BULGARIA winter tourism



www.bulgariatravel.org

Unique facts about Bulgaria



Bulgarian winter resorts have always been a popular destination for skiing and other winter sports. The fascinating combination of great nature and modern sports facilities attract thousands of visitors every year; many international competitions are being held on the slopes of the Bulgarian winter resorts. Bulgaria is considered as a paradise destination for skiing, snowboarding and extreme winter sports. Bulgaria is blessed with beautiful majestic mountains which cover much of the country. Its unique climate is affected by both the Mediterranean and the Northern Russian steppes. This provides a large amount of snow in the high mountains which lasts for months every winter.





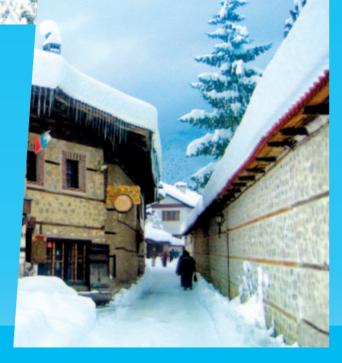
There are four large, world-renowned ski resorts in Bulgaria and a number of smaller ski zones which are developing rapidly and generate much interest. Bulgaria has more than 210 km of ski slopes. The highest of these trails start at an altitude of 2,600 m and have a maximum vertical drop of 1,630 m. All trails are serviced by modern chairlifts and cable cars in addition to ski tows. From early December to April conditions for winter sports are excellent due to the modern facilities and the well developed infrastructure. Also, most of the large ski zones make use of snow making equipment to augment the natural snow. This ensures an extremely high quality of snow throughout the entire season.



Ski schools in the primary ski zones employ the services of qualified instructors who provide lessons for both children and adults. Resorts in Bulgaria offer all inclusive package deals at affordable prices for a great winter holiday experience.

Besides the sport activities, the Bulgarian winter resorts offer a wide range of entertainments for active relaxation. There are a number of mineral thermal springs, which make the country a popular destination for spa and wellness treatment. Spa centers offering a variety of classic and exotic procedures are built in most winter resorts across the country.





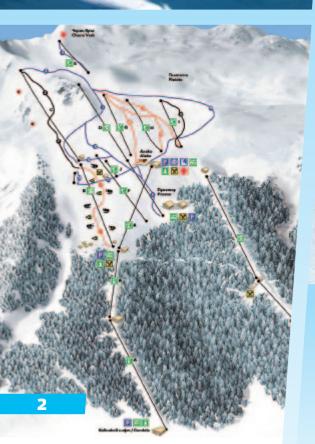
The vast cultural and historical heritage of Bulgaria has spread its treasures in all parts of the country. Most winter sport centres are located close to various historical or natural places of interest; you can diversify your stay in the country by visiting some of them. In Bansko you can appreciate the authentic architecture, combined with a visit to a traditional Bulgarian 'mehana' (tavern). Close to Pamporovo you can visit one of the most picturesque Bulgarian villages, which has preserved the spirit of the ancient traditions. Rila's resort Borovets is situated just a few kilometers from the town of Samokov – a place with numerous sightseeing spots and a historical museum.

INTRODUCTION



1

Altitude of the trails: from 1,650 to 2,290 m Total length: 20 km Maximum vertical drop: 725 m Longest trail: 3.1 km Lifts: 12



VITOSHA

The ski slope on Vitosha Mountain is the nearest one to the capital city of Sofia - only one hour away from the city centre. Vistosha is the choice of many people who live in the area for rest and relaxation. Intermediate and advanced skiers and snowboarders will find a variety of trails on this mountain.

Ski Centre Aleko is the oldest ski zone in Bulgaria and many argue that it is the most popular destination on Vitosha. It is located at an altitude of 1,800 m and the slope runs down the mountain in a northern direction. A second ski centre on Vitosha is Konyarnika - Vetrovala with an altitude of 1,507 m.

Aleko also offers a good option for snowboarders. The terrain is very suitable for freestyle boarding. Vitosha hosted the National Snowboarding Championship in 2007 as well as the Open State Snowboarding Championship in 2008.

