

# BULGARIA

BALNEO, SPA AND  
WELLNESS TOURISM



[www.bulgariatravel.org](http://www.bulgariatravel.org)

# Bulgaria – never-ending possibilities for human health



Nature has given the biggest treasure to Bulgaria – the magical sources of health and beauty. The country's geographic location, favorable climate, and diverse landscape create miraculous possibilities for human health, but the most precious gift of nature here are the natural mineral springs.



All well-known types of mineral water can be found in Bulgaria. Healing and valuable, water is the only natural element that has the ability to purify, heal, and balance the human body, all at the same time.

## Bulgaria on the world map. Climate and natural resources

You will find the treasures of Bulgaria in South-Eastern Europe, in the North-Eastern part of the Balkan Peninsula. Bulgaria has an outlet to the Black Sea and the Danube river. Its area is 111,000 km<sup>2</sup>.

The geographic location of Bulgaria in the transitional region between two climate zones provides for an exceptionally diverse climate, soil, vegetation, and animal life. The climate is temperate, with four distinguished seasons. It changes depending on the altitude and region – temperate and transitory continental, Mediterranean, maritime, and mountain climate.

Bulgaria is a very bright and sunny country, with significant duration and intensity of sunlight.

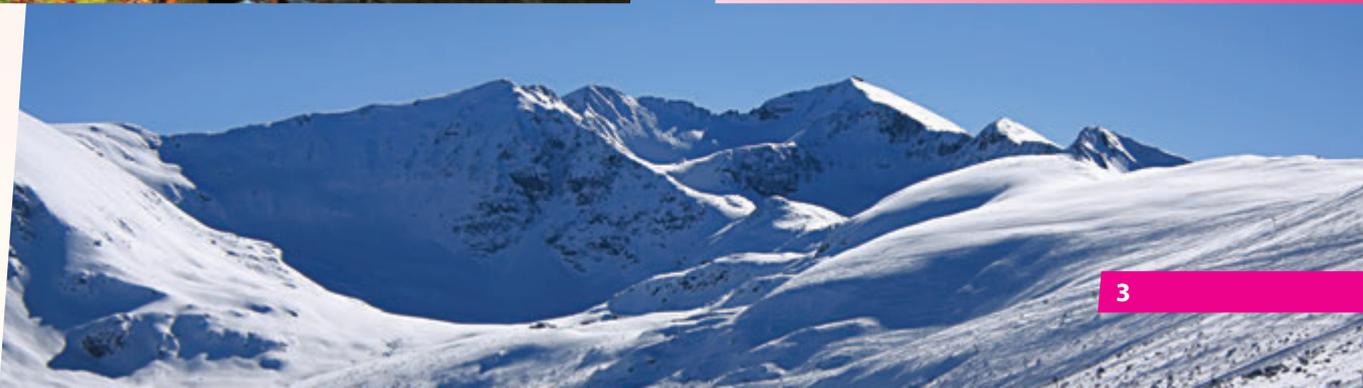


The average annual sunlight duration is about 2 100 hours, and in some regions it can go up to 2 500 hours!

Diverse terrain shapes, wide valleys and fields, lowlands, high mountains and rivers will paint before your eyes the most picturesque landscape you have ever seen. You will be impressed by the majestic rock masses, crystal clear lakes and cool forests, filled with a pine-tree and herbs aroma.

The mountains will provide you with favorable conditions for recreation and sport both in summer and winter.

The Bulgarian seaside resorts offer first-rate hotels with professional service, endless beaches, and everything you need for a complete vacation and relaxation.



The Bulgarian lands are world-famous for being environmentally clean, which allows the growing and breeding of diverse bioproducts. This is the only place where you can find such an abundant choice of dairy, meat, and honey products, as well as vegetables and fruits which are characterized by adequate nutrition quality with a rich and genuine flavor. They are produced based on the belief that true luxury comes from natural ingredients.

Bulgaria is also world known as a wine-producing country. It has all the necessary natural conditions for high-quality fruit-growing, which is supported by a long-time tradition dating back to the ancient Thracians. The regular and moderate wine consumption protects the body from cardiovascular conditions and tumors.



Its healing effect is due to the resveratrol, a natural substance found in abundance in red wine. Resveratrol balances the blood cholesterol level and protects the cells from free radicals. Today, vine-growing in the country is divided into 5 main vine-growing and wine-producing regions where modern wineries specializing in different types of wine have been built. The main wine centers include the Danube Valley, the Black Sea region, the Rose Valley, the Upper Thracian Plain (Gornotrakiyska nizina) and the Struma river valley.

Nowadays, newness at most wine cellars is the building of spa hotels near the wineries that offer a menu based on the natural products used in wine making.



Apart from wine tasting, a professional team will offer you spa programs based on grape and wine extract products. The authentic therapies and practices of relaxation based on wine products will provide you with an unconventional wine tasting. Wine extract baths stimulate blood circulation and purify the body from toxins. Masks and wrappings with micronized grape seeds and marc, red wine extracts, and vine leaves regenerate and strengthen the tissues. Grape oil massages soften and nourish the skin with powerful antioxidants.

Bulgaria produces the highest-quality and most sought-after rose oil in the world. It is produced by the locally cultivated Kazanlak oil-yielding rose, grown in the Rose Valley, where the conditions are the most favorable for its growth.



