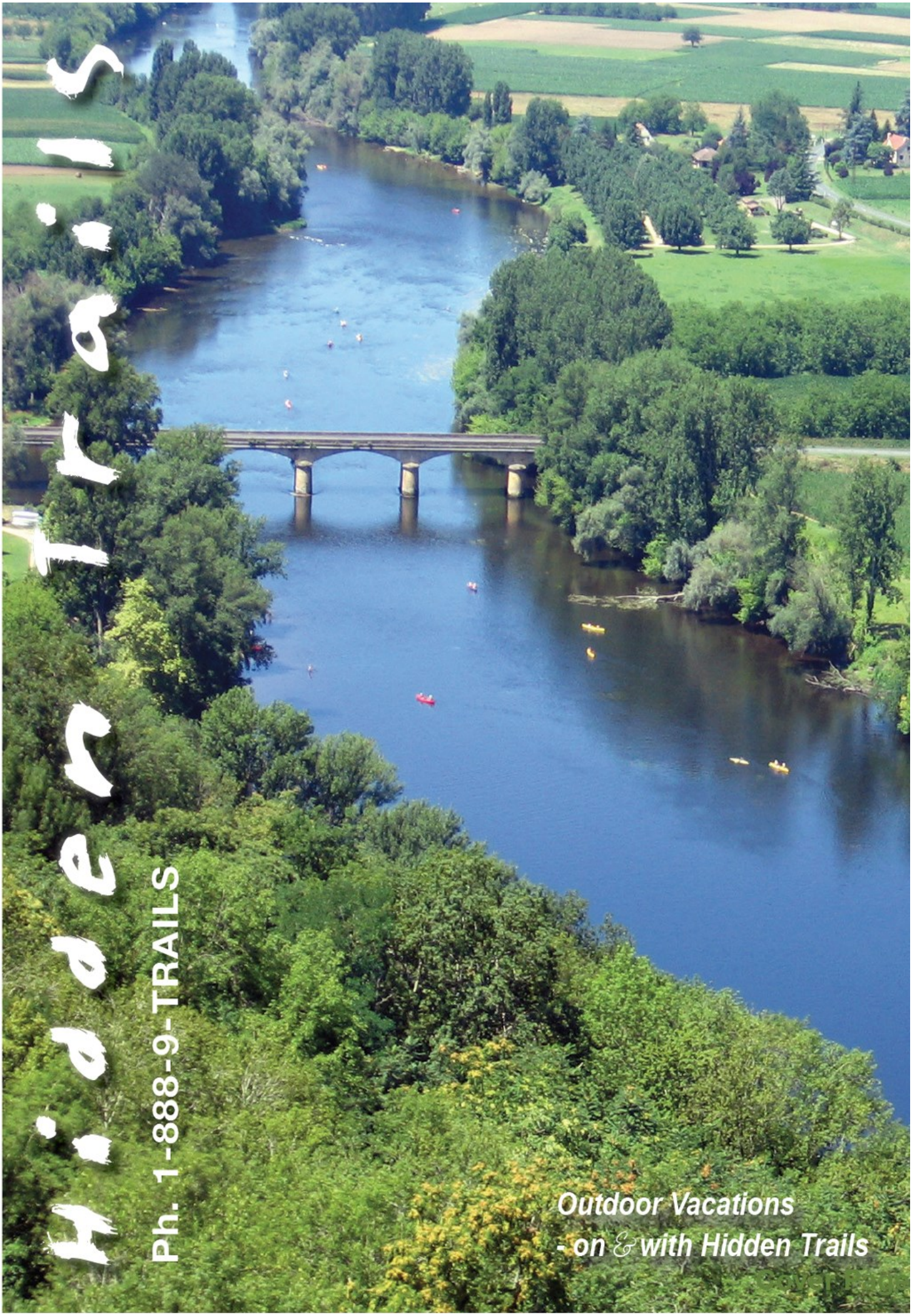
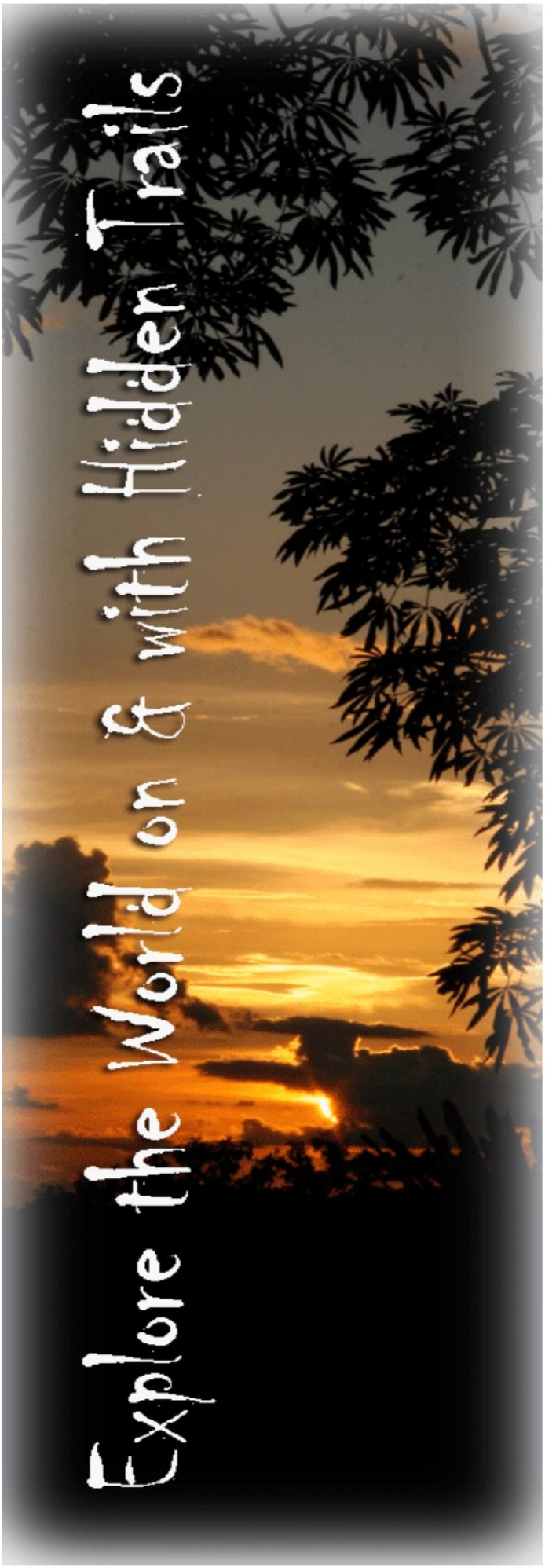

