

Bulgaria and visit:



THE SEVEN LAKES OF RILA are a group of lakes originating from a glacier, located at an altitude from 2100 to 2500 meters above sea level. They follow step-wise at indents along the mountain slope, each linked with the rest by means of minute rivulets. The water coursing through them encounters cascades and waterfalls.

THE WONDERFUL BRIDGES - a natural phenomenon 4 km. From the village of Zaborudo in the Rhodopi Mountains. They are natural formations resembling two rock bridges. It is believed that they have been formed on the falling through of a cave, subverted by waters, and probably due to an earthquake. The waters carried away the flotsam and formed the two marble bridges side by side. In between them there are still some enormous boulders in the middle of the river bed.



THE NESTINAR PRACTICE - of „treading on red hot coals barefoot“ came into existence as a pagan ritual performed by the Thracians many centuries B.C. By dancing on the on the coals, they used to fall into a trance, thus welcoming the onset of the Summer, in honour of the Sun God, who is represented by the fire, they used to pray for health, success and fertility throughout the year. The Nestinar ritual was practiced throughout south-east Thracia: that is Strandzha Mountain in Bulgaria (the villages of Bulgari, Rozovo, Brodilovo); in Turkey (Bunarhissar); in Greece (Kosti, Agio Yani, Urgas, etc.).

VELIKO TURNOVO is one of the historical towns in Bulgaria. It has a history of more than five millennia, the first traces of life having been found on the hill of Trapezitsa date back to the third millennium B.C. The ancient part of the town - the Tsar's palace are from the times when the town was the capital of Bulgaria during the Second Bulgarian Kingdom (1187 - 1393), - is located on the three hills of Tsarevets, Trapezitsa and Sveta Gora. According to contemporary sources during the Middle Ages, Turnovo was the new Jerusalem, Rome and Constantinople, rolled into one.