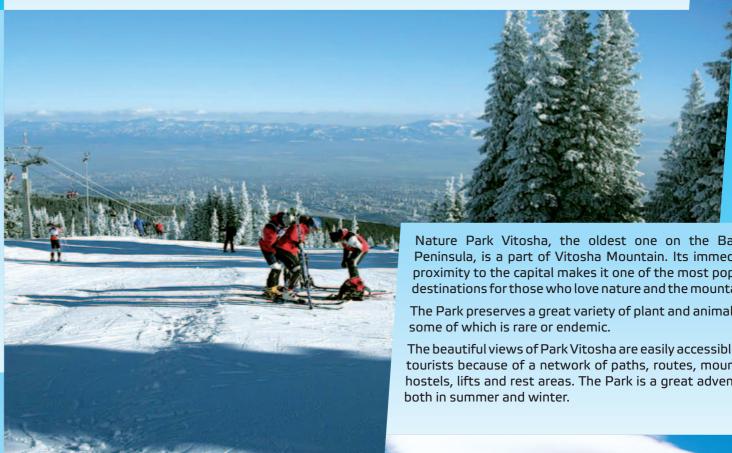
You will also find excellent conditions for night skiing. Vitoshko Lale Trail is lift at night.



The use of a single access card for all ski zones is very convenient for skiers and snowboarders.

The ski zones of Vitosha offer group and individual ski and snowboard instructions in several languages. The programs to help children take their first steps into the world of winter sports are also excellent. There are special programs for school and preschool children. The resort also offers ski equipment rental services.

In addition to sports Vitosha has other exciting activities to offer. The highest peak of the mountain is called Cherni Vruh (Black Peak) and it can be reached even in winter. The trek to reach the top is relatively easy and takes only one day. Cherni Vruh's height is 2,290 m and this alpine adventure will show to you the beauty of the mountain beyond the ski zones.





The proximity of the ski zones of Vitosha to Sofia affords to skiers and snowboarders unlimited opportunities for recreation and entertainment. In Sofia you will discover a large number of hotels, numerous restaurants offering highly diverse cuisines, discos, piano bars and nightclubs. The capital also offers ample cultural opportunities - theatres, cinemas, concerts and exhibitions, as well as many other cultural events. Sofia is famous for its churches and museums. Some of the important places to visit include St. Alexander Nevsky Cathedral, Boyana Church, the Russian Church, the National Museum of History, the National Art Gallery, the Earth and Man National Museum, the Archaeological and Anthropological Museums, the National Museum of Natural History.

Nature Park Vitosha, the oldest one on the Balkan Peninsula, is a part of Vitosha Mountain. Its immediate proximity to the capital makes it one of the most popular destinations for those who love nature and the mountains.

The Park preserves a great variety of plant and animal life,

The beautiful views of Park Vitosha are easily accessible for tourists because of a network of paths, routes, mountain hostels, lifts and rest areas. The Park is a great adventure



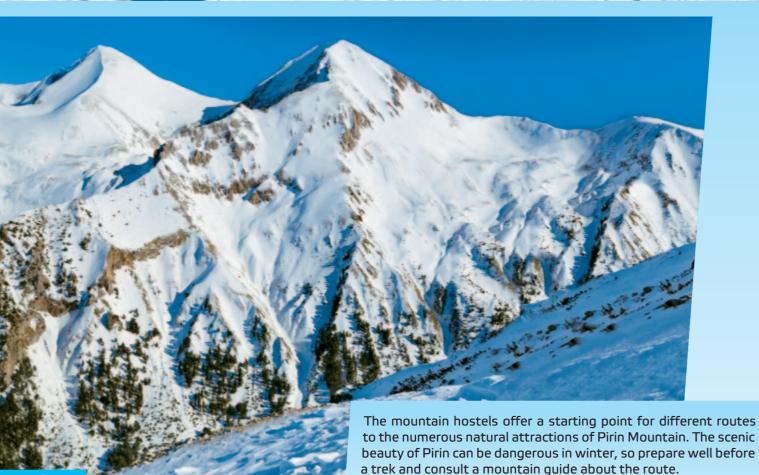
The Pirin National Park is within the boundaries of Pirin Mountain. There are two reserves located in its territory – Bayuvi Dupki – Dzhindzhiritsa and Yulen. The first one was established in 1934 and was included in the list of biosphere reserves under the UNESCO Man and Biosphere Programme. Yulen Reserve provides protection for rare, endangered and endemic animals and plants. A large number of tourist routes allow visitors to explore the sights of the Park.