Hidden Trails
Ph. 1-888-9-TRAILS
Outdoor Vacations
- on & with Hidden Trails

About Hidden Trails



Hidden Trails is owned and operated by nature enthusiasts who love the outdoors and adventure activities. We have been involved with outdoor vacations for over 20 years. We have collected the best outdoor vacation destinations all over the world in some hidden places we would like to share with you.

These vacations are about forging rivers, biking along canals and through forests, hiking along age-old trails, gazing at beautiful vistas and encountering foreign cultures. But most of all, these trips are about getting away from the cycle of too much work and never enough free time.

Escape from the rituals, which long ago froze our nights and days into little more than routine and away from the worries of our new tense times. It is so satisfying when we take the plunge of adventure - it's unfortunate that we invent so many reasons to put aside living our dreams of adventure. It is sometimes a tangled web that we weave through life. Some of the threads reveal a work-a-day world of commitments, duties and obligations. Other threads are of a quiet fabric of hope, responsibility and refreshment.

On our adventures you see the real country, its back country and meet the locals. The love for the outdoors has no boundaries but possesses a common language we all speak and understand.
You will experience new countries and their customs and make new friends.

These trips have been tested by our staff or associates and received our stamp of approval. If you are considering a special outdoor vacation anywhere in the world, call us first and let our experienced consultants match the perfect trip with your dream.
We will listen to you and give you objective advice to help you choose the best destination and adventure.

Your vacation is the most precious time of the year and we are committed to making it the most memorable time of your life. Wherever you go, have a great time and bring back some peace of mind.

