

Rural Romania and Backroads of Bulgaria

Trip Code: RAB

Version: RAB Rural Romania and Backroads of Bulgaria



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Hike through the heart of Transylvania's spectacular Carpathian Mountains
- Head off the beaten track and walk in Bulgaria's undiscovered national parks
- Stay in alpine hamlets, sample local cuisine and immerse yourself in Balkan culture
- Explore the fascinating castles, towns and cities of Peles, Sofia, Bucharest and Brasov

AT A GLANCE

- 12 days walking and sightseeing
- Join at Sofia, End in Bucharest

ACCOMMODATIONS & MEALS

- 13 Breakfasts
- 10 Lunches
- 9 Dinners
- 3 nights Hotel with swimming pool
- 5 nights Hotel
- 4 nights Guesthouse
- 1 nights Lodge

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Bursting with captivating scenery, fascinating culture, a relaxed pace of life and warm welcome, Romania and Bulgaria are fantastic destinations for a walking holiday in the heart of the Balkans. Here you'll find beautiful panoramas, fabulous folklore and delicious cuisine, plus that rare feeling of taking a step back in time. In Bulgaria we start by exploring the lively capital of Sofia, home to a gold-domed cathedral and eclectic mix of architecture. After the capital we escape to the country to enjoy some charming walks off the beaten track. Walking in Bulgaria's undiscovered national parks ensures we'll be surrounded by colourful flora and fauna. We end our time Bulgarian adventure in Veliko Tarnova, the City of the Tsars, as we wander down Ottoman streets to a dramatic fortress. From Bulgaria we cross the Danube and enter neighbouring Romania. First stop is the fascinating capital of Bucharest, home to the incredible Palace of the Parliament, and wonderful Parisian style architecture. After Bucharest it's the exquisite castle of Peles before starting a magical walking journey through the heart of Transylvania's Carpathian Mountains. Here we'll stay in timeless mountain hamlets, discover Romania's alpine shepherds and taste a rich variety of traditional dishes. This charming walking and cultural holiday finishes perfectly in the medieval gem of Brasov.

Is this holiday for you?

This lovely walking holiday visits a wonderful variety of alpine locations in both Bulgaria and Romania plus city highlights. The holiday includes a number of daily walks which include approximately 4 to 5 hours of walking during the day. These walks are mostly on footpaths which are good underfoot and include small lanes and mountain trails. While there is sufficient walking on each day to satisfy regular hikers, it is intended that this should be a walking and cultural holiday with a relaxed walking pace. Part of the overall holiday experience are the small rural villages you visit and the traditional food. The cultural element of this holiday is a major part, and although accommodation in Bulgaria and Romania is simpler than other parts of Europe, the warm welcome and timeless feel, more than makes up for the lack of hotel facilities in traditional guesthouses.

Itinerary

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DAY 1

Meet at the group hotel in Sofia, the capital of Bulgaria.

Meet at the hotel in Sofia. A group transfer from Sofia Airport to the hotel is included. If you arrive in the morning it is very easy and low cost to get a taxi from the airport to the hotel. Depending on your arrival time you may have time to explore the centre of Sofia and take in some of the sights that this interesting capital has to offer. A must see in Sofia is The Crypt Icon Museum in the Alexander Nevsky Cathedral which holds one of the largest collections of Orthodox icons in Europe, a total of 200 icons dating from the 10th to 19th Century. This impressive basilica, the largest Eastern Orthodox cathedral in the world, can hold up to 6000 people and its showcase is a beautiful gold plated dome. We will meet for a Welcome meeting at 15h30 in the lobby of the hotel and then take a walking tour of Sofia before heading to a local restaurant for dinner.



Accommodation
Hotel

DAY 2

Walk in the Vitosha Natural Park above Sofia, visit Boyana Church and the National History Museu and transfer to Vratsa.

After breakfast we have a 40-minute transfer to the Aleko Mountain Centre in the Vitosha Natural Park which overlooks Sofia and is an important ski area in winter. Here, at an elevation of 1700 metres, we'll have a walk on the high mountain plateau of Vitosha where we will see several rivers of boulders; a most unusual landscape feature. Nearby, we will visit the UNESCO-listed, 13th Century Boyana Church which has an incredibly beautiful interior; colourful frescos and murals decorate the walls of this small church almost hidden from view. In the afternoon we will drive north to the town of Vratza (110km), passing through a rich karst landscape cut by deep river gorges. We will have stop en route to walk to one of the tallest rock arches in Europe - Prohodna cave and a small rock chapel on the river bank of the Iskar River. After we'll head to our hotel in Vratza where we spend the night.