Bulgarian rose oil is among the most expensive and sought-after perfume ethereal oils on the international market. In certain years its price can approach that of gold, which hence has given it the name „liquid gold“. Bulgarian rose oil is used in therapy, in medication for treatment of chronic cholecystitis, gall duct diseases, and bronchial asthma.

There are other products that also contain high-quality ethereal oils like lavender and peppermint oil that are widely used in cosmetic procedures, recreational massages and aromatherapy. Rose concrete kills bacteria, strengthens the skin, and heals wounds, burns, etc.

The most precious gift of nature that you can enjoy in these lands is the treasure of natural mineral springs.



## Bulgarian mineral springs. Balneotherapy from the ancient Thracians up until today

Bulgaria is among the most abundant European countries in thermal water wealth and diversity. Not so many countries today, not only in Europe, but also worldwide, can compete with Bulgaria when it comes to abundance and diversity of thermal deposits. Their number in the country is the second biggest in Europe.

So far, more than 600 mineral springs have been discovered and studied here, over 80% of which having healing properties and water temperature from 20 to 101 °C. Bulgarian mineral water varies in chemical composition, mineralization, gases, and microorganisms. Most of the mineral water issues from a considerable depth, which guarantees it to be crystal clear.

Mineral water is well known for its ability to strengthen the human immune system. It also helps purify the body from toxins. Proper use of mineral water can have a beneficial effect when treating severe diseases.

The Thracians, who inhabited these lands millennia ago, knew about the secrets of the healing power of mineral springs. Later, in Roman times, some of the most famous balneotherapy facilities were established here, like Hisar – the ancient Augusta, Kyustendil – Pautalia, Burgas Mineral Baths – Aqua Calide (later Thermopolis), Sapareva Banya - Germaneya, Sliven Baths – Tanzos, and Sofia – Ulpia Serdica, Varna - Odessos. Famous balneotherapy centers were built by the Roman emperors Trajan, Septimius Severus, Maximian and Justinian.



In recent years, new modern recreational compounds and centers are being built established in Bulgaria, where you can enjoy local natural resources and give yourself a well-deserved vacation. The highly qualified medical staff will help you to have an unforgettable and truly beneficial stay depending on the needs of your body.

The mineral water that can be found in Bankya, near Sofia, in Sandanski in South Bulgaria, in Velingrad, Kostenets, Devin, Sapareva Banya, etc. is famous for its healing properties. In these and many other places in Bulgaria, modern spa centers have been built around the hot springs that attract visitors from all over the world.



In Bulgaria you will find all well-known healing and recreational procedures – mud therapy, chromotherapy, thalassotherapy, aromatherapy, massages, etc.

Local folklore and natural resources coexist here in perfect harmony with modern facilities and recreational compounds. Every spot in this small country has its own charm that can enchant the human heart.

Bulgaria holds one of the top places in the world when it comes to diversity of herbs with great healing properties. This immense abundance of natural factors, combined with modern balneotherapy centers, provides the opportunity of all-year treatment.

The mountain resorts provide various opportunities for disease prevention and treatment. Their main advantages include the beautiful nature, the clean air, the negative air ionization, as well as the numerous mineral springs with varying temperature and composition.

The distinctive maritime climate combined with the healing mineral springs and mud baths provide perfect conditions for treatment, recovery, and relaxation all year round.

## Velingrad

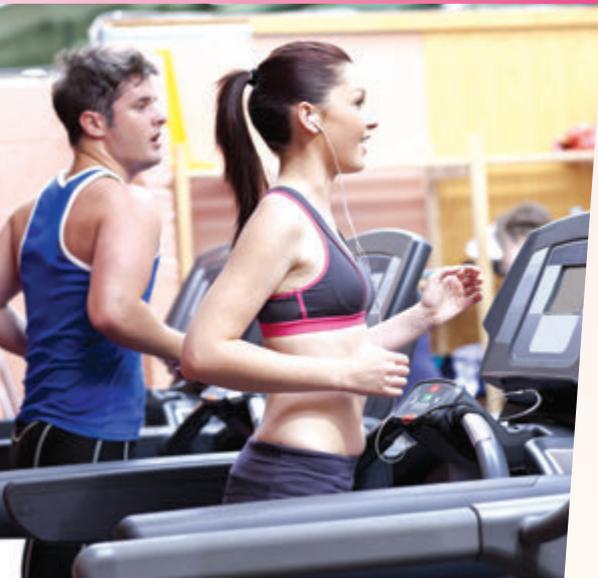
Velingrad is located 120 km away from the capital Sofia and 85 km away from the cultural center, the city of Plovdiv. It is the biggest Bulgarian balneotherapeutic resort.

In terms of abundance and diversity of mineral water, Velingrad is at the top position in Bulgaria. About 80 springs issue here; their volume and composition provide a number of treatment options all at once.

A real miracle of nature is Kleptuza, the biggest Bulgarian karst spring that discharges 570 l of ice-cold water on the surface every second. The water then forms two lakes flowing into the Chepinska river.