Thank you for your continued support.
Ryan Schmidt
Hidden Trails

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Toll Free: 1-888-9-TRAILS
from within the USA or Canada or
E-mail: info@hiddentrails.com
Website: www.hiddentrails.com/outdoor

Address:
659A Moberly Road, Vancouver BC Canada V5Z 4B3
4406 Tennyson Road,Willmington, DE USA 19802

Toll Free from the U.K.:
Ph: 0- 808 189-0420
Fax: 0-808-280-1860

Toll Free Worldwide:
Skype: hiddentrails

Mystic Rhodope Mountains - Road Cycling - Bulgaria, Europe

Tour Code: ZZ-BGBK02
8 days / 7 nights ~$615.00
Dates: June to September

Trip Rating :
Difficulty :
Lodging:

Tack: --
Horses: -
Pace: Moderate/Difficult. Tour for experienc...

Airport: Plovdiv / Sofia










Introduction

Mountains, Bulgaria
The Rhodope Mountains are situated in the oldest part of the Balkans and boast some of the loveliest coniferous woods in the country. The landscape is gentle and rounded, consisting of high ridges and deep river valleys with gorges intermingling with river basins and valleys. Here one can also find 70% of the world minerals, as well as some 600 caves. Flora and fauna contain species that have become extinct in other European countries. In contrast with our tour of the Balkan Mountains, this tour will take you even higher, to around 2,000 m, or 6561 ft. Most of the mileage is done on asphalt main roads, with relatively little traffic, that are well-suited for biking. Along them cyclists can see some old-style means of transportation: wooden carts pulled by horses, donkeys or cows. You may also meet some nomadic gypsies, picking mushrooms and berries in the woods, as well as some local Muslim inhabitants growing tobacco and potatoes, or herds of sheep or goats coming down from the mountain at the end of the day.

Special highlights:
- Velingrad is the largest Bulgarian spa resort famous for its healing hot mineral waters.
- Yagodina cave is among the longest caves in Bulgaria (more than 10 000m mapped so far), considered to be one of the most beautiful in Europe with its outstanding stalactites, stalagmites, columns, ponds and cave pearls in them.
- Shiroka Luka - numerous houses preserving the typical Rodopean architecture, speech, songs and customs of local people have given the village the status of an architectural, ethnographic and folklore reserve.
- The Miraculous bridges are 2 unique natural rock arches (about 40 m. high).
- Bachkovo Monastery is the second largest Bulgarian monastery.

Accomodation

Accommodations
We stay in family-run hotels and guesthouses with private facilities.

Accommodation Itinerary - *subject to changes based on availability*
Night 1: Hotel in Sofia
Night 2: Hotel in Velingrad
Night 3: Hotel in Dospat
Night 4: Guesthouse in Trigrad
Night 5: Hotel in Smolyan
Night 6: Hotel in Borovo
Night 7: Hotel in Sofia

Sofia - Family Hotel "Zdravets"
Family hotel Zdravetz is run since 1995 by friendly hosts. The hotel has a beautiful garden with lots of flowers, a reception and a small restaurant with a veranda. The hotel has 15 spacious rooms and apartments with TV, telephone and bathroom with toilet, shower or bath. Internet is also available at this property.

Velingrad – Spa Hotel Elbrus or similar
Offering mineral water indoor and outdoor pools, Spa Hotel Elbrus is sited in a quite location in Velingrad. The rooms have a cable TV as well as a private bathroom with bath or shower and free toiletries. Free WiFi access is available.

Dospat – Family Hotel Tihiqt Kat
Set in Dospat, Tihiqt Kat offers a garden as well as free WiFi. The units are all fitted with a flat-screen TV with cable channels and private washrooms.

Trigrad – Guest House Zdravec
Nestled in the foothills of the Rhodope Mountains, this guesthouse offers you a beautiful panoramic view of Trigrad. The house has 6 rooms with private bathrooms, TV and internet access.

Smolyan – Hotel Uzunski
This 3 star Hotel offers a traditional accommodation with 23 rooms. Rooms at all feature complimentary wireless internet, heating, a balcony, and a private bathroom with shower, hairdryer and bathrobes. Guests also have free access to the indoor swimming pool.