Meals: **B L D**



Accommodation
Hotel



Ascent
90M



Descent
510M



Time
3 - 4 hrs walking








Distance
9KM

DAY 3**Walk in the protected limestone landscape of the Vrachanski Balkan Nature Park.**

This morning we start with a 20-minute transfer to the Vrachanski Balkan Nature Park which is the second largest nature park in Bulgaria. Declared a protected area in 1989, this is one of the most incredible landscapes in the Balkan chain. Famed for its stunning karst landscape, here we'll be rewarded with views of the impressive limestone ridges and cliffs. The park is also famous for its caves which number up to 500. We'll enjoy a walk in this wonderful area as we take in the beautiful landscape and tranquillity which is home to almost 1000 species of flora including over 80 rare species. Alongside the flora the park has a wonderful variety of fauna which includes over 160 different types of birds including storks, vultures and eagles. Before leaving the area we can visit the Regional History Museum in Vratza which houses the fascinating Rogozen Treasure. The Rogozen Treasure, called the find of the century, was discovered by chance in 1985 by a tractor driver digging a well in his garden in the Bulgarian village of Rogozen. The 165 objects are silver with golden gilt and a total weight of more than 20 kg. In the late afternoon we'll transfer eastwards (2 hours and 30 minutes) into the Central Balkan National Park where we will check in for a 3-night stay at a small and charming guesthouse in the village of Apriltsi. The guesthouse has a small pool, traditional cuisine and panoramic views of the Central Balkan Chain.





Meals: **B L D**

	Accommodation Hotel with swimming pool		Ascent 110M		Descent 715M		Time 4 - 4.5 hrs walking
	Distance 12KM						

DAY 4**Follow trails to an alpine hut nestled in the wildly beautiful Northern Dzhendem Reserve.**

After breakfast we take a short transfer (30 minutes) to the Northern Djendem Nature Reserve located on the slopes of Mount Botev and home to 28 peaks above 2000 metres. This protected landscape is wild and beautiful and we walk up to the Pleven Hut which at 1400 metres elevation offers wonderful views of the area. Here, we can enjoy a break as we take in the wonderful surroundings and it's a great opportunity to visit a local mountain hut. After enjoying the views we head down to the valley, meet our transport and return to the hotel in Apriltsi. There is the option of taking a detour via the National Arts and Craft Exhibition in Oreshaka. This exhibition shows off the work of traditional craftsmen and includes embroidery, textiles, pottery, wood carvings and copper and gold handicrafts. It is a good place to find traditional souvenirs. Dinner and a second night at the Apriltsi accommodation.

Meals: **B L D**

	Accommodation Hotel with swimming pool		Ascent 435M		Descent 470M		Time 3 hrs walking
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Distance
8KM

DAY 5

Trek to Kozia Stena Peak (1560m) in the Central Balkan Chain and visit the Troyan Monastery

We start the day with a 1 hour transfer to the Beklemeto Pass (1520m) in the Central Balkan Mountain Range. The Central Balkans National Park is one of the largest and most valuable and protected areas in Europe due to its wonderful ecosystem. Almost 60 percent of this UNESCO-listed reserve area is forested and the latter part of today's excellent walk will take us amongst century-old oak forests to fir, beech, sycamores, hazel and chestnut trees. Due to the rich vegetation the park is also known for having over 250 species of fungi and is home to wolf, wild cats, otters, Balkan Chamois and many birds including Imperial Eagles and woodpeckers. Our walk today initially traverses an open and scenic ridge above the treeline to the mountain hut on Kozia Stena Peak (1560m). We'll stop for a picnic lunch and then descend steeply to meet our transport at the Khaydushka Pesen Hut which is tucked away on the richly forested northern slopes of the range. After a great day of walking we will take a short transfer to the great Troyan Monastery, the third biggest monastery in Bulgaria dating from the 17th Century. With its 5 storey bell tower and incredible wood carvings, the monastery also contains wonderful frescos, decorative balconies and icons. We will return to our hotel in Apriltsi and enjoy a relaxing evening meal.

