

Fjord Views by Day, a Canyon Zipline by Sunset — A 7-Day Montenegro Itinerary

Your complete day-by-day guide

DURATION

7 Days

BEST TIME TO GO

May – June & September

the warm, dry shoulder-season months, before and after the crowded July–August peak (coastal highs run 75–82°F / 24–28°C)

FROM

\$980 USD / person

for 2 people, excluding international flights

Seven days along Montenegro's Adriatic coast and up into its mountains — Kotor's fjord-like bay and UNESCO Old Town, a boat trip to Our Lady of the Rocks, prosciutto tasting in Njeguši on the climb to Mount Lovcen, Europe's longest zipline over the Tara River Canyon, and a last look at Sveti Stefan's private islet from Budva — with real hotels, tour operators, and 2026 prices for every stop.

DAY 1

Arrive in Kotor — Old Town Walls & a Sunset Over the Fjord

Land at Tivat, settle into a boutique hotel on the Bay of Kotor, and spend the afternoon inside one of the best-preserved walled towns on the Adriatic.

Airport Transfer — Tivat (TIV) to Kotor

~20–25 minutes · €25–30 / ~\$27–33 USD by taxi

Tivat's small international airport sits right on the bay, a short coastal drive from Kotor's Old Town — pre-book a transfer or take a taxi from the arrivals rank.

Check-In: Hotel Forza Mare

From \$340 USD / night, for 2 people

A five-star boutique hotel built into a converted 19th-century sea captain's residence in Dobrota, just north of Kotor's walls, with a private pier and an infinity pool set right on the bay.

Hotel Forza Mare · forzamare.com

Kotor Old Town & the City Walls

~2–3 hours · City Walls entry €8 / ~\$9 USD

A UNESCO World Heritage medieval town of stone squares and cat-lined alleys backed by the Ladder of Kotor — 4 kilometers of fortification climbing 260 meters up St. John's Hill for the postcard view over the bay's inner, fjord-like coves.

Dinner: Dalmatian Seafood in the Old Town

~1.5 hours · \$20–35 USD / person

Black risotto (crni rižot), grilled squid, and local Vranac red wine at one of the konobas tucked into Kotor's stone squares.

DAY 2

Perast & Our Lady of the Rocks — a Boat Tour of the Bay

A half-day on the water to the bay's two postcard islets, then an afternoon back in Kotor at your own pace.

Boat Tour: Perast & Our Lady of the Rocks

~2 hours · from €20 / person (~\$22 USD)

A speedboat or traditional launch from Kotor to the Baroque town of Perast, then out to the man-made islet of Our Lady of the Rocks — built up over centuries by sailors dropping stone on the reef — and the wooded natural islet of St. George beside it.

Seastars Perast Boat Tours · seastars.me

Perast Old Town on Foot

~1 hour · free to walk

Seventeen Baroque palaces line a single waterfront street beneath St. Nikola's bell tower — the quietest, most photogenic stop on the bay.

Free Afternoon: Kotor's Maritime Museum & Old Town Squares

~2 hours · Maritime Museum €8 / ~\$9 USD

The Kotor Maritime Museum traces the town's seafaring history across three floors of a baroque palazzo; the surrounding squares fill with café tables and cats by late afternoon.

Dinner: Konoba Astoria, Old Town Kotor

~1.5 hours · \$18–30 USD / person

A stone-walled konoba just inside the Sea Gate serving grilled Adriatic fish and homemade pasta with truffle from the nearby hills.

DAY 3

The Kotor Serpentine, Njeguši & Lovcen National Park

Twenty-five hairpin bends climb from the bay to a mountaintop mausoleum and a village famous the country over for its cured ham.

Drive: The Kotor–Njeguši Serpentine Road

~45 minutes up · hire car or driver-guide from \$60 / day

The old Austro-Hungarian road switchbacks up 25 numbered curves cut into the cliffs above Kotor — pull-offs along the way frame the whole bay from above.

Prosciutto & Cheese Tasting in Njeguši

~1 hour · tasting plate \$12–18 USD / person

The mountain village that gives Njeguški pršut (air-dried smoked ham) and a firm, tangy sheep's-milk cheese their name — both cured in smokehouses along the single main street and sold straight from the producers' front rooms.

Njegoš Mausoleum, Mount Lovcen

~1 hour · entry €5 / ~\$5.50 USD

461 steps through a granite tunnel lead to Montenegro's most revered monument, built for 19th-century poet-prince-bishop Petar II Petrovic-Njegoš at 1,657 meters — on a clear day the view stretches across most of the country.

Lovcen National Park · nparkovi.me

Djurdjevica Tara Bridge & Canyon Overlook

~1 hour · free viewpoint; zipline booked separately

A five-arch 1940s bridge spans the Tara River 172 meters below, at the lip of a canyon that drops nearly 1,300 meters at its deepest — the second-deepest canyon in the world after the Grand Canyon.

Dinner: Žabljak Mountain Fare

~1.5 hours · \$15–25 USD / person

Kacamak (a cornmeal-and-potato mash), cheese pie, and grilled trout are the local staples at Žabljak's small-town restaurants.

DAY 5

Durmitor's Black Lake & the Tara Canyon Zipline

DAY 6**Back to the Coast — Budva Old Town & Sveti Stefan**

A descent from the mountains back to the Adriatic, ending at Montenegro's most photographed hotel-turned-islet.

Drive: Žabljak to Budva

~2.5 hours, 115 km

The road drops back through the mountains to the coast, passing Lake Skadar's northern shore before reaching the beach resorts of the Budva Riviera.

Check-In: Astoria Boutique Hotel

From \$210 USD / night, for 2 people

A four-star boutique hotel built into the stone walls of Budva's citadel, inside the Old Town, with a rooftop terrace looking out over the Adriatic.

Astoria Boutique Hotel · astoria.hotels-budva.com

Sveti Stefan Viewpoint

~1 hour · free from the public viewpoint above Milocer Beach

A 15th-century fishing village turned private island resort, connected to the mainland by a sandbar — there's no public access to the islet itself, but the viewpoint above Milocer Beach is one of the most photographed spots on the Adriatic.

Dinner: Budva Old Town

~1.5 hours · \$20–35 USD / person

Grilled fish and Njeguški steak (stuffed with prosciutto and cheese) at a citadel-side terrace overlooking the harbor.

DAY 7**Mogren Beach & Departure via Tivat**

A final swim on the Budva Riviera before the short drive to the airport.

Morning at Mogren Beach

~2 hours · free; sunbed rental ~€10 / ~\$11 USD

A pair of pebble coves separated by a short cliffside tunnel, a five-minute walk from Budva's Old Town walls — the closest good swimming beach to the citadel.

Drive: Budva to Tivat Airport

~35 minutes, 27 km

Build in extra time in July and August, when the coastal road backs up around Budva's roundabouts.

Departure from Tivat International Airport (TIV)

at your own pace

Montenegro's main coastal airport handles direct and connecting flights to most major European hubs.