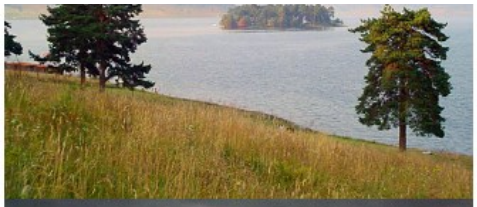
Borovo – Hotel Varnentsi
This Hotel is located at the entrance of the village of Borovo, at an altitude of 1,000m above sea level. The hotel was opened in June 2009 and offers all amenities for a pleasant stay. The hotel has double and triple rooms, each with private bathroom, cable TV and wireless internet.

Triple and single occupancy
In case you are willing to share but we are unable to find another person of the same sex willing to share a room with you, a single supplement fee will apply.
Triple occupancy might be possible depending on the time of the year, please inquire.

Meals:
7 breakfasts and 5 dinners are included. Lunches are to be paid extra.
The food is usually composed of home-cooked dishes and Bulgarian specialties.

Special diets and dietary restrictions
We can cater to special diets and dietary restrictions - please, let us know at the time of booking.

Riding










BIKES:

Drag - Grand Canyon TE 2017

Suitable for	Road cycling
FORK	SR Suntour NEX 60mm with hydraulic lockout
FRONT HUB	Front Alloy QR Loose Bearings
RIMS	Aluminum double wall 32H
FRONT DERAILLEUR	Shimano FD-M310
CRANKSET	Shimano Altus FC-M371
BOTTOM BRACKET	VP-73 sealed cartridge bearings
CHAIN	KMC
STEM	COX 6061 Stem
GRIPS	Cox Dual Comp
SEAT POST	Cox QR
FRAME	A6+ Alloy Hydro formed Double butted
TIRES	Schwalbe Delta Cruiser 37-622
REAR HUB	Rear Alloy QR Loose Bearings
SHIFTERS	Shimano Altus SL-M370 3×9
REAR DERAILLEUR	Shimano Alivio RT-T4000
CASSETTE	Shimano CS-HG300 11/32T
PEDALS	Alloy Platform
HANDLEBAR	COX 6061 630mm Rise: 25mm
BRAKES	Promax Hydraulic Disk
SADDLE	Cox StrikePro

Drag - Grand Canyon TE

Suitable for	Road cycling
FORK	SR Suntour CR-8 60mm
FRONT HUB	Front Alloy QR Loose Bearings
RIMS	Aluminium double wall 32H
FRONT DERAILLEUR	Shimano TX-FD51
CRANKSET	Shimano FC-M131 48/38/28
BOTTOM BRACKET	Thun GO sealed cartridge bearings
CHAIN	KMC
STEM	Alloy +25 Degree
GRIPS	Cox Dual Comp
SEAT POST	Cox 6061 27.2
FRAME	Lightweight A6+ Alloy
TIRES	Kenda 622×37
REAR HUB	Rear Alloy QR Loose Bearings
SHIFTERS	Shimano ST-EF41 3×7 speed
REAR DERAILLEUR	Shimano Altus RD-M310
CASSETTE	Shimano CS-HG20 11/28T 8
PEDALS	Alloy Platform
HANDLEBAR	600mm Rise: 30mm
BRAKES	Aluminium V-brake
SADDLE	Cox Speed
SEAT POST CLAMP	Cox QR

Drag - Grand canyon Lady

Suitable for	Road cycling
FORK	SR Suntour CR-8 60mm
FRONT HUB	Front Alloy QR Loose Bearings
RIMS	Aluminium double wall 32H
FRONT DERAILLEUR	Shimano TX-FD51
CRANKSET	Shimano FC-M131 48/38/28
BOTTOM BRACKET	Thun GO sealed cartridge bearings
CHAIN	KMC
STEM	Alloy +25 Degree
GRIPS	Cox Dual Comp
SEAT POST	Cox 6061 27.2
FRAME	Lightweight A6+ Alloy
TIRES	Kenda 622×37
REAR HUB	Rear Alloy QR Loose Bearings
SHIFTERS	Shimano ST-EF41 3×7 speed
REAR DERAILLEUR	Shimano Altus RD-M310
CASSETTE	Shimano CS-HG20 11/28T 8
PEDALS	Alloy Platform
HANDLEBAR	600mm Rise: 30mm
BRAKES	Aluminum V-brake
SADDLE	Cox Speed
SEAT POST CLAMP	Cox QR

