



## **/breakfast, dinner/**

**Day 5.** An early morning transfer to Beden village (1,150 m, or 3,772 ft) will deposit you at today's starting point. Your luggage will continue with the car and will be waiting for you at the guesthouse in Liaskovo village, where you will stay overnight (walking distance – 24 km, or 14,8 miles). From Beden, the path travels up to the ridge by the Dry Peak, weaving northwards through picturesque hills and affording superb views across the mountains to Liaskovo village (1,185 m, or 3,887 ft). This is the most panoramic day of the program.

Uphill walk: 350 m (1,148 ft); downhill walk: 315 m (1,033 ft).

## **/breakfast, dinner/**

**Day 6.** After breakfast you start your trek from Liaskovo to the Skalnite mostove Hut (1,620 m, or 5,314 ft), a 15 km walk (or 9,3 mile) through century-old coniferous woods and hidden meadows. Your luggage will be taken from Liaskovo and will be waiting for you at the end of the day when the guide meets you by the hut. After a visit to the rocky phenomenon of The Miraculous Bridges (which is most probably a result of an ancient cave collapsing during an earthquake), you will make the short transfer (30 km, or 18.6 miles) to the village of Kosovo, where you will stay overnight.

Uphill walk: 635 m (2,083 ft); downhill walk: 200 m (656 ft)

## **/breakfast, dinner/**

**Day 7.** In the morning you will have time for a short stroll around the village. Then you will be transferred to Plovdiv via the Bachkovo Monastery (there we will make a short stop). In the afternoon you can go on a sightseeing tour in Plovdiv's Old Town, which still possesses ancient houses and monuments. You will stay overnight in Plovdiv.

## **/breakfast/**

**Day 8.** Depending on your departure time you will have transfer to Sofia Airport (transfer time: 2 hrs).

## **/breakfast/**

**DETAILED ROAD BOOK AND MAP  
WILL BE PROVIDED UPON  
ARRIVAL**

### **Accommodation:**

You will stay overnight in small pensions and guesthouses with en-suite facilities on HB (breakfast & dinner included except for day 7 when no dinner is included). Ordering lunch packs is available in each of the pensions if necessary for the day walks (at the amount of 5-6 Euro).

### **Luggage transportation:**

A daypack for carrying personal items during the daily treks is necessary. Unnecessary luggage will be transferred as follows:

Day 1: from Yagodina to Trigrad upon arrival in Yagodina

Day 5: from Trigrad to Liaskovo (after leaving you in the village of Beden)

Day 6: from Liaskovo to the village of Kosovo

Day 7: from Kosovo to Plovdiv together with you

### **Difficulty grade: B**

**Best period:** May-September

### **Weather:**

Temperatures expected for this period are between +15 and +30°C. Sometimes noontime could be a little exhausting for trekking on open territories. Rainfalls or short but heavy showers are possible, being a bit prolonged during spring and late autumn.

### **Equipment and clothing:**

Necessary items: daypack (35 l); walking waterproof boots with suitable ankle support; sunscreen lotion; mobile phone (ESSENTIAL! In case of emergency in the mountains). Fountains with drinking water are available during the daily walks. For full list with recommended items see "General".

### **Vaccination:**

Optional. See "General" for more information.

**Group size:** Minimum 2 persons

**The price includes:** all ground transfers including pick up/drop off at Sofia Airport; detailed road book with map; luggage transfers, accommodation and boarding as mentioned above; VAT and all local taxes.

**The price does not include:** tips, lunch packs and other meals, entrance fees,

alcohol drinks, cigarettes and other personal expenses.

### **Joining instructions:**

**Low-cost flights to Bulgaria:** please check: Wizz Air - <http://wizzair.com/>; Sky Europe - <http://www1.skyeurope.com/>; Easy Jet - <http://www.easyjet.com/>; Germanwings - <http://www.germanwings.com/>; My Air - <http://www.myair.com/>; Penguin Travel - <http://www.flybulgarien.dk/>; Norwegian Air Shuttle - <http://www.norwegian.no/>.