Experienced mountaineers may enjoy the beauty of Pirin with a two-day trek to Polezhan Peak (2,851 m). Accommodation can be found at some of the mountain hostels. Skishoes are mandatory, as well as the presence of an experienced guide.

PIRIN

Altitude of the trails: **from 990 to 2,600 m** Total length: **75 km** Maximum vertical drop: **1,570 m** Longest trail: **16 km** Lifts: **14** Ski tows: **10**









The Pirin resort of Bankso is another one of the most popular resorts in the country. It is located in southwest Bulgaria, 160 km from Sofia and 57 km away from Blagoevgrad. Besides offering modern conditions for sporting activities, Bansko is a beautiful town which has preserved its authentic charm and historic heritage.

In Bankso there is snow cover from December to April and most trails are equipped with snowmaking facilities.

The ski zone of the resort provides very good conditions both for beginners and for advanced skiers as well as snowboarders. The best challenge of ski centre Bansko is the Tomba Trail – the most attractive and difficult trail of the resort. It was tested by its namesake – the legend Alberto Tomba, and also by other winter sport stars, among whom Franz Klammer, Rosi Mittermaier and Marc Girardelli.

The ski centre also offers a fabulous 7-km ski trail equipped with snowmaking machines and lighting, which connects the high parts of the resort with the town of Bansko.

The fact that races of the Alpine Ski World Cup circuit are held here is proof of the high quality of Bansko as a ski resort. Bansko hosted the event early in 2009. The World Cup brought some top skiers to Bulgaria, among whom were Lindsey Vonn, Anja Pärson and Tina Maze. Furthermore, Bansko ski runs offer fabulous conditions for snowboarding. The first snowboard fun park in Eastern Europe, suitable for freestyle boarding, was opened here. Bansko often hosts national and international snowboarding competitions.

The resort offers great conditions and facilities for paraskiing - a tandem flight with an experienced paraglider. There is also an option for skiers to be towed by a kite instead of a paraglider. Such extreme adventures are organized upon an advanced request.

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Altitude of the trails: **from 2,240 to 1,412 m** Total length: **4.7 km** Maximum vertical drop: **828 m** Lifts: **1** Ski tows: **3**



In Bansko a visitor can also practise heliskiing, reaching by helicopter some of the most beautiful and inaccessible peaks of Pirin. Other activities include snowmobiling, trekking with snowshoes or relaxing at one of the many spa centres of the resort.

Bansko ski schools offer a variety of services and courses for both children and adults. Group and individual training is available. There are lessons in skiing, snowboarding and cross country. Equipment rentals are available for guests.

When the sun sets and you feel the pleasant fatigue from a day of outdoor activities, you may retire for some deserved relaxation. The atmosphere of Basko is fascinating - while the challenges of winter's sports rule the ski runs, merriment and good cheer reigns in the many local taverns. The central part of Bansko has preserved its authentic architecture from the time of the Bulgarian Revival. You will be enchanted by the beautiful old houses, churches and museums.

You will also enjoy the taverns offering local delicacies from the region of Pirin such as 'kapama', 'shashlik', 'chomlek', appetizers such as 'katino meze' and 'banski starets'.

Most hotels here offer beauty and rehabilitation programs which make Bansko an excellent spa destination.

DOBRINISHTE

Ski Complex Dobrinishte is located 6 km away from Bankso and 156 km away from Sofia. It includes the hotel of the same name and two hostels. There is one ski trail with a length of 5 km and vertical drop of 826 m. It has a double-chair lift and ski tows. Dobrinishte is at an altitude of 850 m. Accommodation is offered by the hostels and the town of Dobrinishte.