- Bikes: hardtail mountain bike or hybrid bike
- Roads: we use mainly isolated village asphalt roads with little traffic, road conditions are relatively good with some exceptions (bumpy sections, potholes, rough asphalt), we do not go off road
- Guide/driver: The guide with the supporting vehicle and the luggage inside checks several times a day if everything is OK with the group, waiting by crossroads, accompanying them for breakfast, lunch and dinner and giving them talks by the most interesting sites en-route
- Dress code in monasteries and churches - men are not allowed to enter in shorts and women should not expose their legs and shoulders









expose their legs and shoulders.
♦ Extension at the Black Sea coast - relax at the seaside - more information upon request

Luggage transportation:
Luggage is taken care of throughout the whole trip.

Additional tour info:
All bikers receive a detailed road book and map. The guide with the supporting vehicle and the luggage inside checks several times a day if everything is OK with the group, waiting by crossroads, accompanying them for breakfast, lunch and dinner, giving them talks by the most interesting sites en-route. The guide is also responsible for the technical support of the bikes. Bikers can always skip some harder stages using the supporting vehicle.

Itinerary

Sample Itinerary - *subject to changes*

Day 1: Arrival
Arrive Sofia airport and transfer to our hotel.
Meals included: none
Overnight in Sofia

Day 2. Belmeken dam to Velingrad
Drive to Sestrimo. The cycling starts few kilometers before the village of Sestrimo and up to Belmeken dam (2000 m) through old coniferous woods. In the afternoon the road passes the lundola's mountain meadows before descending to the spa town of Velingrad, where we stay overnight in a hotel with mineral water swimming pool.
Cycling specifics:
Distance: 42 km; time: 3.5 hrs; uphill cycling: 140m (459ft); downhill cycling: 1,440m (4,724 ft)
Meals included: Breakfast & Dinner
Overnight in Velingrad

Day 3. Velingrad to Dospat
We begin few kilometers from Velingrad, passing through the picturesque landscape of Tsigov Chark countryside by Batak dam to the town of Dospat. On the way we go round the blue-green waters of Goliam Beglik and Shiroka poliana dams before reaching the town of Dospat and its dam, where we stay overnight in a hotel.
Cycling specifics:
Distance: 71 km; time: 6-7 hrs; uphill cycling: 1300m (42,65 ft); downhill cycling: 810m (2,657ft)
Meals included: Breakfast & Dinner
Overnight in Dospat

Day 4. Dospat to Trigrad
The biking starts from Dospat via Borino town to the Buinovsko Gorge, which is also a gate to the next stop - the Yagodina Cave. Here we make a cave tour before going further to Trigrad village, passing among the 250 m high cliffs of the Trigrad Gorge. Here another sinister cave is expecting us - The Devil's Throat Cave, housing one of the highest underground waterfalls in Europe.
Cycling specifics:
Distance: 48 km; time: 5 hrs; uphill cycling: 1200 m (3,937 ft); downhill cycling: 1250m (4,101 ft)
Meals included: Breakfast & Dinner
Overnight in Trigrad

Day 5. Trigrad to Smolyan
A pleasant descent along Trigradska River brings you to the village of Grohotno and the natural rock phenomenon "The Elephant". Then we continue upstream Shirokolushka River to the village of Shiroka Luka. We stop here to savor the spirit of this architectural reserve, famous for its preserved houses dating back from the Bulgarian Revival Period. We pass by the beautiful Smolyan lakes and finish cycling in Smolyan town, where we stay overnight.
Cycling specifics:
Distance: 66 km; time: 6-7 hrs; uphill cycling: 1260 m (4134 ft); downhill cycling: 1510m (24954 ft)
Meals included: Breakfast & Dinner
Overnight in Smolyan

Day 6. Smolyan yo Rozhen
Cycling from Smolyan to the historic place Rozhen. After a short rest you go uphill to a big picturesque meadow at 1700m which marks the beginning of a gentle downhill ride in direction to Laki town through "Momina voda" protected area. Nearby is the picturesque village of Borovo and the famous religious place with chapels and healing springs – Krastova Gora.
Cycling specifics:
Distance: 58 km; time: around 5 hrs; uphill cycling: 1480m (4856 ft); downhill cycling: 1420m (4659 ft).
Meals included: Breakfast & Dinner
Overnight in Borovo

