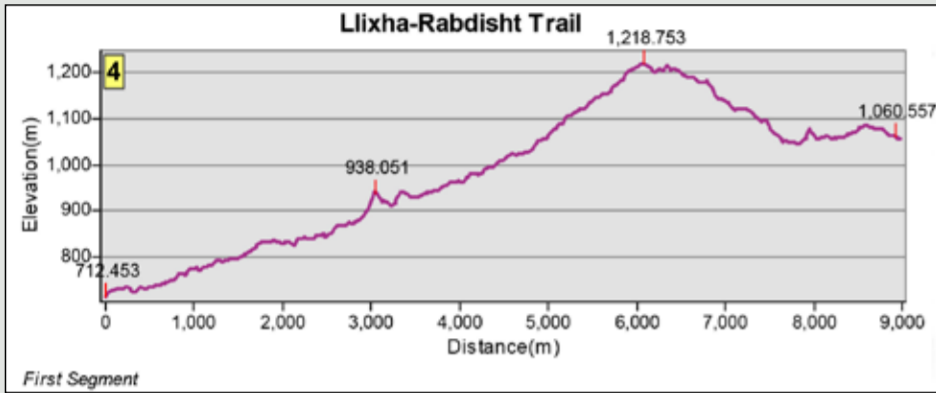




Thermal Spa-Ladies Pasture

These series of trails, beginning at the Thermal Spa and ending at the Ladies Pasture, are comprised of three separate trails offering hikers the chance to experience a variety of natural features including: valleys, canyons, streams, dense forests, and mountainous terrain. The trails total 18.3 km in length and should take approximately 13 hours to traverse.



Time Duration: 4-5h (One way) Level: Easy Length: 8.9 km

Thermal Spa-Rabdisht

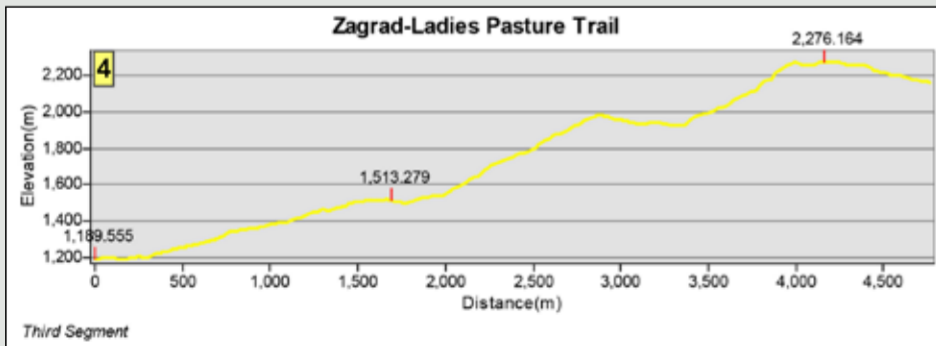
The 8.9km trail begins at the Thermal Spa, close to Peshkopi, and ends at the village of Rabdisht. The hike should take approximately 4-5 hours and the level of difficulty is rated as easy. The trail closely follows the Llixha stream through the Curative Valley. Points of interest along the route include: 1) Thermal Spa: Popular since the 1600s, the Thermal Spa is renowned by locals for its curative properties; 2) Water Mill: Restored in 2015, the water mill was built in the early 1900s and served as the primary mill in Diber for almost a century; 3) Cold Springs: Part of the Thermal Spa complex located approximately 1km from the spa, and in July the water temperature averages 10C; 4) Gradishta e Belloves: A naturally formed pyramid-shaped mountain. The trail continues along the stream and through a beautiful valley that winds around the mountain and eventually leads into Rabdisht village. The village is situated at 1,234m above sea level in the Skerteci Mountain. The homes are built of stone and covered in stone tiles typical of the traditional mountain architecture. Guesthouses located in Rabdisht offer a great opportunity for those who wish to experience rural, village life and to further explore the beautiful mountains.