**Joining the tour:** in recent days there are loads of opportunities to book a cheap flight to Bourgas or Varna airports instead of landing at Sofia Airport. We can arrange for you a bus or train ticket to Sofia or Plovdiv, where most of the tours start. Here are some approximate prices for transfers:

By bus: Bourgas or Varna to Sofia – appr. 15 Euro/person one way (appr. 5-7 hrs drive)

By train: Bourgas or Varna to Sofia – appr. 10 Euro/person one way (sleeping compartments +10 Euro). For train schedules please check:

<http://bdz.creato.biz/en> (appr. 7-8 hrs drive)

By plane: Bourgas or Varna to Sofia – appr. 100 Euro/person one way (for schedules and prices please check: <http://www.air.bg/en>) (appr. 1 hr flight)

Private transfers: Bourgas airport – Sofia (appr. 4 hrs drive): 150 Euro/car (1-3 pax); 190 Euro/bus (4-7 pax); Varna airport – Sofia (appr. 6 hrs drive): 170 Euro/car (1-3 pax); 210 Euro/bus (4-7 pax)

Transfers from Bourgas or Varna airport to the railways/bus stations in these cities – 25 Euro per car one way (1-3 pax), 45 Euro per bus one way (4-7 pax)

## GENERAL

### TOUR TYPES & GRADES

We provide different varieties of tours as regards to their types and difficulty grades! Whether you will choose individual and group tours with a guide or combined tours with a guide for some part of the trip depends on you. We emphasize on using local experienced guides with knowledge of the local language, culture, history, art, etc. The tours are conducted in the English language. Guides in other languages are available upon request.

### Tour types

Our tours are divided in different tour types, regardless of being guided or not or if someone travels alone or in a group. We have prepared your vacation so that you can concentrate on new impressions and experiences, awaiting you all the time. Here is a description of the various tours:

### IT: Individual tours

There is no guide on this tour. You travel individually and we are responsible for the hotel overnights and /some/ transfers. Sometimes you will travel together with other people. If you wish a guide can be arranged, if ordered. We take it for granted that you can read maps, provided by us upon arrival.

### Difficulty grades

To prepare yourself for the best of your vacation we recommend that you start planning it in an advance. Good physical condition is required. In order to achieve it we advise you to start walking, jogging or cycling everyday. Swimming a couple of times a week is also highly recommended. You do not need much to get yourself in shape. And don't forget that the most important tip for an unforgettable active holiday is to choose a trip which corresponds to your physical condition!

### B: Moderate

Most of you, who are used to walking during a long weekend, will be in condition to cope with a tour of this level. You should be in good health condition and not too bad physical condition. We have successive days of longer and more difficult walking and days of lighter walking. Some parts of the day routes are done at a higher altitude. The paths are in good condition. We walk for 5-7h a day. You are free to skip some walks and have a rest.

### Extensions: Yes, Black Sea

This is a unique proposal, which gives you the opportunity to stay in Bulgaria for one week more at the incredibly low price! We can offer a great variety of means of accommodation - from home stays (no meals) to 2, 3 and 4-star hotels (BB or HB) on the Southern Bulgarian Black Sea Coast:

- Sunny Beach - a big modern resort with hundreds of hotels, cafes, pubs, casinos, water-sports facilities etc.
- Sozopol, Nessebar - small towns (founded by the ancient Greeks) with picturesque old quarters and a specific atmosphere.
- Lozenets - a peaceful small village with a beautiful beach. Only 4-5 km from the forests of the Strandzha Mountains where you can go walking, biking or riding horses.

### Equipment and clothing:

You should always remember that you must try to keep the weight of your hiking equipment

down to a minimum. Your packed daypack should weigh no more than 10-15 kilograms. Recommended items: waterproof rucksack (60 l) & daypack (35 l); walking waterproof boots with suitable ankle support; light casual shoes/sandals for walking and/or for travelling; gaiters; loose, casual trousers for trekking; waterproof trousers; fleece windstopper jacket; windproof, waterproof outer shell garment (breathable if possible!); hat for sun protection; sunglasses with UV protection; sunscreen lotion and lip balm; water bottle; torch (headlamp); mobile phone; underwear (not cotton); mosquito repellent; trekking sticks.