Day 7. The Miraculous bridges & Bachkovo monastery
The downhill ride continues along Jugovska River valley to the main road Smolyan-Plovdiv. Short transfer brings you to the Miraculous bridges rock phenomenon for short walk and sightseeing. The next stop is Bachkovo Monastery (the second largest in Bulgaria). Transfer to Sofia.
Distance: 56 km; time: about 5 hrs; uphill cycling: 1310m (4298ft); downhill cycling: 860m (2822ft)
Meals included: Breakfast
Overnight in Sofia

Day 8. Departure
After breakfast you will be transferred to the airport for departure.
Meals included: Breakfast

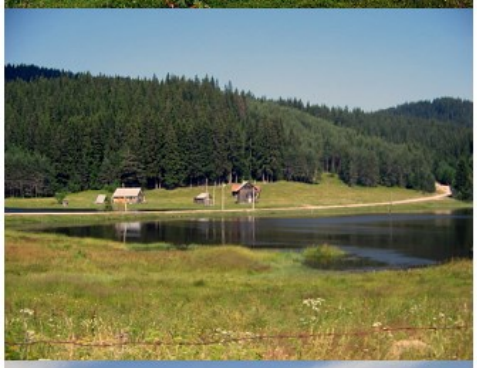
Other Info

Meeting: Plovdiv
Airport: Plovdiv / Sofia
Transfer: Included from Plovdiv or Sofia
Group transfer from Plovdiv or Sofia airport included at set time once all guests arrival details have been sorted.
Departure to Sofia Airport between 9:00am and 19:00 on Day 8. Additional transfers subject to fees.

Tack: --
Horses: -
Pace: Moderate/Difficult. Tour for experienced bikers in good physical condition. 30-80km pe day. ~5.5 hours per day.

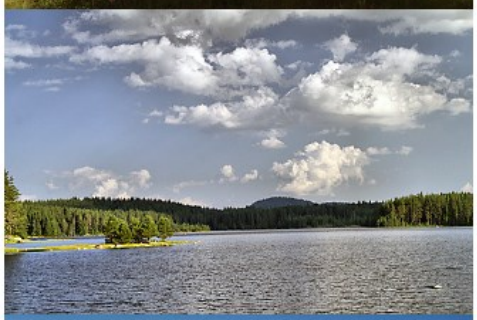


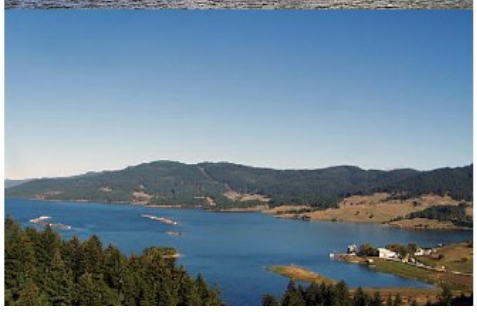










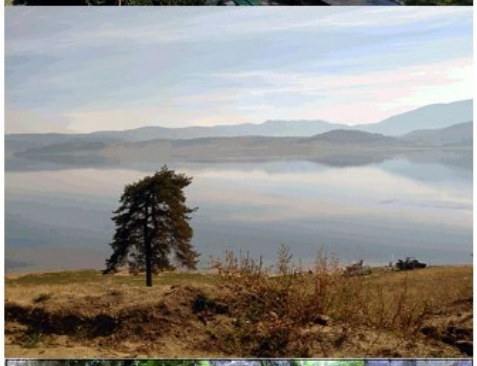


Level: (3 to 4 out of 5) Moderate with Difficult
Riders: Min 4 riders Max 12 riders

