs. We'll stop for lunch in a quaint lakeside village where there is a small beach for a refreshing swim. After lunch, we'll transfer to the town of Prespa for an overnight at a B and B located in the countryside, where we'll enjoy a home-cooked meal.

**Biking Distance:** 45 km / 28 mi

**Biking Duration:** 4-5 hours

**Ascent:** + 320 m (1050 ft)

**Descent:** - 560m (1837 ft)

**Accommodation:** Rural B and B

**Meals:** Breakfast, Lunch, Dinner



## Day 6

### PELISTER NATIONAL PARK -

#### KAVADARCI

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#### HIKING

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Today is a spectacular day of hiking with visits to some of the most important monasteries and churches of North Macedonia. We begin with a one hour transfer to the village of Malovishta, the only settlement within the Pelister National Park vicinity. Our hike starts here with a visit to the biggest, rural Orthodox cathedral church, built in the late 19th century. We'll continue hiking along the trail to St. Ana Monastery, also built in the 19th century. It is believed that the water in the springs of St. Ana have divine healing features. We'll continue to Kodro, our highest point of the day and if we're lucky, we'll have pristine views here of Mt. Galicica, the Prespa valley and Prespa Lake. From Kodro, we'll descend two more hours through a dense oak forest trail to the monastery of Holy Mother of God. From here, we'll hike one more hour reaching St. George, the most important medieval monastery in all of North Macedonia. At the end of the hike our driver will be awaiting to transfer us to a nearby village for lunch with delicacies typical from the village of Prespa. Afterwards, we'll transfer to the small town of Kavadarci, located in the largest wine region of the Balkans. Here we'll overnight at a wonderful family-run hotel with a home-cooked dinner and a wine tasting at a boutique winery in Kavadarci.

**Hiking Distance:** 14 km / 8.6 mi

**Hiking Duration:** 4 - 5 hrs

**Ascent:** + 539 m (1768 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

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## Day 7

### TIKVESH - SKOPJE

#### BIKING

Today, we will be biking in the picturesque Tikvesh wine region. Tikvesh is the largest wine region in the Balkans. After breakfast, we'll take a short drive to our starting point. We'll cycle on peaceful country roads, through an endless panorama of vineyards, tobacco fields and centuries-old village houses. After a stop in Barovo, we will cycle to a small family boutique winery in the village of Krnjevo. There, we will have a full wine tasting accompanied by an epic farewell lunch filled with dishes typical for the Tikvesh region. Our bellies filled, we'll be transferred to Skopje in the late afternoon hours. Tonight, our last Macedonian dinner will be enjoyed in Debar Maalo, Skopje's bohemian quarters.

**Biking Distance:** 25 km / 16 mi

**Biking Duration:** 3-4 hours

**Ascent:** + 350 m (1148ft)

**Descent:** - 200 m (656 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

## Day 8

### SKOPJE

#### DEPARTURE

Today is the conclusion of the North Macedonia and Albania Multi-sport through the Balkans Adventure. Depending on your flight time, you may have time to explore this lovely city a bit more before arranging your transfer to the airport for your international flight back home or onward within Europe.

**Meals:** Breakfast

*NOTE about Ascent/Descent numbers:*

*The ascent/descent numbers are usually generated using Ride with GPS. The numbers are TOTAL ascent/descent for the day and these numbers do not suggest altitude. There are usually multiple small ascents and descents added up throughout the day to reach this total ascent/descent for the day. (While our numbers are generally consistent with Ride with GPS, depending on the mapping technology used, numbers may vary).*

## TRIP INCLUSIONS

### Trip Includes

All accommodation in 3-4 star hotels (twin shared), meals as indicated, land transportation, Specialized/Scott/RAM bikes, sit-on-top kayaks and English speaking guides.

### Not Included

International airfare, airport departure taxes, airport transfers\*, gratuities, meals not indicated and items of a personal nature.

\*We can add transfers upon request as an additional service booking.

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