Time Duration: 4h (One way) Level: Moderate Length: 4.7km

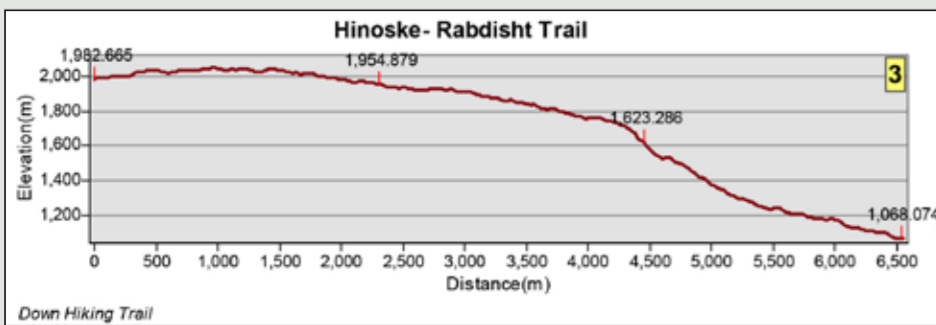
Rabdisht-Zagrad Trail

The 4.7km trail begins at the village of Rabdisht and ends at the Zagrad Trail. The hike should take approximately 4 hours and the level of difficulty is rated as moderate. After exploring the cobblestoned paths through Rabdisht and perhaps enjoying a few refreshments with the locals, the trail continues over to an elevated lookout point and then up through the fields and pastures of the Skerteci Mountain. The villagers grow almost everything they consume and the tour guide can show you around their lands and offer samples of local produce. The trail then proceeds through the Ferra Forest situated above Rabdisht. Depending on the season, many fruits such as cornelian cherries, blueberries, and blackberries grow wild here. And the forest is inhabited by brown bear, red fox, wolf, and roe deer



Time Duration: 5h (One way) Level: Hard Length: 4.7km

Zagrad-Ladies Pasture Trail. The 4.7km trail begins at the village of Zagrad and ends at the Ladies Pasture. The hike should take approximately 5 hours and the level of difficulty is rated as hard. After a brief tour of Zagrad village, rich in livestock and apiaries, the trail leads up the mountain and to the pastures above. Take in the stunning views of the valley below while the trail zigzags along on a steep switchback up the face of the mountain towards Grama Pass. The top makes for a great spot to picnic area and provides sweeping 360 degree vantage point. Once rested and refreshed from lunch, continue through the wide green plateau where sheep graze in the thousands, made possible by water sourced from nearby Grama Lake, and onto the Pasture of the Ladies. This pasture once belonged to Skanderbeg's wife and sisters, hence the name, and is located 1700-2200m above sea level and is approximately 300m wide and 100m long. Then descend on a mule trail to the home of a young herdsman for the night's lodging. They look after the animals of the entire village and are reimbursed for their efforts. Ever try to milk a sheep? Today is your best chance! Conditions are simple, there is no electricity or phone service



Time Duration: 3-4 h(One way) Level: Moderate Length: 6.5 km

Hinoske Pasture-Rabdisht Trail. The 6.5km trail begins at Hinoske Pasture and end at the village of Rabdisht. The hike should take approximately 3-4 hours and the level of difficulty is rated as moderate. From the heights of the shepherds' pastures, we descend to the traditional villages of the Peshkopi region. The trail first climbs over meadows to the ridgeline of Mt. Deshat, with 360-degree panoramic views, and continues along the border between Albania and Macedonia. In the distance, one can spot both the Grama Pass and Mt. Korab. The descent into the basin behind Peshkopi leads to one of the most picturesque stone villages of the region, Rabdisht.

1. City of Peshkopi - Thermal Spa

The city of Peshkopi is the urban center of Diber and has a population of 15,000 residents. It is a picturesque town full of cultivated trees such as linden, cherry blossom, black pine, fir, and wild chestnut. The heart of the city is Elez Isufi Boulevard where festivals such as the Cherry Festival, Harvest Festival, and Oda Dibrane are celebrated. Take a walk along the boulevard's yellow stones and stop in one of the many cafes for a coffee, take a photo of the Skanderbeg statue, or visit the local museum .