43 recreational compounds and sanatoriums, 20 hotels with about 1480 beds, and more than 300 private lodgings represent the tourism, balneotherapy, and resort industry in this mountain town. The abundant mineral water, the mild climate, and the beautiful nature attract more than 200,000 visitors to Velingrad every year. The mineral water temperature varies from 28 to 86°C. The water has a weak mineralization and it issues from a deep origin. It is also crystal clear and bright, and is used for treatment and prevention of various diseases.

The resort offers specialized treatment of lung, joint, motor, nervous, gynecological (including sterility), kidney, liver, and gastrointestinal diseases.



## Sandanski

Sandanski is located at the South-Western side of Pirin mountain. Its vicinity is abundant in cultural, historical, and natural landmarks. It is believed that Spartacus of the Thracian Maedi tribe, a gladiator who became leader of the biggest slave uprising against Rome, was born and lived in the town area. The monument of Spartacus is one of the town symbols. The town is famous for its unique climate and mineral springs with a temperature of up to 83°C. The average annual temperature in this part of Bulgaria is 14.7 °C. The winter is mild and short and the autumn is warm and long.

The mineral springs are an exceptional natural treasure due to their hydrocarbonate and sulphate content. The springs in Sandanski are graded 4<sup>th</sup> class on the Carstens-Alexandrov scale. There are 80 mineral springs along the valley of the Struma river, grouped in 13 troves. Some of the best-known springs include the Turkish Bath, the Chrism Tap, Pariloto, and the new drilled well. The mineral water healing properties are used for water treatment of motor, central and peripheral nervous system diseases, as well as gynecological problems. Drinking of the water is recommended for gastrointestinal conditions.

The town is acknowledged to be the best natural hospital for treatment of bronchial asthma in Europe. The resort is also recommended for treatment of skin allergies.

200 plant species grow in the St. Vrach Town Park. A stadium, a summer theatre, an outdoor swimming pool and an artificial lake are also available to the town's guests. 24 km South-East of Sandanski is the museum town of Melnik, and 6 km further on is the Rozhen Monastery, the biggest medieval monastery in this part of the country.



## Devin

The town of Devin is located in the Western Rhodope at an altitude of 710 m. This enchanting place is surrounded by centuries-old pine and spruce woods. The resort has restaurants providing a great selection of local meals, small private hotels and lodgings for people seeking a healthy lifestyle.

With its numerous mineral springs and healthy climate, the town is among the top resorts on the Balkan Peninsula. Modern spa compounds and a holiday village providing balneotherapy, mud therapy, paraffin and lye therapy, kinesitherapy and physiotherapy are available to all visitors. Devin water is used for gastrointestinal, gall, liver, kidney and urological diseases, as well as metabolic, endocrinologic, and skin problems. It is also used for motor, nervous, reproductive, and cardiovascular system diseases, as well as for sports and prevention.

Interesting visitor destinations in Devin are the Town History Museum and the St. Yoan Rilski Church. The Shiroka Laka Architectural and Ethnographic Reserve is located 21 km away from the town. The region also includes one of the most beautiful and enchanting parts of the Rhodope mountains, the Trigrad Gorge, as well as a number of caves: Dyavolskoto Garlo, Yagodinska, Haramiyska, etc.



## Sapareva Banya

Sapareva Banya is located 75 km South-West from Sofia, at the North side of Rila. The natural resources, climate, and location of the municipality stimulate the development of balneotherapy, ecological and rural tourism.

There are certain attractions that you shouldn't miss during your stay in here. In the town you can find the only on the Balkan Peninsula geyser fountain where the water temperature is 103°C. The geyser is in the central part of the town and is surrounded by a vast public garden. The geothermal spring pushes out an 18-meter jet of mineral water every 20 seconds. Visit the geyser at night when the colored lights at its base create a stunning effect. The recreational compound is just a few steps away.

The resorts and medical facilities are specialized for treatment of motor, peripheral and central nervous system and gynecological conditions, as well as acute and chronic poisoning and skin and upper air passage diseases, etc.

A prehistoric settlement is located in the Kremenik area, where a number of archeological findings have been discovered, proving that the area has been populated from early and all through the middle and late Neolithic Age. The first inhabitants of the prehistoric settlement have come from the Struma river valley and represent one of the most ancient European civilizations. Numerous ancient Thracian monuments have been discovered, giving evidence that the Thracians valued the healing properties of the local mineral water.



## Pavel Banya

The Pavel Banya Resort is located between Stara Planina and Sredna Gora, among the picturesque Rose Valley, also known as the Valley of Thracian Kings.

A unique three-day feast is organized annually in the first days of June – the Rose and Mineral Water Festival. The festivities are very popular among Bulgarians and foreigners alike. The program includes an international folk festival, opening of the swimming season, rose picking, and a carnival; the festival culminates in selecting the Queen Rose.

The sanatoriums in Pavel Banya let you enjoy the valuable qualities of the queen of flowers, the rose. Roses are beautiful, fragrant, and healing. Their blossoms are rich in ethereal (rose) oil and contain about 300 different substances. They are used in medicine mainly in a dry or powdered form. They have a soothing and a bronchi widening effect in fits of shortness of breath, spastic bronchitis, asthma and can also cure skin diseases. Rose blossoms also have an anti-allergic effect.