Meals: **B L D**



Accommodation
Hotel with swimming pool



Ascent
160M



Descent
800M



Time
5 - 6 hrs walking



Distance
13KM

DAY 6

Hike along the River Yantra to the fortress and cobbled streets of Veliko Tarnova, the 'City of Tsars'.

Today we leave the Bulgarian mountains and head to Veliko Tarnovo, the Bulgarian City of Tsars. Located on the Yantra River and surrounded by rich forest, Veliko Tarnovo was a medieval kingdom and rival to Constantinople with its fascinating citadel and 'Old Town'. As one of Bulgaria's oldest towns, we'll visit the magnificent restored fortress and explore the meandering cobbled streets. Ulitsa Gurko is the town's oldest street and a wonderful place to wander on account of its ancient and colourful houses. Weather and conditions depending we will have the option to visit the little hidden 18th Century Transfiguration monastery nestled in a gorge on the Yantra River. This hidden gem has a towering bell tower and a colourful collection of frescos including those depicting the Wheel of Life and the Last Supper. After our walking tour, the rest of the afternoon will be at leisure for you to stroll and enjoy the town. A good place

to start is the Tsarevets Fortress which is one of Bulgaria's most beloved monuments. Once the former seat of medieval tsars, you'll visit the scenic Tsarevets Museum Hill Reserve which overlooks the town, before heading out to for dinner.

Meals: **B L**


	Accommodation Hotel		Ascent 300M		Descent 300M		Time 2 hrs walking		Distance 6KM
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DAY 7

Cross the Danube and head to Bucharest, the capital of Romania.

After an early breakfast we leave Veliko Tarnovo and start our journey towards neighbouring Romania. We have some light lunch with wine tasting in Bulgaria, and the chance to visit the UNESCO-listed Ivanovo rock-hewn churches, before crossing the River Danube which marks the border between Bulgaria and Romania. Early afternoon we arrive in Bucharest, the capital of Romania and after checking in at the hotel we'll head out on a walking tour. Described as Little Paris, Bucharest is elegance layered with history and a wonderful mix of architecture from Orthodox churches to the enormous Palace of the Parliament, the world's second largest administrative building (after the Pentagon). The creation of former dictator Nicolae Ceausescu, the building was designed by 400 architects and covers over 300,000 square metres and has 20 floors (8 underground). In the evening we'll have dinner in a local restaurant.

Meals: **B L**

	Accommodation Hotel
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DAY 8

Train transfer to Brasov and visit to Bran Castle in magical Transylvania.

After breakfast we take the train to Brasov (3hrs). Travelling by train provides a great opportunity to experience the stunning views from Prahova Valley, where the Prahova River makes its way between the Bucegi and the Baiului Mountains, in the Carpathian Mountains. The driver will wait for us at the train station whilst we head up to view the exterior of Bran castle, also known as Dracula castle. At the end of the day, we take a short walk to the marvellous village of Magura. Lucia, our host will receive us in her beautiful eco-guesthouse situated at the foot of the Piatra Craiului Mountains. We check-in here for two nights.

Meals: **B D**




	Accommodation Guesthouse		Ascent 200M		Time 1 - 2 hrs of walking
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DAY 9

Trek in to the heart of Transylvania's Carpathian Mountains and overnight in Mountain Lodge.

Our first day of trekking in Romania's Piatra Craiului National Park. This beautiful park is home to the longest and highest limestone ridge in the country running for almost 30 kilometres. Our trail takes us through the impressive Zarnesti Gorges and alongside crystal-clear springs before we make our way up to the mountain refuge of Curmatura. The refuge has a lovely relaxing position in a forest clearing and once here we'll enjoy a tasty mountain lunch and a spot of homemade apple pie. Depending on the group and weather conditions we may have time to head up to the main ridge before descending back down to the valley and returning to our guesthouse.

Meals: **B L D**

	Accommodation Guesthouse		Ascent 750M		Descent 750M		Time 5 - 6 hrs walking		Distance 12KM
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DAY 10

Hike to Ciocanu through stunning landscapes home to Romania's mountain shepherds.

After breakfast we will set off on our walk through meadows and meet shepherds as they tend their flock. We will traverse forests and scattered villages before reaching the foot of the main ridge, which presents us with a picture perfect landscape. This local people of the region are known for their livestock breeding and cheesemaking, a taste of which will be awaiting you over the following days. We continue our hike onto the village of Ciocanu, the most remote village in the region where we stay overnight at a mountain lodge. From here we hike to Ciocanu, the most remote village in the region and where we stay overnight.

