

Bulgaria

Where Wine und Honey Flow

ROSES AND WINE INTERACTIVE TOUR

26th of May to 8th of June 2019

Bulgaria is a country with thousands of years of history and many of its gifts to the world are probably also part of your daily life: Did you know that yoghurt was spread throughout Europe only at the beginning of the 20th century after a Bulgarian scientist discovered the healthy effects of the bacteria "Lactobacillus Bulgaricus"? Have you ever tasted the excellent Bulgarian wine? No wonder, since the Thracians, the ancestors of today's Bulgarians, are considered the inventors of the special wine juice. And did you know that Bulgaria is responsible for 70% of the world's rose oil production? So if you are using a perfume, you may be wearing a piece of Bulgaria on your skin.



Thanks to its long history and location at the crossroads between Europe and Asia, Bulgaria has been able to obtain evidence of a wide variety of eras: Thracian tombs, Roman ruins, Byzantine and medieval fortresses, churches and monasteries and architecture with visible influences from the Ottoman period. Bulgaria is also a land of natural beauties with varied landscapes: wilderness in the mountains, which are nearly 3'000 meters high, caves and gorges, tourist ski resorts, lowlands with intensive agriculture, the Danube and various other important rivers, the Black Sea coast with a completely different atmosphere. Thanks to these different landscapes, Bulgaria

is one of the countries with the highest biodiversity in Europe.

Despite its contributions to the world, cultural heritage and beautiful landscapes: Bulgaria's true treasure is its people. Many Bulgarians are proud of their culture and origins, open to new things and have a hospitality that will always make you feel at home. You can learn new things from your hosts and enter into a dialogue about ideas, knowledge, traditions or spirituality. Don't miss the Bulgarian cuisine, which recipes are passed on from generation to generation!

Travel dates:

Sunday, 26th of May 2019 (Arrival in Sofia) to Saturday, 8th of June 2019 (Departure date)

Possible extensions, upon request.

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www.insidetravel.ch

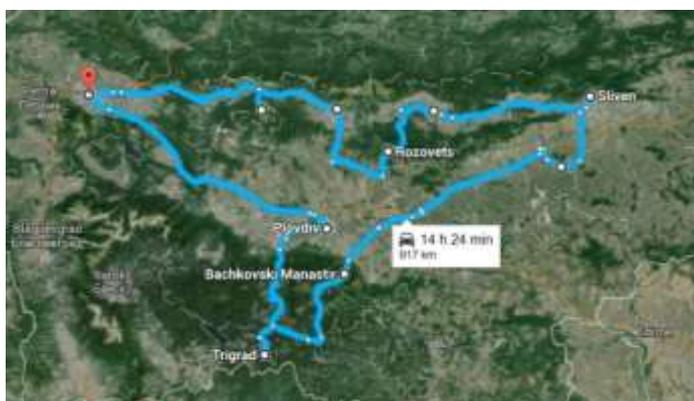
Costs: The costs depend on the number of participants:

The trip will take place with minimum of **6 subscriptions**. **The price per person, with 6 participants will be 2'170 CHF.**

For 8 Participants the price will sink to 1'980 CHF per person.

This price includes the whole trip-related costs (Stay overnight in a double room, full-board meal, local transport, entrance fees to the included in the trip attractions, local guides, etc.). The price for the flight is not included. Such costs about additional ca. 250 - 300 CHF.

In addition, a single room can be booked for the price of total 190 CHF for the whole trip duration.



Short Programme overview

(Day 0)	Arrival in Sofia
Day 1	Sofia Interactive: Experience the everyday life in a playful, interactive way.
Day 2	Koprivshitsa: The centure of the Revolution. Try out Handicrafts and experiencing history.
Day 3	Enjoy nature on a small farm and experience another reality.
Day 4	In the valley of the Roses: Try out yourself handicraft activities and prepare a small rose product. Visit a rose factory.
Day 5	Sliven: At the heart of Bulgarian industrialization. Afternoon hike the Sinite Kamani Mountains.
Day 6	Sliven from the inside: As a guest in a local family.
Day 7	On the way. For lunch at the winery, taste various local wines. For Dinner at Batschkovo: Spend the night with the monks and listen to Orthodox spirituality.
Day 8	After the morning mass in the monastery: On the way through the Rodopi Mountains to the home of Orpheus.
Day 9	Trigrad: Where church and mosque are in the same village. Exploring the peaceful coexistence of religions.
Day 10	Explore caves, mountains and nature in Trigrad: on foot or on horseback on the trail of the bears.
Day 11	Cultural experience in Plovdiv: Exploring the history, stories and the mix between old and new life.
Day 12	Return to Sofia. Individual explorations in the capital.
(Day 13)	Departure

Are you interested? Then ask for the detailed itinerary. We will also be happy to advise you by e-mail (info@insidetravel.ch), telephone or in a personal meeting.



The trip is organized by the mixed Bulgarian-Swiss Inside Travel Team. As a non-profit initiative, we stand for tourism, which focuses on cooperation and cultural exchange with the local population.

During our trips you can expect authentic, surprising and eye-opening moments as well as professional support. We have set ourselves the goal of using tourism as a tool for positive development in the countries visited.

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