Rila National Park is the largest in Bulgaria. It is situated about 100 km to the south of Sofia. The nature reserves Parangalitsa, Central Rila Reserve, Ibar and Skakavitsa are located within its territory.

The Park preserves centuries-old forests of spruce, Macedonian pine and Scots pine. Within the boundaries of Rila National Park there are over 100 peaks, rock walls, caves, canyons, waterfalls and lakes. Seventy of the lakes originated from glaciers.

Rila Mountain is beautiful both in summer and in winter. Its scenic beauty is accessible for tourists due to a network of routes and marked paths. A favourite destination in Rila is Mount Musala - the highest peak on the Balkan Peninsula (2,925 m). The winter trek to the top is a serious challenge and requires good preparation and the presence of an experienced guide. The trek takes several days and in addition to Musala you may also reach some of the lower peaks of Rila. The hostels are an excellent place to stop for a rest.

RILA

Altitude of the trails: from 1350 to 2560 m Total length: 58 km Maximum vertical drop: 1230 m Longest trail: 12 km Facilities: 12



The trek to the beautiful Seven Rila Lakes is relatively easy. If you are in good shape and wish to see more of the mountain scenery you could continue on to Skakavitsa Falls is possible. The mountain hostels of Rila offer starting points for various mountain treks.



office, bank offices and supermarkets.

BOROVETS

The oldest Bulgarian mountain resort is situated in the majestic Rila Mountain. Borovets was built at the end of 19th century. It is at an altitude of 1,300 m, 70 km away from Sofia and about 130 km away from Plovdiv.

The ski season in Borovets is from the middle of December to April. There are three ski zones – Sitnyakovo, Yastrebets and Markudzhik. Markudzhik has the highest altitude. The ski trails Yastrebets and Markudzhik 3 pose a challenge for any skier and have been used many times for various competitions.

Snowboarders can use some of the trails at the resort. On the high parts of Rila Mountain - ski centre Markudzhik – during the high season the snow cover reaches 2 m and affords excellent conditions for extreme skiing.

Borovets has a children's snow park with activities for young people and specialized ski training.

MAJOR SITES



WINTER TOURISM

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Durankulak

Shabla

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Dobrich

1	Vitosha, Cherni Vru
2	Bansko
3	Dobrinishte
4	Samokov
5	Borovets
6	Malyovitsa
7	Panichishte
8	Semkovo
9	Pamporovo
10	Chepelare
11	Momchilovtsi
12	Shiroka Luka
13	Uzana
14	Mount Kom
15	Kyustendil
16	Park Osogovo
17	Mount Botev
18	Musala
19	Rilski ezera
20	Chumerna

There are several ski and snowboard schools and sports clubs in the resort and most hotels offer ski rentals. Both individual and group ski and snowboard training is available. There are more than 150 instructors, all are recognized professionals. Children can be enrolled in ski classes or in a ski kindergarden.

Borovets offers snowmobile rides and treks with ski shoes across the beautiful mountain.

Total length: 4 km Longest trail: **1.2 km** Lift: 1 Ski tows: 5

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MALYOVITSA

Total length: 900 m Longest trail: **470 m** Ski tows: 3



The resort of Panichishte is also situated in Rila. It is 84 km from Sofia and about 40 km from Samokov, at an altitude of 1,350 m. Panichishte has two ski tracks – an alpine track and a children's track. Three more tracks are located in the vicinity of mountain hostels. All ski tracks are serviced by ski tows.

Total length: 4 km Longest trail: 800 m Ski tows: 8



The resort of Malyovitsa is located approximately 80 km away from Sofia, also in Rila Mountain, at the foot of Malyovitsa Peak (2,729 m). The guests of the resort can make use of three trails equipped with ski tows. Facilities for children are also available. The ski runs start at an altitude



PANICHISHTE



SEMKOVO

The resort complex of Semkovo is located in the southwest part of Rila. It is 90 km from Blagoevgrad, 190 km from Sofia and about 160 km away from Plovdiv. The altitude of the ski zone is between 1,600 and 1,750 m. The guests of the complex can enjoy seven ski runs with a total length of 4 km. The runs are serviced by eight ski tows.

