



# The Summits and Ridges of Bulgaria



*This information should answer some of your questions about the trip and give you a better idea of what we do day to day. It doesn't hope to answer everything however, if you have any questions, please get in touch.*



Dark Lake Hut – Pirin National Park (see day 6)

- **An ascent of Mt Vihren (2915m)**
- **Overnight in spectacular mountain hut**
- **Visit to UNESCO listed Rila Monastery**
- **Hike alongside the 7 Rila Lakes**

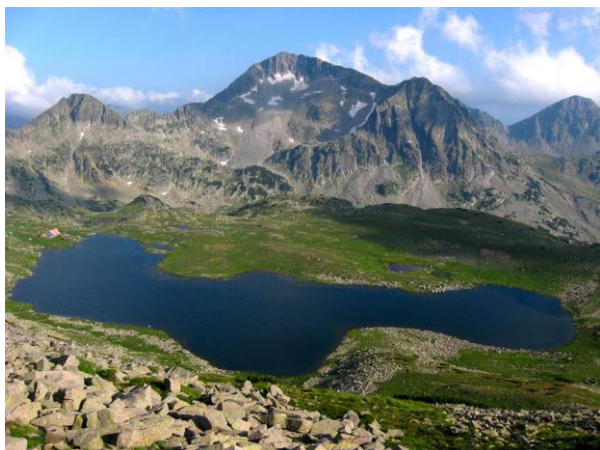
## Bulgaria

Bulgaria is perhaps best known for its good value ski-ing holidays, but those same mountains also offer superb walking in a series of distinct and contrasting massifs. Some of the highest mountains in Europe are situated in Bulgaria. This trip in the National Parks of Rila and Pirin, will give you the chance to visit some magnificent forests, lakes and summits that are much wilder and far less crowded than the Alps.

## DAY BY DAY ITINERARY

*The itinerary below is a guideline and may need to be altered depending on weather or other circumstances. (BLD) - Breakfast, Lunch, Dinner - refers to the meals included in the trip cost.*

**Day 1** Arrive Sofia. You will be met at the airport by your guide and transferred the c100km to your hotel set deep in the forest of the Rila Mountains. Time for dinner and a briefing about your holiday. (D)



**Day 2** No hanging about, after breakfast we start our trip with an ascent of mount Malyovitsa (2720m) – one of the symbols of the region. The summit offers an amazing 360 degree view of the many peaks and glacial lakes. A picnic lunch then the route follows a ridge leading to the famous Seven Rila Lakes before a descent to our hotel in the dense pine forests. (7hrs) (BLD)

**Day 3** We begin today with a short gondola ride to the higher parts of the mountain. The route takes us near each of the Seven Lakes. After reaching the Razdela pass (2600m), and one of the best viewpoints in the Rila Mountains, our trail leads us down towards the world famous Rila Monastery, the largest, most beautiful and most historic of Bulgaria's monasteries and a UNESCO World Heritage listed site.. A tour of the monastery then to our family run hotel nearby. (6-7hrs) (BLD)

**Day 4** An easier day today. A short morning transfer, 20min, then a walk through the beautiful southern part of the mountain to “Macedonia” hut. Descend to the little village of Dobarsko from where we transfer to Bansko, a town of old traditional buildings and typical Bulgarian folk music, at the foot of the impressive Pirin Mountain. (6hrs) (BLD)

**Day 5** After breakfast we have 30min transfer to a mountain hut at 2000m. From there we make our ascent of mount Vihren at 2914m the highest peak in Pirin National Park and the most technical part of the trip. It is a beautiful pure marble peak in this, the wildest range in Bulgaria and will offer some incredible views of alpine peaks, marble rock walls and glacial lakes of a stunning blue. Return to our hotel in Bansko. Dinner will be at a tavern for typical Bulgarian cuisine and traditional music. (6hrs) (BLD)



**Day 6** Today we will need to carry a little more in our backpacks, 2 days lunch, extra clothing and maybe a small wash kit, as tonight we will be sleeping deep in the heart of the mountains with no vehicular access. We begin with a transfer to Vihren hut and from there we walk along the central ridge of the Pirin Mountains with stunning views of the entire range and their many lakes. Our

destination is the Tevno Ezero (Dark Lake) mountain hut at 2515m. There we spend the night at the foot of the impressive Mt Kamenitza. (6-7hrs) (BLD)

**Day 7** It is an easy trek today. A descent from the Tevno Ezero hut through a group of glacial lakes, and pine forest before a short transfer takes us to the town of Melnik, the smallest in Bulgaria with just 300 inhabitants and a place of old traditional Bulgarian houses. Dinner in a traditional tavern with maybe a glass or two of the famous Bulgarian red wine. (4hrs) (BLD)

**Day 8** After breakfast a transfer to Sofia for your journey home. (B)

### **Dates 2019**

6-13 July

7-14 September

### **Price**

£598pp plus flights

### **Price includes:**

- All accommodation mentioned in the itinerary
- All meals mentioned in the itinerary
- All transport and transfers
- A licensed, English speaking mountain guide
- Gondola tickets

### **Price does not Include:**

- Drinks during dinners
- Tickets for museums and historical monuments
- Tips and personal expences

**Tour difficulty:** Steady grade, suitable for people with some mountain experience and good fitness.



Panorama of the Pirin Mountain range

PTA/SS Nov 16