The most interesting landmarks in the vicinity include: the Thracian Tomb in Kazanlak with its magnificent murals dating from the 4<sup>th</sup> century BC which is part of the UNESCO World Heritage; it is 20 km away. The town of Shipka with its impressive Nativity Monument the Golyamata Kosmatka Thracian Tomb, discovered nearby, which is believed to be the tomb of the ruler Sevts the Third and the Thracian city of Sevtopolis are 13 km away, along with the Damatsena Ethnographic Compound (the first private rose distillery).

The Central Balkan National Park allows you to go for a walk or on a hike, where you can get to know the well-preserved and diverse plant and animal life, or you can go fishing in the beautiful Koprinka Dam, only 3 km away. You can also visit the Byala Reka Eco Path and the nearby ostrich farm – the Four Seasons Ranch.



## Hisar

Today, this lovely town has become a genuine fortress of health and beauty. It is located on the South flanks of Sredna Gora, surrounded by picturesque parks and gardens.

The resort area includes 22 springs located in a small region that have various physical and chemical characteristics and hold a temperature between 41 and 52 °C. This is unique not only in Bulgaria, but also in the world. The water is low in mineralization, containing hydrocarbonate, sulphate, and sodium. It also has a high alkaline reaction and a low solidity; it is bright, colorless, and tasty.

Here you can see the remains of the biggest Roman bath, discovered in 1935. The archeologists date its construction as far back as the 4<sup>th</sup> century. There were rooms for hot and cold baths, a place for relaxation and two pools. In other special rooms, the priests were conducting healing procedures after the baths, massages and covering with fragrant oils. The bath also had a nymphaeum, a sanctuary consecrated to the nymphs, worshiped as deities of springs and healing water. An interesting bit of trivia, Emperor Diocletian, that the town was named after, introduced the first bath entrance fees in the world.

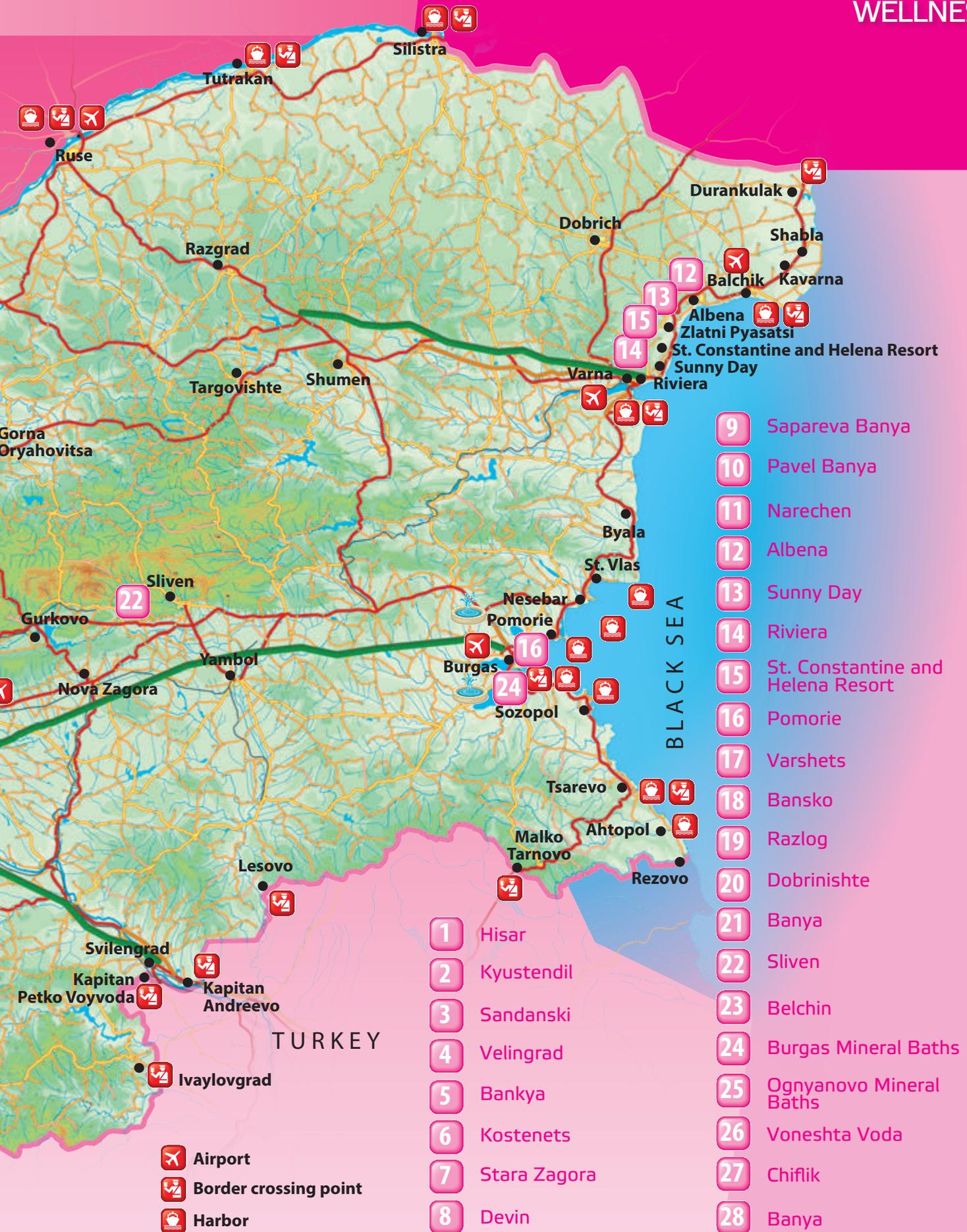
The mineral waters of the resort are used for effective treatment of kidney, gall, urological, gastrointestinal, liver and motor diseases. Very good results are obtained in patients with kidney stones, kidney microlithiasis and post-operative conditions, as well as obesity, and many others.