The Rhodopes are an incredibly beautiful mountain range with many natural and cultural places of interests. The resorts organize year round treks to various places of interest, with some treks taking more than 1 day. In winter it is possible to take a walk in ski shoes or race around in a snowmobile. Some of the most interesting sites in the mountain are the natural phenomenon The Marvelous Bridges (Chudni Mostove), the Rozhen Observatory, the villages in the Smolyan area, the caves all over the Rhodopes and Snezhanka Peak, with its tall tower.

The Rock Bridges (Skalni Mostove) are located close to the Marvelous Bridges and in the region of Mount Vurhovruh there are mountain hostels which offer accommodation.

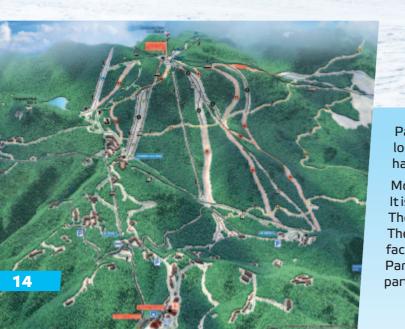
Altitude of the trails: from 1,444 to 1,930 m Total length: **37 km** Maximum vertical drop: 476 m Longest trail: **5.1 km** Lifts: 13

THE RHODOPES

PAMPOROVO







Pamporovo is the largest resort of the Rhodopes. It is located 260 km from Sofia and 85 km from Plovdiv, it has an altitude of 1,650 m.

Most trails start from the highest point of the mountain. It is well suited both for beginners and experienced skiers. The ski trails of the resort can be used by snowboarders. There are conditions for rough terrain rides. A half-pipe facility is also available for snowboarders. Early in 2010 Pamporovo hosted Pamporovo Freestyle Open with participants from Bulgaria and other European countries.

skiers and snowboarders who wish to improve their skills. In 2010 travel agency Neilson Active Holidays declared the largest ski school in Pamporovo the best in Europe. There are many restaurants, taverns and hotels in Pamporovo. The restaurants offer traditional Rhodope dishes and also international cuisine.

The towns of Chepelare and Smolyan, in close proximity to the resort, offer additional entertainment options. One of the most interesting and unique museums in the country – The Museum of Rhodope Karst – is located in Chepelare.

Take a walk to some of the Rhodope villages, such as Shiroka Luka, Momchilovtsi, Solishta and Gela. Shiroka Luka is guite impressive with its houses from the time of the Bulgarian Revival, its traditional taverns and quaint cobblestone streets.

Altitude of the trails: from 1,150 to 1,873 m Total length: 20 km Maximum vertical drop: 710 m Longest trail: 6 km Lifts: 1 Ski tows: 2

CHEPELARE

One of the newest ski zones in the country is close to the Rhodope town of Chepelare, located 220 km from Sofia and about 70 km from Plovdiv.

Chepelare is a town with long traditions and history of skiing. The first ski school in the town opened its doors in 1954. The athletes who trained here achieved great recognition for Bulgaria in winter sports.

Today the old trails and facilities are fully renovated and marked in accordance with the European standards. Two of the trails are homologated by FIS with rights to host international competitions.

One of the main trails is for advanced skiers – "red", 3,250-m long. The "green" trail is for intermediate skiers, with a length of close to 6 km, and there are also several shorter trails of varying difficulty. A "red difficult" trail with deep snow and a length of 1.2 km offers a challenge to experienced skiers.

Sports Centre Chepelare offers ski and snowboard training for beginners, intermediate and advanced students. The instructors will guide you through all stages of the training. Both individual tuition and group training is available. There is a ski kindergarten in the resort.







Chepelare offers good conditions for fans of snowboarding as well. There is a small snowboarding park in the resort, and in the region of Mechi Chal there are several tracks suitable for freestyle boarding.