Boroviku of Begjunec

Located near Begjunec and Rabdisht villages at 785-1350 meters above sea level. This habitat has formed in a territory with a small and special vegetation (unproduced black pine due to the limestone formation where it grows, oak, hazelnut, maple, etc.).



Begjunec Castle

Located in the village of Begjunec, and near the town of Peshkopi, the castle was an ancient settlement dating back to late antiquity, made evident by discovered wall fragments made of stones and limestone. The geographical position offers stunning views of Diber, and especially the town of Peshkopi, as well as a visual view of Bellova Castle. The highest part of the castle is flat and serves as a viewing point the Black Drin River that encircles Diber.



The Thermal Spa of Peshkopi

The Thermal Spa is located to the east of Peshkopi, approximately 1km from the city center. Since the 1600s, the curative properties of the hot springs have brought people to Peshkopi from all over the Balkans. The mineral waters remain at a temperature of 40C° and are used to treat conditions such as: rheumatism and arthritis. The spa complex operates year-round with numerous hotel facilities and restaurants nearby.

Water Mill Near Llixha



Cold Spring Thermal Spa



Town Cave. The cave is located east of the city of Peshkopi near the village of Bellove at 1400 meters above sea level. It is over 10 meters long, up to 2 meters wide and 2-3 meters high. There are even remnants of ancient human activity. There are many visitors during the summer months.

Gradishta of Bellova



The home of Mude Sali Kadrixe

This house, located in Bellove village, was declared a cultural monument on December 18, 1987, by the Committee of Culture and Arts. It is three stories high with decorative wood windows and wooden doors with a stone archway. The roof is covered with tiles. The permanent materials for its construction are: stone, plaster and wood.

Bellova Castle

Located in the village of Bellove, from sixth to ninth century BC, Bellova's castle was an early residence. Only limestone wall fragments are visible now. Its geographic position overlooks the entire basin including the city of Peshkopi. Professional guides are available for all trails in the Diber region. Guesthouses and camp grounds are located near the trails. Please contact the TIC for an up-to-date list of guides and specialty accommodations.

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HEALING VALLEY



The three-year project's aim is to develop sustainable tourism in the Diber region of Albania by focusing on its three strategic objectives: (1) to strengthen the enabling environment; (2) to increase the workforce capabilities; and (3) to design, develop and promote integrated agritourism products. By April 2020, D2T envisioned an increase in employment and incomes based on an increased number of tourists in Diber and the quality of their experience. Through partnerships with businesses and local government, the project works on developing and marketing eco-friendly, natural, cultural and agro-tourism attractions, such as hiking and biking trails; improve traditional guesthouses and villages; introduce self-sustaining energy and waste management systems; improve tourist infrastructure; and train local tour guides.

ABOUT, DIBER: TRAILS & TRADITION (D2T) PROJECT

Diber's official tourist information center is open year-round. It is conveniently located on the second floor of the Culture Palace, which is situated along the linden tree-lined pedestrian boulevard. The Tourist Information Center was opened by the LAG "Dibra Turistike" and Diber Municipality, to provide visitors with a reception and information service and improve their impression of the region. Inside visitors will find friendly and knowledgeable staff who can help them discover local restaurants, book lodgings, and explore the many attractions and tours Diber has to offer! To enable this first contact with the region, the Tourist Information Center gives visitors a personalized service through the tourist informers who provide the information, brochures and plans visitors need, in a variety of languages.

TOURIST INFORMATION CENTER



TIC - Tourist Information Center
+355 218 24 221 / +355 67 384 0099
e-mail: ticdiber@gmail.com