Meals: **B L D**

	Accommodation Lodge		Ascent 740M		Descent 600M		Time 6 hrs walking		Distance 15KM
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DAY 11

Walk from Ciocanu to Moieciu de Sus and visit a traditional farmhouse to sample the local smoked cheese.

We set off from Ciocanu and walk through a fairytale landscape scattered with houses and local shepherds guarding their livestock. This whole area has a historical tradition of cheese making which is still preserved today. Passing through the small mountain village of Fundatica, we will stop to visit one of the oldest houses and meet some of the people living there and taste the famous smoked cheese made in this area. We will overnight in a guesthouse in Moieciu de Sus at the foot of Bucegi Massif. We'll be able to check out the owner's adjacent smallholding and in the evening we'll get to sample a traditional Romanian 'sarmale' made with fresh produce from the farm.

Meals: **B L D**



	Accommodation Guesthouse		Ascent 350M		Descent 450M		Time 4 - 5 hrs walking		Distance 12KM
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DAY 12

Trek up to 2000m close to the dramatic Bucegi Ridge for views of our last few days.

Today we head up to an elevation of 2000 metres close to the Bucegi Massif main ridge. This is a fantastic opportunity to get an overview of the places where we have walked over the last few days. One thing is for certain that the surrounding hills, lush valleys and limestone ridge creates a breath-taking panorama for us to enjoy.

Meals: **B L D**

	Accommodation Guesthouse		Ascent 750M		Descent 750M		Time 6 - 7 hrs walking		Distance 16KM
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DAY 13

Transfer to the beautiful medieval gem of Brasov and optional visit to Peles Castle.

After breakfast we say goodbye to rural Romania and transfer to the medieval town of Brasov. Built by the Teutonic order in 1211 Brasov has a multitude of powerful fortifications built to stop or diminish the effect of the Mongol invasion. A gem of a town bursting with wonderful architecture and a labyrinth of colourful streets, Brasov has historical links to the Pied Piper of Hamelin and it's easy to imagine him piping his way through the charming back streets. After exploring the old town we will transfer to the nearby mountain resort of Sinaia, to visit Peles Castle*. A masterpiece of German Renaissance architecture Peles Castle looks like something out of a fairy-tale with its wonderful turrets, stained glass windows and beautiful gardens. Commissioned by King Carol in 1873 and completed in 1883, the castle was used as the summer residence of the Romanian royal family until 1947. We will have some time to visit the castle before continuing our return journey to Bucharest. In the evening we will head out to a local restaurant for our final dinner to celebrate our fantastic adventure in Romania and Bulgaria. Note:

Peles Castle has been undergoing a renovation project over the past 2 years and work is still ongoing. Access is limited to a few areas of the castle and scaffolding may still obscure some of the building at the time of your visit.

Meals: **B**



Accommodation
Hotel

DAY 14

Departure Day.

An early start for the group transfer to Bucharest Airport.

Meals: **B**

Holiday Information

What's Included

- A professional and qualified Romanian leader in Romania and a Bulgarian leader in Bulgaria
- Single timed airport transfers on arrival & departure
- Accommodation as described
- Meals as per the Meal Plan
- All land transport required by the itinerary

What's not Included

- Travel insurance
- Tips
- Some meals are per the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

A single timed transfer from the airport to the hotel in Sofia is provided late morning on Day 1 of the itinerary, anyone arriving earlier is welcome to wait at the airport to join this transfer by prior arrangement.

On the last day of the holiday a single group transfer from Brasov to Bucharest Otopeni Airport will be provided for early afternoon flights

If your flight schedules do not fit with these single timed airport transfers we can provide private transfers at an additional cost. Taxis are also readily available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 10 lunches and 9 dinners are included in the holiday.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

One of the highlights of this holiday is the wonderful variety of local food you'll get to sample. Whilst staying in local guesthouses and the rural areas, meals will be prepared using local ingredients which are all locally sourced. Romanian and Bulgarian food is excellent with local specialities including smoked bacon and sausages, stuffed cabbage rolls and cornmeal (similar to polenta) which is worth a try when served with sour cream. Bean soup, baked pumpkin, roasted corn on the cob and oven baked potatoes are wonderful with their crispy skins. Soups, stuffed vegetables and pies made with spinach and soft cheese, salads and a wide range of cheeses are all excellent. Desserts are something of a speciality and range from dough filled with sweet cheese to mouth-watering papanash (little doughnuts served with sweet cheese and blueberries) plus crepes served with either jam, marmalade, chocolate or a soft ricotta-style of cheese. Breakfasts usually consist of bread, butter, jam or honey, tomatoes, cheese, yogurt, fruit juice, eggs and tea or coffee. Don't leave Romania without trying Polinka, a powerful plum brandy!