The Balkan Range (or "Old Mountain" in Bulgarian) are long and multifaceted. National Park Central Balkans is a part of it and preserves natural sites of majestic beauty in the central part of the mountain. The Park protects ancient beech forests, pastures, many peaks and nine reserves -Boatin, Tsarichina, Steneto, Dzhendema, Kozya Stena, Severen Dzhendem, Stara Reka, Peeshti Skali and Sokolna.

Beside conservation, the Park's objective is to show nature to the tourist in all its glory. A network of many eco paths leads the guests of the mountain through places of beauty. Information boards provide additional data about the plant and animal species preserved in the area.

THE BALKANS

If one wishes to explore the Central Balkans in greater depth they can stay for a few days over 20 mountain hostels and shelters offer accommodation or

a place for a short rest. Various

mountain treks start from all mountain huts in the Balkans.

Total length: 1.5 km Ski tows: 2

The resort has an alpine trail 1.5-km long. It starts from Maluk Kom Peak, located at an altitude of 1,959 m. The trail is serviced by a modern T-bar lift and a children's tow.

Altitude of the trails: from 1,400 to 1,300 m Maximum vertical drop: 256 m Total length: 8 km Longest trail: 1.3 km Ski tows: 8

Mount Botev in the Balkans in one of the most difficult to conquer in the country and the trek is recommended only for experienced mountaineers. You will need a few days and winter equipment in order to reach the far-away 2,376 meters of the highest

18 peak of the Balkan Range.

The resort of Uzana is located in the Balkan Mountains, at the geographical centre of Bulgaria, and offers excellent conditions for a ski holiday. Its altitude is from 1,220 to 1,350 m. In the ski zone there are several trails, among which Uzana Tour (1,100-m long), Edelweiss and Impulse. Most of the trails are suitable for beginners.

Equipment for skiing and snowboarding can be rented at the resort. Snowmobiles can also be rented. A ride around the area or down the short trails is an unforgettable experience. The ski season starts from mid-December and ends in mid-April.

KOM-BERKOVITSA



Ski Centre Mount Kom-Berkovitsa is located at the foot of Mount Kom (2,016 m), 15 km away from the town of Berkovitsa and 100 km away from Sofia. The region is exceptionally beautiful and the snow cover is stable during the whole winter season.

There are good conditions for winter sports other than skiing and snowboarding in the region as well. It is possible to go paragliding or explore some of the many foot paths starting from the nearby mountain hostel. The huts has been renovated and offers good accommodation.





Altitude: 1600 m Ski tow: 1

FUN PARK OSOGOVO

Fun Park Osogovo is located in Osogovo Mountain, 20 km from the town of Kyustendil and 95 km from the capital, Sofia. The park has various snowboarding facilities and a ski run with night lighting.

Altitude of the trails: 1,700 m Total length: 800 m Ski tows: 2

FUN PARK KARTOLA

Fun Park Kartola is a winter sports centre located at an altitude of 1,700 m, 10 km away from the Rhodope village of Momchilovtsi and 240 km from Sofia. The centre offers good conditions for rough terrain snowboarding. The track is 800-m long and is serviced by two tows, with

Kartola is a suitable place for young boarders just beginning in the sport, and also for the more advanced boarders who wish to improve their skills.

several snowboarding facilities adding to the fun.

Tourist Information

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GENERAL INFO ABOUT BULGARIA

Geographic location: Republic of Bulgaria is a European country, located in the Eastern part of the Balkan peninsular. Its Eastern boundary is the Back Sea: Greece and Turkey are situated southbound, its Western neighbours are The Republic of Macedonia and Serbia, and to the North it shares border with The Republic of Romania.

Climate: Bulgaria has a mixed Mild-Continental and Mediterranean influenced climate. Average winter temperatures: 0 °C to -2 °C Average summer temperatures: 20-22 °C Territory: 110,099 sq. km. Population: 7 928 901 Official language: Bulgarian Capital: Sofia Currency: Bulgarian Lev (1 € = 1.955 BGN) Single European emergency call number: 112 Average height above sea level: 470 m Highest point: Musala peak (2925 m.) Time zone: GMT+2 (EST+7) Main denomination: East-orthodox Christianity

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OPPORTUNITIES THROUGHOUT THE WHOLE YEAR