DESCRIPTION OF THE TRAIL OF THE HEALING VALLEY

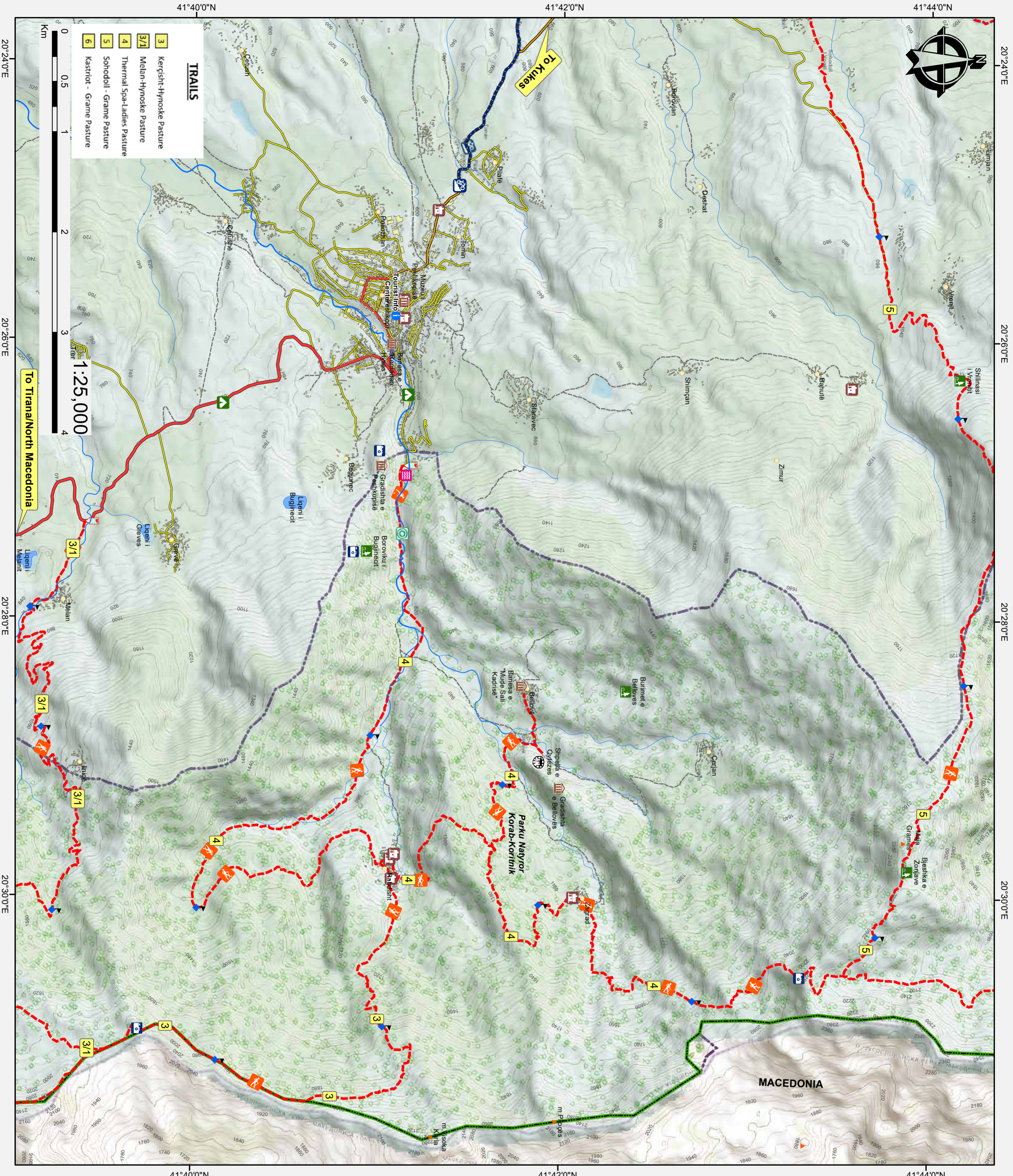
The valley has taken its name from the curative properties of the thermal springs of Peshkopi and from the mountainous part of Highland Pasture, part of the Korab mountain range. This is a 3-day tour, but 1-day tours can be organized. It is a fascinating journey, with a combination of the natural beauty of the thermal waters, fresh mountain air, legends of settlements, both old and new. This itinerary provides you with the opportunity to stay in the guest houses of Rabdisht, one of the 100 Albanian touristic villages, where you will experience traditional Albanian hospitality and the traditional dishes of Diber.



