

Destination Fact Sheet: Bulgaria

Worldwide region:	Eastern Europe
Capital City:	Sofia (GMT + 2-3hrs)
Environment:	Alpine Meadows & Mountains
When to go:	June – Sept
Itineraries:	Adventure, Explorer
Highlights:	Rhodope Mountains, Rila Monastery, The Seven Lakes, Mt. Vichren
Essentially:	A surprisingly picturesque country with endless rolling alpine hills and exhilarating high mountain routes.



About the country

Bulgaria is a land of unexpected variety, providing astonishingly dramatic scenery, quiet forest trails and an introduction to a modern history versus a culture of rural traditions. Several mountain chains stretch across the country, each providing an inviting summer landscape. Large National Parks and conservation areas offer regions rich in wildlife, and time worn villages offer an insight into the more ancient traditions of a forgotten rural life.

The Rila Monastery provides the most fascinating and colourful finale to any trek in Bulgaria and though the mountains are not as high as those found elsewhere in Europe, it is their setting and landscape that provides the most spectacular scenery. In Sofia you will discover a vibrant and fashionable city full of faded grandeur and steeped in history, but rapidly moving into the 21st century and fast becoming an active member of Europe.

Adventure Programmes

The Rhodope Mountains are an ideal location for a short trekking adventure in what is possibly the most photogenic region of the country, arguably Europe. The region's beauty lies in the densely covered forest hills, which stretch almost endlessly towards the Greek border. Providing both gentle and more challenging routes, here you will discover a utopia of alpine meadows and shady glades sustaining a stunning variety of flora and fauna.

Explorer Programmes

Embarking on a full exploration of the country will provide a complete introduction to the diversity of regions. We'd recommend taking a mini exploration of the Rhodope Mountains, before moving to the extended mountain traverses and crystal clear lakes of the Rila National Park, then finishing in the Pirin National Park where some of the most impressive scenery and more challenging routes will take your group high into the central massifs.

In summary

From exhilarating mountain passes to isolated forest pathways, Bulgaria provides a range of beautiful treks to suit all abilities. Groups must undergo a fitness programme in the UK, to be physically prepared for the itinerary.



To discuss the variety of options for tailor making a trip to Bulgaria for your group, please telephone us on 0845 634 4670 or visit our website at www.schoolsworldwide.co.uk