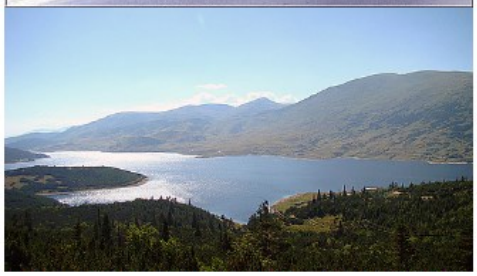












Rates and Dates 2024 - ZZ-BGBK02

Rates include: Accommodation, Most meals, 6 cycling days with English-speaking guide/driver and a support vehicle, Map and road book, Technical bike support & All scheduled transfers

Packages and Options

Season	Description	EUR	~US$
A 2024	8 day trip	€560	$615

The US Dollar Rate is based on a EUR Exchange Rate of 1.1 and subject to currency fluctuation

Transfer Option

Description

2024 Single supplement	€155	$170
2024 Helmet rental	€5	$5
2024 Bike rental- please inquire for prices		
2024 Private transfers to/from Sofia Airport to city centre or Plovdiv Airport to city centre, one-way, per vehicle	€20	$20
2024 Other local expenses paid in cash, pp	€100	$110
2024 Small group supplement (3 pax), pp	€100	$110
2024 Small group supplement (2 pax), pp	€150	$165

Tour Dates

Season	Tour Dates		
A 2024	06/08/2024 - 08/23/2024	8d / 7n	8 day trip
A 2024	08/24/2024 - 09/20/2024	8d / 7n	8 day trip
A 2024		8d / 7n	8 day trip

Min/Max: 4/12
Daily departure from May to October.

Rates do not include:Some meals (all lunches + meals on Day 1 and dinner on day 7), Alcoholic Drinks, Bike/Helmet/Basket rental, Travel insurance, Gratuities, Entrance fees & Private transfers

Hidden Trails Outdoor Reservation Form

Tour : _____ ***Code #:*** _____ ***from:*** _____ ***to :*** _____

The Travelers (Last Name, First Name)	Male Female	Single room/ or tent	Birth Date MM/DD/YY	Height	Weight*	Special diets**	Allergies	Medical Con.	Fitness Level: Excellent	Good	Moderate	Poor	need to rent equipm.
1.		☐	__/__/__			☐	☐	☐	☐	☐	☐	☐	☐
2.		☐	__/__/__			☐	☐	☐	☐	☐	☐	☐	☐
3.		☐	__/__/__			☐	☐	☐	☐	☐	☐	☐	☐
4.		☐	/ /			☐	☐	☐	☐	☐	☐	☐	☐

* If more than 200 lbs we need to reconfirm with our partners first ** Details on dietary needs on separate sheet, please.

Special Diets: _____

How often do you exercise? _____ Describe your experience: _____

Have you been on other riding tours? No ☐ Yes ☐ last trip when? _____ Trip: _____

If Hidden Trails offers a transfer from the local airport/station: I would like the transfer to be included: YES ☐ NO ☐

In an emergency, name and phone number of contact: _____

Attention: Please, if there is more than one participant, all have to sign the reservation form - make copies if needed

With my signature I confirm my reservation of the listed program(s) under the Hidden Trails Booking Conditions. I'm aware, and I made all participants aware of the risk involved with these outdoor adventure activities. All participants have read and agree with the Hidden Trails *Booking Conditions* and the Hidden Trails *Recreational Activity Release and Indemnity Agreement* in this brochure or as listed on the Internet.
I (we) will sign and forward the *Recreational Activity Release and* Indemnity Agreement at least 8 weeks before trip starting date.

Last Name and First Name (The Traveler) _____

Street _____ ***e-mail*** _____

City _____ ***State*** _____ ***Postal/Zip Code*** _____

Phone (wk) _____ ***(hm)*** _____ ***Fax*** _____

Date _____ ***Signature (mandatory)*** 1. _____

Please, charge a 25% deposit (minimum $ 350 per person) now and full payment 10 weeks before starting date to my credit card.