### Vaccination:

Tick-borne encephalitis, Marseille fever and Crimea haemorrhagic fever is recommended by some medical sources if travelling in certain areas of Eastern Europe, at specific times of the year. Check latest requirements with your travel clinic or doctor prior to departure.

### Money and personal expenses

You will need some extra money to cover meals, drinks and extra trips not included in the tour price. Additional money for souvenirs and personal things could also be spent. That is why it is always necessary to have Bulgarian money in cash.

The payments in Bulgaria are usually made in "LEV" (BGN), which is the official currency. The exchange rate with EU and USD is quite changing sometimes, but approximately it is: BGN:EU - 2:1; BGN:USD - 1,6-1. Credit Cards could be used primarily in some supermarkets and restaurants in the biggest cities as well as in the petrol stations. Usually it is marked on their front doors if Credit Cards are accepted. ATMs ("bankomates") are more frequent (again in the biggest towns only!). Traveler's cheques take quite a lot of time to handle and not each bank deals with them (in many cases it takes even few days since their deposition in the bank!) - thus they are not recommended!

Here are some examples of comparative costs in Bulgaria (NB: prices in mid-range restaurants!):

- Coffee - 0,3 Euro
- Tea - 0,3 Euro
- Beer (0,5 l) - 0,5-1 Euro
- Soft drink (0,5 l) - 0,4-0,5 Euro
- Bottle of water (0,5 l) - 0,3-0,4 Euro
- Bottle of mark red wine (0,75 l) - 5-10 Euro
- Three-course lunch - 4-10 Euro
- Lunch pack - 2-3 Euro

### Cell phone coverage

Currently the whole territory of Bulgaria is covered with a mobile connection. However the trekking & cycling tours are done in mountainous areas where the signal could be weak or even lacking from time to time. In such a situation you just need to change your location a bit in order to find available network.

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### Electricity

In Bulgaria two-pin sockets are normal. Voltage is 220 watts. If you come from the U.S. or UK you need to purchase an adapter, which is available only in Bulgarian cities and biggest winter and sea resorts.

### Brief about Bulgaria

Territory - 110 912 sq. km.

Population - 7 538 000 (2003) (83,9 % ethnic Bulgarians; 9,4% Turks; 4,7% Roma; rest - smaller minorities Russians, Armenians, Vlachs, Jews, Karakachans etc.)

Relligion - 82,6% Orthodox, 12,2% Islam, 0,7% Protestant, 0,5% Catholics, 4,1% Others.

Capital city - Sofia (1 377 531 people in 2006)

Bigest towns - Plovdiv, Varna, Bourgas, Rouse, Stara Zagora, Veliko Tarnovo, Pleven

Mountains - 37 (biggest - Balkan Mountain: length - ~ 550 km.; width ~ 30-60 km.); (highest - Rila Mountain - peak Musala - 2 925 m.a.s.l.)

Boundaries - North - Romania; East - Black Sea (coastline 378 km.); West - Serbia, Macedonia; South - Greece, Turkey;

Distribution of the lands - 0 - 400 m.a.s.l. - 59,8 %; 400 - 1000 m.a.s.l. - 27,6 %; 1000 - 2000 m.a.s.l. - 11,9 %; over 2000 m.a.s.l. - 0,7 %

Protected areas - 3 national parks, 10 nature parks, 55 reserves, 35 managed reserves, over 350 protected areas and 500 natural monuments

### Weather

Mean year temperature - + 10,5 °C (Abs. Min. - -38,3 °C ; Abs. Max. - + 45,2 °C)

Mean rainfall per year - 416 - 650 mm. in the lowlands; 650 - 1193 mm. in the highlands

Rainy days per month - May - 7; June - 8; July - 6; August - 3; September - 6; (number may be higher in the mountains)

Mean daily/night temperatures (up to 1000 m a.s.l.) - May + 22/12 °C; June + 26/16 °C; July + 28/17 °C; August + 26/15 °C; September + 23/13 °C;

### Altitudinal distribution of annual temperatures in Bulgaria