# The most important balneo, spa, and wellness centers in Bulgaria



# BULGARIA

BALNEO, SPA AND WELLNESS



## Kyustendil

Splendid and magnificent for the most part of its existence, today Kyustendil will also impress you with the numerous cultural monuments from all historical ages such as parts of fortified walls, ancient streets and mosaics, Christian temples, mosques, and public baths from the Middle Ages and the Revival period.

The hot healing mineral springs (there are 40 of them) and the healing peat from the deposits in the village of Baikal are the regional natural resources that allow for balneo- and mud therapy (baths, pools, underwater gymnastics, underwater massage, healing showers, irrigations), kinesitherapy, specialized methods, paraffin therapy, full range of device physiotherapy, healing massages. Local mineral water is one of the hottest in the country – 74 °C.

Kyustendil's mineral springs are favorable for treatment of the air passages, and motor and gynecological conditions. Their chemical composition includes hydrocarbonate, sulphate, and sodium, with an alkaline reaction.

Kyustendil has a well-developed resort structure, numerous hotels, food establishments and night clubs.

The Hisarlaka Park lies in the lowest slopes of Osogovo Mountain. The park provides for relaxation and tourism in the beautiful nature. There are fortress remains, bars, and arbors. The town is an entrance to the beautiful and enchanting Osogovo Mountain.



## Modern healing, recovery and relaxation centers

### Bankya

Bankya is a town in the Sofia Region, Western Bulgaria, and is located only 15 km away from the capital city. Bankya is a national rehabilitation center for patients with cardiovascular diseases and for prevention of such. The town has cozy hotels and restaurants, cultural monuments, churches, a tennis compound and a race course.

Located at the foot of Lyulin Mountain, the town has distinctive surroundings with its abundant vegetation and sunny days, a temperate continental climate, and a light mountain breeze. The numerous sanatorium and resort facilities with highly trained medical staff determine the development of Bankya as a prestigious national and international resort, and at the same time, an environmental reserve for the capital city of Sofia.

The traditional festivities of mineral water and longevity, called „Goreshtlyatsi“, are organized in the town every year in mid-July. It is believed that the water is most healing in these hottest days of the year – July 15, 16, and 17. For this reason, these days are acknowledged as the official holiday of the picturesque town.



### Kostenets

The town of Kostenets is located at the foot of Rila mountain, about 75 km South-East from Sofia. The world-famous ski resort Borovets is only 28 km away and Dolna Banya is 10 km away. The regional natural resources are the mineral springs with a temperature of 47 to 73 °C. The Kostenets municipality has 3 national resorts: Momin Prohod, Vili Kostenets and Pchelinski Bani. Here you will find peace and quiet, crystal clear air and healing mineral water. The beautiful nature and the enchanting murmur of the waterfalls will satisfy the need for relaxation of even the most demanding guests.

The springs have been well-known since Antiquity, as indicated by the preserved remains of Roman therms, balneotherapy facilities and nympheums. The municipality's cultural heritage also includes 36 Thracian burial mounds, 20 necropolises and 11 ancient settlements. In your spare time you can also visit the 150-years old St. Michael the Archangel Temple (in the village of Kostenets), the St. Spas Monastery, the St. George the Great Martyr Temple, the St. Pantaleymon Church, the St. Ilia and St. Petka chapels.

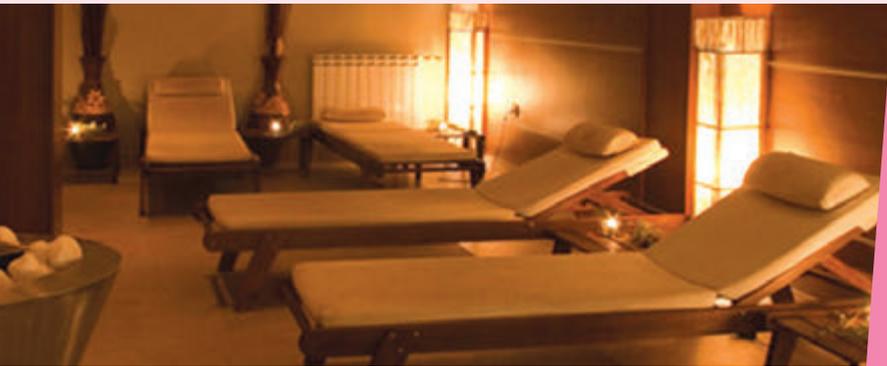
Here you will receive professional hospital treatment of internal and nervous diseases, rehabilitation, and a general maintenance of satisfactory body and mental health.



