

## Land of Gods and Emperors - Riding and SPA (Sredna Gora mountain)



**8 days, 7 nights, 6 days riding**

You will embark on an experience beyond comparison! You will combine the pleasure of riding through one of the most picturesque Bulgarian mountains – Sredna Gora with the healing power of the mineral water that springs out of its womb. You will ride back in time to the mystical world of the Thracians and the great Roman Empire, the heroism in Bulgarian history and the Renaissance spirit. You will ride past the aromatic fields of oil-bearing rose and lavender, past Thracian mound temples and Roman ruins. All this is combined with spa procedures and relax treatment.

### **Itinerary highlights:**

- Smooth and picturesque terrain allowing faster pace
- Visitn the biggest mound temple on the Balkan peninsula dating from VI – IV century B.C.
- SPA procedures with healing, warm mineral water
- Becoming familiar with the Bulgarian history and culture

### **About the horses:**

They are an excellent and extremely suitable for the riding terrain selection of Shagya Arabian and Eastern Bulgarian breed. They are friendly and well trained. Height between 1,50 and 1,60 metres. The saddles are cavalry and Western type, the weight limit for the horse riders is 100kg.

### **Itinerary description day by day:**

**Route:** the town of Hisar, the village of Byalo Kamane, the town of Koprivshtitsa, the town of Strelcha, the town of Hisar

#### **Day 1: Sofia - Hisar**

**4-star spa hotel**

Transfer from Sofia airport to the ancient town of Hisar famous for its warm mineral springs and historical monuments from the time of the Roman Empire. Accommodation in a spa hotel with running mineral water in the rooms and spa centre. Meet your guides and the horses. Dinner in the hotel.

#### **Day 2: Hisar – Byalo Kamane**

**Ride 4-5 hours**

**2-star hotel**

After breakfast you mount your horse and your journey begins with a visit of a Thracian sacred complex near the village of Starosel. Look around the temples and lunch beside them. After lunch ride to the hotel „Byalo Kamane“. Accommodation and dinner in the hotel restaurant.

#### **Day 3: Byalo Kamane - Koprivshtitsa**

**Ride 3-4 hours**

**3-star hotel**

Today's ride will take you to the Renaissance historical town of Koprivshtitsa located in the picturesque valley along the Topolnitsa River, in the heart of Sashtinska Sredna Gora. You will be absorbed in the authentic atmosphere, going back in time walking the paved streets and visiting the Renaissance museum houses. Accommodation in a hotel from which you can enjoy a view of the whole town and the mountain. Dinner in the tavern of the hotel.

#### **Day 4: Koprivshtitsa - Strelcha**

**Ride 5-6 hours**

**2-star spa hotel**

After breakfast – ride on the mountain crest with fantastic views of the oil-bearing rose valley. In the foot of the mountain the resort town of Strelcha awaits you. Accommodation in a spa hotel where you can enjoy spa procedures in mineral water and massages. Dinner in the hotel.

#### **Day 5: Strelcha**

**Ride 3-4 hours**

**2-star spa hotel**

Today's ride will take back in time visiting Thracian ritual temples near the town, dating from 4-6century B.C. After a short lunch break outdoors you will go back to the hotel for a thorough rest and spa procedures. Dinner in the hotel.

#### **Day 6: Strelcha - Hisar**

**Ride 5-6 hours**

**4-star spa hotel**

After breakfast you will mount you horse again to enjoy the smooth terrain which allows faster pace. Lunch will be in a wine cellar in the village of Starosel where you can sip our ancestor's sacred drink – wine. After a rest you will ride on to the town of Hisar. Accommodation in a spa hotel and dinner.

#### **Day 7: Hisar**

**Ride 3-4 hours**

**4-star spa hotel**

Full of museums and archaeological finds from the time of the Thracians and the Roman Empire, the town calls you for a walk which will take you back in time amidst Roman baths, aqueducts, strongholds and fortification walls. In the afternoon you will have the chance to dip in the healing mineral waters. Farewell dinner in the hotel.

#### **Day 8: Hisar – Sofia**

After breakfast – say goodbye to the guides and the horses. Transfer to Sofia airport.

---

**Note** – ArkanTours reserves the right to change the day's itinerary due to circumstances beyond our control such as fallen trees, landslides or landslips caused by torrential rains, fenced off areas and other unexpected obstacles on the road.

---

## **Riding level**

**Required experience** – it is necessary that the rider feels comfortable on the horse at the three basic paces and to have good control in rough terrain.

**Horses** are good-tempered and suited for the mountain landscape, they are brave and easily get over natural obstacles on the way (rivers, small gullies, fallen trees). They are not afraid of cars and ride with ease on busy roads and urban areas.

**Rider's involvement** – Riders are expected to groom and tack up their own horse each day in preparation for rides, untack during the breaks and at the end of the day. This will, of course, happen with guides supervision and help.

**Riding days** – 6 days

**Riding hours a day** – 3 – 5 hours

**Paces:** every day each of the three types depending on the terrain – trot (35% of the ride), gallop (15% of the ride), and walk (50% of the ride).

## **Itinerary characteristics**

**Terrain** – rough mountain terrain with climbs and descents. There are level sections as well, with smooth road for a faster pace. Getting over natural obstacles, rivers, gullies, dips and fallen trees.

**Climate** – temperate continental, cool nights at higher regions, warm summer days. There is possibility of frequent and occasional rains in the spring-summer period.

**Accommodation** – two-star family hotels, a Renaissance house

**Distance from urban areas** – during the ride the furthest point is 10-15km away from urban areas. There are scattered small mountain villages and hamlets and more rarely bigger towns.

**Cross-cultural awareness** - Let us show respect and tolerance for different cultures ways of life and traditions.

## **Price includes:**

### Guides

- 1 English/French speaking professional guide for groups up to 5 riders
- 2 English/French speaking professional guides for groups over 5 riders

### Transport:

- Transfer in Bulgaria (from Sofia airport to the starting point of the tour and back)
- Minivan for 5 people,
- Support vehicle with a radio connection

**Accommodation:**

- 7 nights in double rooms in 2-3- or 4-star hotels offering spa procedures with mineral water, bungalows

**Food:**

- Full board from day 1 dinner to day 8 breakfast (lunch during the ride is a picnic – vegetables, warm soup, barbeque, fruit); Beverages – mineral water

**Equipment:**

- Group first-aid kit
- Horse saddlebags

**Places you visit:**

- Thracian sacred complex – Starosel
- The historical town of Koprivshtitsa
- Mound temples – Strelcha
- Wine cellar – Starosel
- Cultural, historical and archaeological sights - Hisar

**Price doesn't include:**

- Alcoholic beverages
- Day1 and Day8 lunch
- Airplane tickets and taxes
- Entry ticket for museums and other ethnographic
- Historical or natural places of interest
- Tips

**Reservations:**



7A Lerin Str.  
4000 Plovdiv  
Bulgaria  
Phone: +359-32-64-02-05  
e-mail: [office@arkantours.com](mailto:office@arkantours.com)  
web: [www.arkantours.com](http://www.arkantours.com)