



Mountain Riding and SPA Tour

This program is a unique opportunity to combine exciting horse riding tours with relaxing Spa procedures in one of the most beautiful parts of Bulgaria – West part of Rodopi Mountains in the Spa capital of the Balkans region – Velingrad. We will accommodate you in a 4 star Spa hotel, take refreshing rides in the idyllic Rodopi landscapes and enjoy local cuisine. A holiday you enjoy with all senses!

Price: EUR 650 for 7 days.

Options for 2, 3 or 5 days tours with a price of EUR 100 per day

Price is per person includes:

Accommodation in a 4 star hotel in the town of Velingrad (the SPA capital of the Balkans Region) in double rooms per two person in a room on bed, breakfast and lunch; English-speaking riding guide; saddled horse; luggage transfers; pick up/drop off at Sofia or Plovdiv airport; entrance fees not included. We can also provide you with riding helmet upon request. Insurance during the riding tours is also included. We also plan to provide you with a couple of surprises including a barbeque in the equestrian centre.

Accommodation:

We accommodate our clients in a 4 star SPA hotel in Velingrad, which offers an indoor and outdoor pool with hot thermal water and a SPA centre including Jacuzzi, sauna and steam bath. The hotel also offers a range of other SPA procedures including massage, thalasotherapy, aromatherapy etc which are subject to additional payment. The package included breakfast in the hotel and lunch during the riding tours. Full Board is also available upon request. The offer is per person in a double room per two persons in a room. Single rooms are also available and the price is provided upon request.

Introduction:

The riding tours are in the Rodopi Mountains in southern Bulgaria. For most Bulgarians, it is the numerous caves from prehistoric time, the Roman roads and the beautiful medieval monasteries that account for the Rodopi's charm. For others it is the picturesque mountains villages, their authentic lifestyle and the warm local hospitality. Or perhaps the mellow green fields and the reflection of the sun in the bright blue highland lakes.

We give you an opportunity to mesmerize the atmosphere of the Rodopi together with our horses and have a relaxing afternoon in the luxury SPA centre in the hotel. Even more you will enjoy different routes every day without the tiresome daily luggage packaging.

Itinerary:

Day 1. Arrival at Sofia or Plovdiv airport, transfer to Velingrad and accommodation in the hotel.

Day 2. Breakfast in the hotel and transfer to the equestrian centre. Selection of horses (you can see our horses on the website) and saddle (Western or English). Ride in the woods near the equestrian centre. Barbeque lunch in the equestrian centre for an hour or two. Ride to the near lake. Transfer to the hotel in 5 pm.

Day 3. Breakfast in the hotel and transfer to the equestrian centre. Riding tour to high land pastures Brezi to enjoy picturesque landscapes on 1500 m above the sea level. Lunch and a two hour break are also included in the tour. Transfer to the hotel in 5 pm.

Day 4. Breakfast in the hotel and transfer to the equestrian centre. Riding tour to the ruins of the medieval fortress Cepina. Lunch and a two hour break are also included in the tour. Transfer to the hotel in 5 pm.

Day 5. Breakfast in the hotel and transfer to the equestrian centre. Riding tour to the karsts cave Lepenitsa, this is situated on a 1300 m above the sea level and provides astonishing views. Lunch and a two hour break are also included in the tour. Transfer to the hotel in 5 pm.

Day 6. Breakfast in the hotel and transfer to the equestrian centre. Riding tour to the picturesque railway Dolene situated in the middle of the narrow-gauge track Septemvri-Bansko. The track makes its way through the heart of the Rodopi Mountains and provided breathtaking views. Lunch and a two hour break are also included in the tour. Transfer to the hotel in 5 pm.

Day 7. Breakfast in the hotel. During this day we provide you with two options:

- a) Leisure time in the city of Velingrad, enjoy some shopping and SPA procedures;
- b) Transfer to the equestrian centre and have a riding tour following the choice of the group (mountain riding, galloping riding in the country).

Day 8. Time to get back. Transfer to the airport for departure.

Difficulty grade: The program includes different types of terrains, going through rivers, climbing small mountain peaks, galloping through flat country and therefore it is designed for riders having preliminary preparation for the three major types of riding: walking, trust and gallop.

Group size: between 2 and 8 people

Here is the rough list with things we think you should take with you when coming for an equestrian holiday in Bulgaria:

Recommended items:

1. Hard-toed boots with a heel
2. Long jeans
3. Gloves for hand protection
4. Riding helmet (for children especially!)
5. Spurs (only when necessary!)
6. Fleece headband
7. Lightweight windproof riding jacket
8. Light casual shoes for walking and/or for travelling
9. Loose, casual trousers
10. Waterproof trousers
11. Raincoat
12. A set of T-shirts, sweatshirts and long sleeved shirts, preferably not cotton
13. Warm shirt, possibly fleece and/or pullover
14. Fleece windstopper jacket
15. Windproof, waterproof outer shell garment (breathable if possible!)
16. Hat or cap for sun protection
17. Sunglasses with UV protection
18. Sunscreen lotion and lip balm
19. Repellent (for mosquitoes, flies and ticks)

Optional items:

1. Personal basic first aid kit to include essential items
2. Torch (head mounted preferable)
3. Large handkerchief/bandana for neck
4. Binocular
5. Altimeter
6. Compass
7. Photo camera