## Stara Zagora Mineral Baths

The Stara Zagora Mineral Baths Resort is located in the balneo-climate low-mountain area to the South of Stara Planina. It also includes resorts and facilities with an altitude of 400 to 500 m, such as Momin Prohod, Dolna Banya, Banya, Strelcha and Pavel Banya.

The spa centers are located in the Stara Zagora Mineral Baths Resort, in a picturesque and environmentally clean area, on the South flank of Sarnena Gora, 12 km away from the city of Stara Zagora. Here you will be offered numerous face and body therapies, conducted in a perfectly relaxing environment. Physiotherapists, rehabilitators, kinesitherapists, cosmeticians, administrators, life-guards, etc. will take care of you feeling comfortable. Here you will be able to get rid of toxins, refresh and hydrate your skin, improve your blood circulation and metabolism. Specific natural factors contribute to your beneficial rest: clean ozone-rich air, fresh mountain breeze and mineral water with healing properties for internal and external use.



## Varshets

The town of Varshets was established around the mineral springs and its history is associated with balneotherapy. The town is located at the foot of the Todorini Kukli Peak on the Northern flanks of Stara Planina, in a large valley along the Botunya River. Its ancient name, Medeka, means „hot boiling water“ and the current town motto says „Varshets – town of health“. The Thracian boy, the deity Telesphor, whose unique bronze sculpture from the 2<sup>nd</sup> century BC was discovered in the region, is the town symbol today.

The mineral springs of Varshets have been used since Roman times, evidence for which are the discovered remains of Roman fortresses, Roman coins and small ceramic plates. Heart, nervous system and motor diseases have been treated in Varshets for the last 150 years. The water is suitable for general prevention, body strengthening, body and mental recovery from fatigue.

The town is situated among vast forests. The air is clean, slightly moist and it has a soothing effect on every visitor.

## At the foot of Rila and Pirin

You will find diverse conditions for recreation and rest in Rila and Pirin mountains like superb winter sport tracks, as well as first-rate hotels providing modern spa and recreational procedures. Balneotherapy experts, masseurs and kinesi therapists will provide you with their professional services that will make you remember these places and want to come back here again and again.

### Bansko

Bansko attracts Bulgarian and foreign tourists all year round. The clean mountain air, the perfectly maintained ski tracks and the modern relaxation facilities provided in first-rate hotels gain new friends every year.



### Razlog

Razlog is situated among 3 mountains. The majestic peaks, the beautiful nature, the hot mineral springs, the protected natural landmarks, as well as world cultural and historical heritage landmarks, the ski tracks and the well-known hospitality of the locals attract Bulgarian and foreign guests.

### Dobrinishte

Dobrinishte is one of the most beautiful parts of Pirin mountain. The resort has mineral water famous for its healing properties, as well as a large swimming pool. It is a starting point for trips to the wonderful Gotse Delchev and Bezbog chalets.



### Banya

Banya is one of the oldest villages in the Razlog valley. The village has 70 mineral springs with water temperature of about 55 °C used in outdoor swimming pools and a mineral bath. The natural resources, the beautiful views of Pirin and Rila mountains, the proximity to the Bansko ski center justify the all-year tourist demand.



## Bulgaria, an inexhaustible source of health. Balneotherapy on the Bulgarian Black Sea

The Bulgarian Black Sea resorts also have their natural resources that will offer you a perfect holiday. There you will find first-rate hotels and recreational compounds with a range of healing, rehabilitation and relaxation services provided by a highly-qualified staff.



### Burgas Mineral Springs

The Burgas Mineral Springs are one of the most ancient Bulgarian balneotherapy resorts, located among a well-vegetated area, vineyards and fruit gardens 15 km North-West from the second biggest city on the Black Sea, Burgas. This big balneotherapy center has been prosperous for centuries under the name Aqua Calide, and later Thermopolis, visited by patients from all around. The description of the wife of Emperor Tiberius II who was successfully healed in Thermopolis still lives on. She gave away her emperor's mantle to the local church as a sign of gratitude.

The resort is located at an altitude of 31 m. The summer is hot and the winter is mild to moderately cold. A wide range of healing procedures are applied here such as external balneotherapy in tubs and pools, mineral water drinking therapy, other balneotherapy and hydrotherapy procedures like healing gas baths, baths with herbal extracts and medications, healing showers, mud and paraffin therapy, healing gymnastics (incl. underwater), different forms of kinesitherapy, mechanotherapy, healing massages, underwater shower massages, ergotherapy, electro-light therapy, sun and air baths, swimming, healing sport games, healing field procedures, diet therapy, medication therapy, etc.

In their spare time, in addition to the entertainment provided in the resort, patients have a convenient and easy way to visit the Black Sea city of Burgas and its landmarks.