KORAB-KORITNIK NATIONAL PARK

This park includes a large territory in the two neighboring districts of Diber and Kukes with a total area of 55,550.2 hectares, of which in Diber covers an area of 20,663.4 hectares. This park consists of a high-value biodiversity with many species of trees such as pine, arnunts, fir, simple and mixed beech, oaks, hazelnut, etc. In addition to the many varieties of trees, the grass pasture vegetation is among the richest, not only in Albania but for the Balkans. The biodiversity values of this area are also enhanced by the presence of large protected mammals such as the bear (Ursus arctos), the wolf (Canis lupus), the goat (Rupicapra rupicapra), the deer (Capreolus capreolus), and the lynx (Felis lynx). This park includes 17 natural monuments

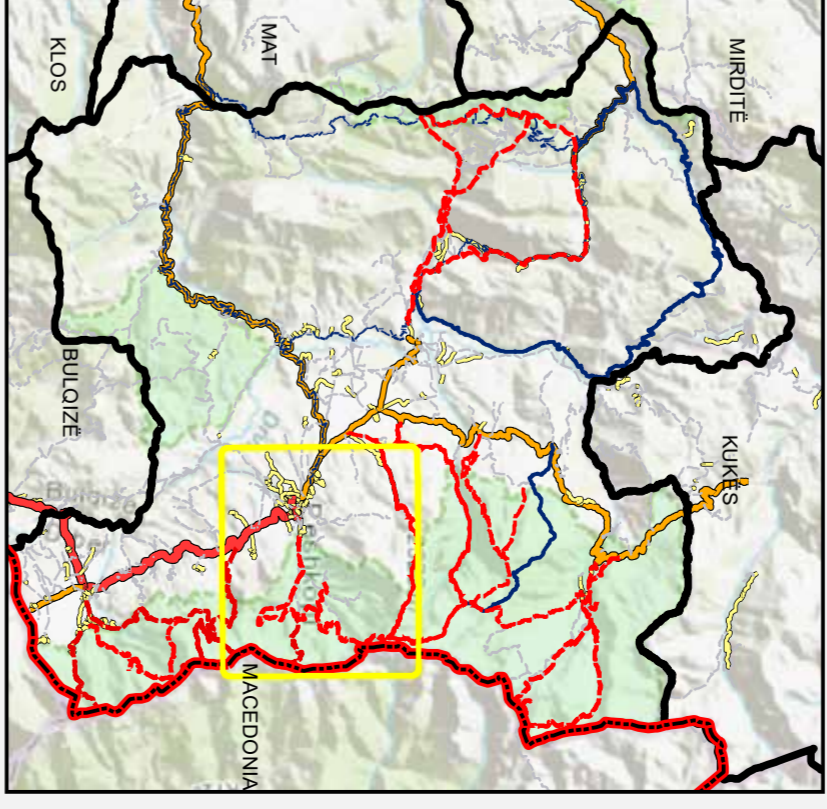




- TRAILS**
- 3 Kerçisht-Hytnoske Pasture
 - 3/1 Melan-Hytnoske Pasture
 - 4 Thermal Spa-Ladies Pasture
 - 5 Sohodoll - Grame Pasture
 - 6 Kastriot - Grame Pasture

Scale: 1:25,000

Direction: To Tirana/North Macedonia



Curative Valley-Ladies Pasture Trail
Shtegu Lugina e Sherimit- Bleshka e Zonjave

- Legend/Shtjegues**
- Hiking Trails/Shegje
 - Starting point of the trail
 - Trail Marker /3km
 - Cultural Monument/Monument Kulture
 - Natural Monument/Monument Natyre
 - View area Photo Spot/Pike Vojtimi
 - Camping Site/ Vend Kampingu
 - Guest House/Shepi/Prilase
 - Cold Spring/Burm Uji
 - Waterfall/Ujevare
 - Thermal Spa Center/Lixha
 - Cave/Shtepile
 - Off-Road 4x4 Rruge e Pasitruar 4x4
 - Primary/Nacionale
 - Secondary/Dyresore
 - Residential/Residenciale
 - Others/Te Tjera
 - Lake/Liqen
 - Protected Area/Zone e Mbrojtur

Diber: Trails & Tradition - D2T

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