For payments by VISA ☐ ***or Mastercard*** ☐ (no debit cards)

Cardholder:

Card #

----------3 digit Security # ----------

Exp.Date: ---------- Signature: ----------

Billing Address for Credit Card (if different than maling address):

I have enclosed a check for the deposit ☐

Additional Signatures:

2. _____

3. _____

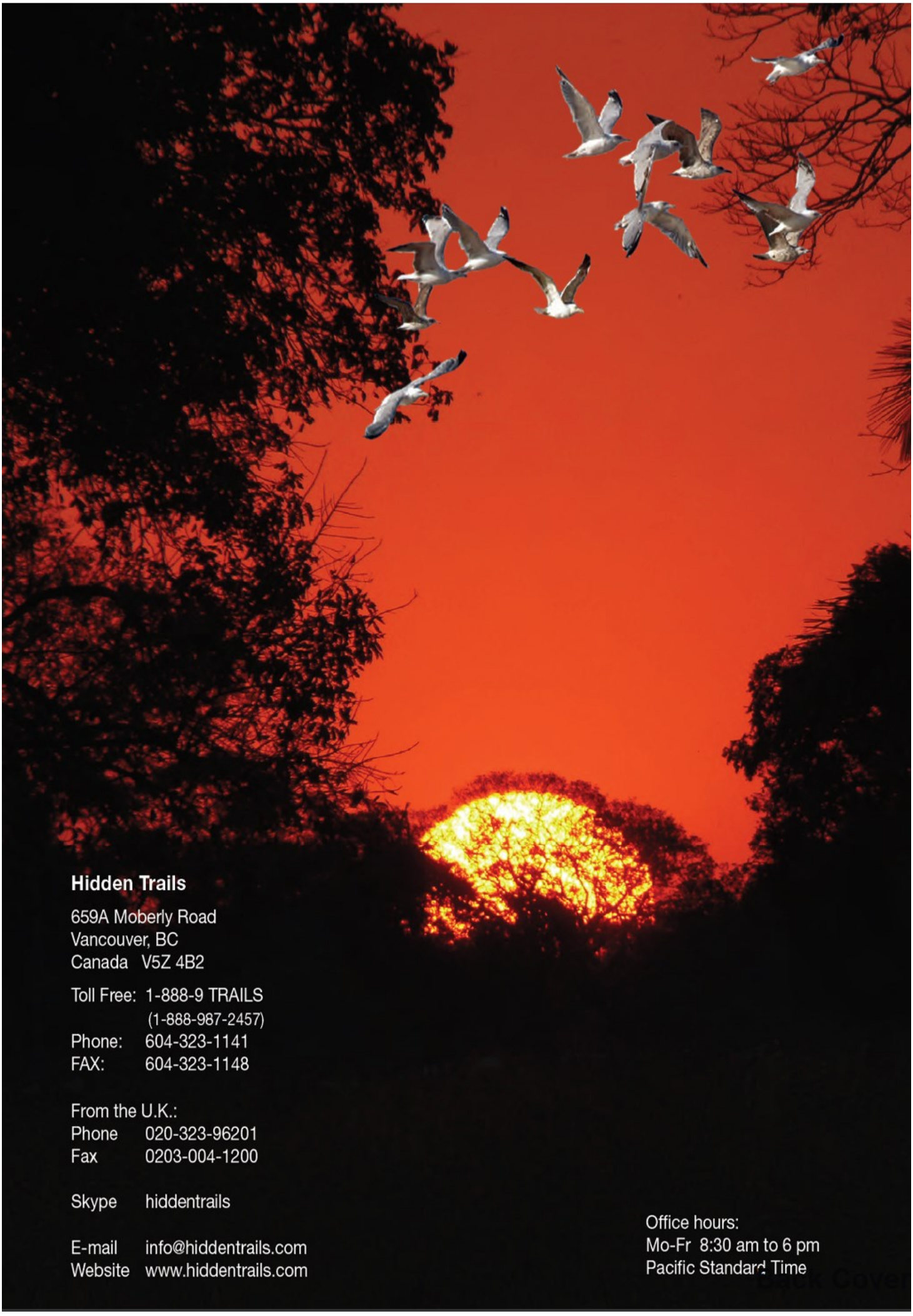
4. _____

Travel Cancellation Insurance Credit Card required

Sign me (us) up ☐ initial _____

No, we will provide our own ☐ initial _____

Hidden Trails Ltd. 659A Moberly Rd. Vancouver, BC V5Z 4B3 FAX: 604-323-1148 Phone: 604-323-1141



Hidden Trails

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Office hours:
Mo-Fr 8:30 am to 6 pm
Pacific Standard Time