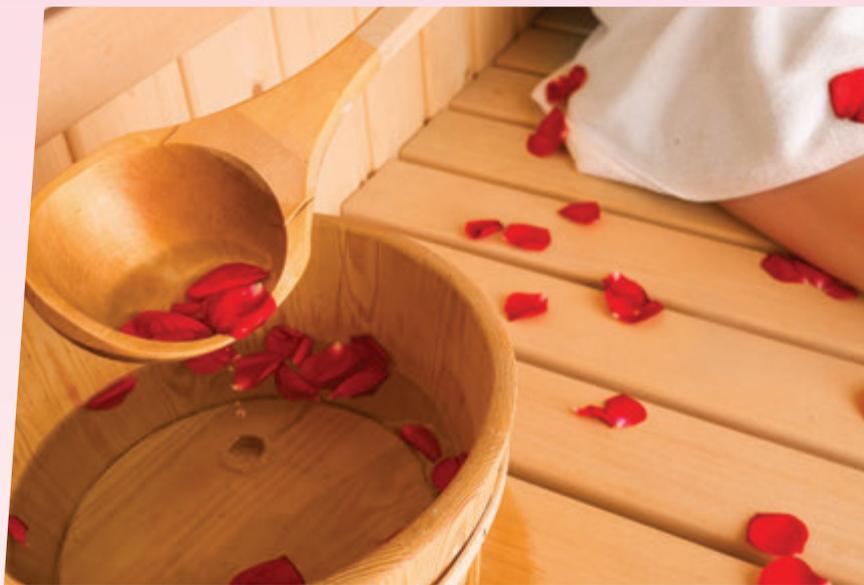


## Pomorie

Pomorie was established in the 6<sup>th</sup> century BC as a Hellenic colony called Anhialo. The city is a seaside center of medical tourism. The sanatorium resort is based on the healing properties of the famous Pomorie mud.

The healing Pomorie mud is extracted from the firth lake located in the vicinity of the town. It is a natural product that constitutes from organic and inorganic compounds derived by various chemical, biological and microbiological processes in the Pomorie firth lake. The healing factors have a specific effect on the body mainly through a neuro-reflex path. The healing mud procedures help for significant activation of metabolic processes and are very effective in upper air passage diseases. The mud also has active anti-inflammatory properties.

For quite some time, the wide beaches and modern mud therapy procedures have turned the city into a desired and sought-after place for vacation and treatment. The town also provides its numerous guests with perfect conditions for leisure, sport and various kinds of entertainment.



## Albena

The Albena Seaside Resort is located only 21 km away from the city of Varna along a 5 km long beach line. At some places the beach is up to 500 m wide. The resort is recommended for its combination of a wide beach line with fine golden sand, a shallow coast, fresh seaside air, tranquility and mineral waters.

Part of the resort's charm is the splendid dense forest Baltata, gently enfolding the Batova river valley. The natural reserve encompasses an area of 180 ha.

The mineral water in the resort has a temperature of 30 °C. It has a weak mineralization, it is hydrocarbonated, and it contains magnesium and calcium. Firth mud is also extracted here. The mud contains biologically active substances, biogenic stimulators and microelements, such as iodine, copper, strontium, molybdenum and manganese.

The spa and wellness centers program includes various procedures. The capacity of the center allows for up to 1000 procedures per day with up to 200 participants.

The recreational compound has numerous modern hotels, arranged in a way that they all have a view towards the seashore and an optimal amount of sunshine. The tasteful bars, pools, sport halls, football stadiums, horse riding facilities, etc. all provide a lot of opportunities for active sports playing and body strengthening.



## Zlatni Pyasatsi (Golden Sands)

Zlatni Pyasatsi is a picturesque bay at the Northern Black Sea coast, located 18 km away from Varna, in the Zlatni Pyasatsi Natural Park. The hotels, food, sport and entertainment facilities are right next to the beach and situated among the beautiful vegetation of magnificent woods. The golden beach starts right at the foot of the woods. An immense resource of the resort is the healing mineral water. Here, spa procedure fans will find hot mineral springs; a lot of the hotels provide various options for its usage. In addition to traditional therapies, therapies from Thailand and Indonesia are also offered, as well as a Turkish bath, Hawaiian WATSU procedures, wine therapy, shiatsu massages, chocolate therapy and a wide range of body and facial cosmetic procedures.



Zlatni Pyasatsi is awarded with the Blue Flag – an international award for environmentally clean resorts. The beach of the resort is 3.5 km long and up to 100 m wide. It is known as one of the best sand beaches in Europe. The beach is smooth, covered with fine golden sand. The seabed descends gradually without any rocks or abrupt changes on the bottom. The clean and calm sea water has low salt concentration and is suitable for underwater swimming.

The mild and pleasant spring and autumn weather is good for balneotherapy and sea therapy, congress and conference events, and short-term vacations.



## Riviera

The Riviera Holiday Club is located on an area of 12 hectares among a majestic park with centuries-old trees at the very seashore and with beautiful beaches hidden in cozy small bays. The local climate has the characteristics of a natural inhaler. In addition to the healing properties of sea water, Riviera also has a natural mineral spring.

The resort architecture and infrastructure are entirely environmentally friendly. Every consequent resource and service modernization has been based on this philosophy. This elite tourist compound is 17 km away from the city of Varna, which means there is a wide choice and easy access to all kinds of transportation, entertainment, cultural events, etc. Varna International Airport is operating all year round and has regular and charter flights to more than 35 countries. The bus and train station of Varna provide convenient transport connections for frequent internal and international lines.