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this holiday the group will spend 8 nights in comfortable local hotels and 7 nights in simple pension/guesthouse accommodation. The nights we spend in simple guesthouses in Bulgaria and in Romania are a part of the holiday experience, as these places have been picked because of their wonderful locations and authentic atmosphere. On one of the night we will have use of shared bathroom facilities, but the atmosphere and warm welcome from the owners more than makes up for the lack of hotel facilities.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional Romanian leader in Romania and a Bulgarian leader in Bulgaria.

Spending Money

The national currency of Romania is the Romanian Leu and the currency in Bulgaria is the Lev. We estimate 250-300 euro should be sufficient to cover your expenditure including tips for local staff, drinks and non-included meals. Local cash can be drawn from ATMs using credit or debit cards at Bucharest and Sofia Airports and in Sofia, Brasov, Veliki Tarnovo and Bucharest. We recommended you withdraw a small amount of local currency to cover your arrival as the leader will brief everyone on obtaining local currency during the first briefing.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to you trekking leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

Baggage Allowance

During this trip you'll have access to your main luggage each night. There is no baggage limit other than that imposed by the international carrier (normally 23kg) but we do ask you to restrict your baggage to one main bag and one small daypack.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (*see Health & Vaccinations below*), **and visas for your holiday.** Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Currency

The unit of currency in Bulgaria is the Lev.

The unit of currency in Romania is the Romanian New Leu.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a walking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your holiday. Walking, running, cycling and swimming are good for developing better stamina and before departure we suggest that you try to fit in a number of longer day walks.

Climate

The main season for visiting Romania and Bulgaria is from June to September and the weather is generally good. We can expect daytime valley temperatures of between 20°C and 25°C and dropping to around 12°C at night. In the more mountainous areas there is always the possibility of mixed weather which may include the occasional storm.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- The Rough Guide to Romania
- Lonely Planet Romania
- Dracula - Bram Stoker
- Transylvania and Beyond - Dervla Murphy
- Bulgaria - Culture Smart! The Essential Guide to Customs & Culture
- The Shadow Land - Elizabeth Kostova
- Walking the Woods and the Water: In Patrick Leigh Fermor's Footsteps from the Hook of Holland to the Golden Horn

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Walking boots / shoes
- Trainers / sandals for sightseeing
- Socks
- Underwear
- Walking trousers
- Waterproof jacket
- Waterproof overtrousers
- Shorts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper

- Sunhat
- Sunglasses
- Sun protection (including for lips)
- Water bottles 1 Litre (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag, toiletries and wetwipes
- Small Towel
- Antibacterial hand wash

Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium)

- painkillers, plasters and blister treatment, insect repellent (DEET), and re-hydration salts (Dioralite).
Glucose tablets and multi-vitamin tablets are a good idea.

THE FOLLOWING ITEMS ARE OPTIONAL:

- Walking poles
- Camera
- Pen-knife (for picnics)
- Travel clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

We sell this holiday on a Land Only basis and you should book your transport to Sofia and return from Bucharest Otopeni Airport. Please refer to the 'Joining arrangements and transfers' within Holiday Information for further details.

Ryan Air fly from London Stansted to Sofia and back from Bucharest. Whizz Air also do the routing from London Luton.

Transport SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines offering flights to Sofia and back from Bucharest Otopeni Airport. A flight search website such as Skyscanner or Kayak may be useful to research your options.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Why Choose KE

Why KE

This wonderful two week walking adventure includes charming hikes and traditional overnights in alpine areas where tourists are a rarity. KE includes the perfect amount of cultural sightseeing, and plenty of home-cooked local cuisine in family run guesthouses. Proud to be recommended as a top Secret European Break by Wanderlust Travel Magazine.

Please Note This document was downloaded on 06/07/2025 and the trip is subject to change