

# Seven ingredients for a **great trip** to **BULGARIA**



## 1. Roman treasures:

Did you know that Plovdiv, Bulgaria's second largest city, is the third oldest city in Europe and the eight oldest in the world? Its Roman theatre is one of the best preserved in Europe and serves as an open stage for memorable dance and music performances in a setting that will bring you back to the times of Rome's greatest emperors, including Philip The Macedon (father of Alexander the Great), whose name, Philippopolis, the city bore for centuries.



## 2. The rarest roses in the world:

Bulgaria's Rose Valley is home to Rosa Damascena, whose precious rose oil is used to make the world's most exquisite perfumes. If you are lucky to visit in late May, you can partake in the early morning ritual of rose picking.



## 3. Thracian tomb hopping:

You don't have to be a history buff to succumb to the esoteric pull of entering an ancient Thracian burial mound. The Valley of the Thracian Kings at the heart of the once mighty Odrysian Kingdom offers the largest concentration of restored Thracian tombs, open to the public. Delightfully uncrowded by tourists, the intricately built caverns will beguile you with breathtaking frescoes and gold artifacts of stunning beauty and craftsmanship



## 7. Unique wines:

Bulgaria is home to several indigenous varieties that are quickly gaining the admiration of wine lovers and sommeliers around the world. One bonus of the wine regions still being uncrowded by tourists is that a winery visit often involves meeting the owners and hearing great stories in addition to sipping fine wines. Try the ancient Mavrud, the Broad Leaved Melnik or the Misket of Vratza.



## 6. Hot mineral springs:

One of the best kept secrets of Bulgaria is the abundance of hot mineral springs. The combination of minerals in each region varies and so do the treatments the waters are used for. Try the towns of Devin or Hissar for a day of unique spa indulgences as you also sip the curative waters.



## 5. Ancient megalith sites:

Perperikon, a stunning hilltop site, where you can sit in the throne of Dionysus himself and Beglik Tash, a prehistoric rock sanctuary that will leave you mystified with its altars and giant stone structures, are just two of the prehistoric sites to visit.



## 4. Cradle of spirituality:

No one leaves the Rila Monastery, nestled in the southwestern Rila Mountains, without being spellbound by the humble yet majestic influence of its ten centuries of serving as the nation's most important and revered center of faith and enlightenment. The Rila Lakes, a cluster of high altitude glacial lakes, have long been believed to be a place of intense spiritual energy and attract hikers and followers of the Paneurhythmy spiritual tradition alike.

**Are you ready to embark on your very own custom journey to Bulgaria?**

[Click here](#)