## Sunny Day Compound

The Sunny Day Resort is 10 km North-East from Varna's outskirts, very close to the St. Constantine and Helena Resort. It is located in a cozy bay with a wonderful natural park. The proximity of the woods and the distinctive sea breeze make this resort a perfect place for leisure and relaxation. The resort has also won the Blue Flag International Eco Award for several years in a row. The combination of crystal clear water, golden sand and mineral springs allows for the recreation and beneficial rest of the visitors. The hotels are modern and luxurious. The perfectly equipped conference halls available in the hotels contribute for the resort to become an international business center.

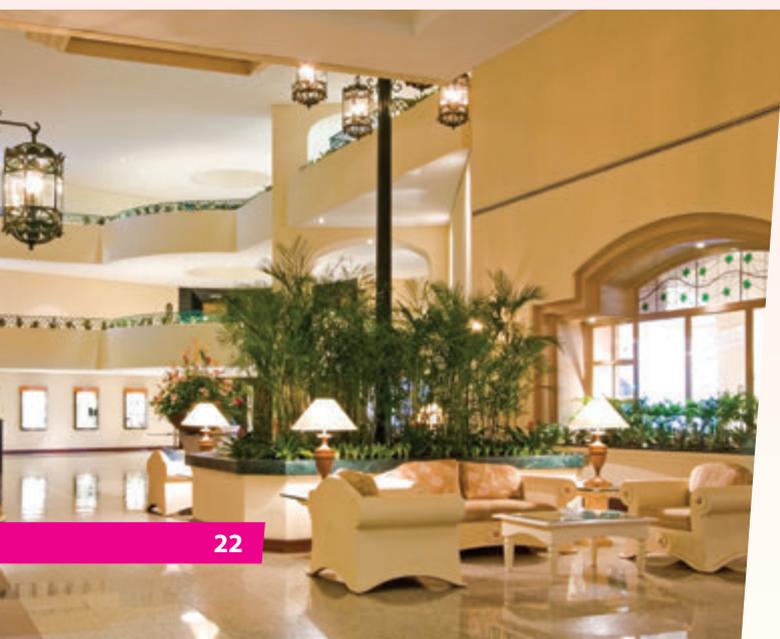
Sunny Day has two modern spa centers offering more than 100 different kinds of medical and cosmetic procedures – mud therapy, reflexotherapy, laser- and aromatherapy, tanning beds, sauna, and fitness center. Outdoor and indoor swimming pools with mineral water are also available. The cozy bay provides perfect conditions for various water sports and games.



## St. Constantine and Helena

St. Constantine and Helena is located 9 km North-East from Varna and 10 km away from the Zlatni Pyasatsi resort. This is the oldest Bulgarian seaside resort (1908), established around the monastery carrying the same name. The resort is famous for its unique combination of clear air, abundant vegetation and fabulous sea water. Numerous first-rate hotels are available, providing various healing and recreational procedures.

The area has many springs with healing properties, hot mineral water pools, balneotherapeutic facilities, etc. The combination of a maritime climate and hot mineral water allows for a really pleasant and well-remembered holiday.



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phone: +359 707 22 332, e-mail: infcenter\_sapb@abv.bg

### HISARYA

4180 Hisarya, 23 Gurko Blvd.  
phone: +359 337 62 141, e-mail: hissar\_infotour@abv.bg

### STARA ZAGORA

6000 Stara Zagora, 27 Ruski Blvd.  
phone: +359 42 627 098, e-mail: tic@city.starazagora.net

### SANDANSKI

2800 Sandanski, 28 Makedonia Str.  
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### NEVESTINO

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### BURGAS

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### OGNYANOVO

2117 Ognyanovo, 1 Peta Str.  
phone: +359 893 344 079, e-mail: tic\_garmen@abv.bg

### VARNA

9000 Varna, Sv. sv. Kiril i Methodiy Square  
phone: +359 52 608 918, +359 52 608 919  
e-mail: office@varnainfo.bg

### VARSHETS

3540 Varshets, 90A Republika Blvd.  
phone: +359 9527 31 56, +359 886 985 858;  
e-mail: tic\_varshets@abv.bg

### SLIVEN

8800 Sliven, 1 Tsar Osvoboditel Blvd.  
phone: +359 44 611 148; e-mail: infotourist@sliven.bg

### DEVIN

4800 Devin, 5 Osvobozhdenie Square  
phone: +359 876 535 435; e-mail: tic\_devin@mail.bg

## GENERAL INFO ABOUT BULGARIA

**Geographic location:** Republic of Bulgaria is a European country, located in the Eastern part of the Balkan peninsula. Its Eastern boundary is the Black Sea; Greece and Turkey are situated southbound, its Western neighbours are The Republic of Macedonia and The Republic of 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:** 7 364 570

**Official language:** Bulgarian

**Capital:** Sofia

**Average height above sea level:** 470 m

**Highest point:** summit Musala (2925 m)

**Time zone:** GMT+2 (EST+7)

**Main denomination:** East-orthodox Christianity (76 % of the population)

**Other denominations:** Islam (10 % of the population), Catholicism (0,8 % of the population), Protestants (1,1% of the population)

**Ethnic groups:** Bulgarians (84,8 %), Turks (8,8 %), Gypsies (4,9 %), others (0,7 %)

(All data is from survey made in 2011)

## MINISTRY OF TOURISM

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# OPPORTUNITIES THROUGHOUT THE WHOLE YEAR

