



code: VBG 0027

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Duration: 8 days / 7 nights

Departure dates 2017/2018: every day / **Group size:** min 2

Route: Sofia-Trigrad-Mugla-Pamporovo-Zornitsa-Plovdiv-Sofia

Real mountain bike adventure in the heart of the Rodopi mountains. This is a unique bike tour covering a great part of The Western and Middle parts of the mystic Rodopi mountains. You will witness the beauty of the landscapes and natural life and their change from the west to the east going up and down on your bike. Remote roads, forest paths, rich natural world, wild rivers, beautiful dams, majestic coniferous forests, stunning rock formations, caves, deep gorges, picturesque pastures and meadows, high peaks, typical Rodopi villages and plenty of cheerful and funny meetings with local people awaits you in this real mountain bike adventure.

Tour highlights:

▣ **Beglika and Shiroka poliana dams** - one of the highest and most beautiful dams in the

Rodopi mountains

▣ **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.

▣ **Mugla village** - remote mountain village with preserved pomak (islamized bulgarians) culture and traditions

▣ **The Miraculous bridges** are 2 unique natural rock arches (about 40 m. high).

Itinerary:

Day 1. Arrival. Transfer to Sofia or Plovdiv for accommodation.

Day 2. Beglika dam - Shiroka poliana dam - Borino Transfer to Beglika dam at 1500m. Biking from the picturesque region of Beglika dam to Borino village. The route starts on an asphalt road, passes near the east shores of the dam and continues on a dirt road to Shiroka polyana dam. From there you bike downstream Cherni dol river, pass near Orpheus hut and finish at Borino village for overnight. Biking distance: 42 km

Day 3. Yagodina cave - Trigrad Today we start biking on the mountain fields around Borino village to the small picturesque Chala village. From there we go downhill on nice isolated dirt roads to the deep valley of Bunovska river. Once in the Buinovo gorge we stop for lunch and visit of the stunning Yagodina cave. From there we hit the asphalt road climbing steeply to the quiet Yagodina village. We continue on nice dirt roads among great meadows, coniferous forests and reach the western cliffs of the majestic Trigrad gorge from where we o downhill to one of the most famous villages in Rodopi mountains – Trigrad. Overnight in cozy family hotel.

Biking distance: 46 km

Day 4. Devil's throat cave - Chairski lakes - Mugla After breakfast we visit the Devil's throat cave (with one of the highest underground waterfalls in Europe). Then we hit the steep macadam road climbing on the eastern rocky slopes of Trigrad valley up to big meadows with nice views. We continue biking in the open fields then go down to a macadam road through an artificial rock bridge and reach the peaceful region of Chairski lakes. After lunch and rest we start ascending reaching the big meadows of Kartala area. From there we enjoy a nice downhill ride on dirt road or steep path to the remote village of Mugla famous for its preserved way of life and culture. Overnight in a family guesthouse with homemade specialties for dinner. Biking distance: 36 km

Day 5. Perelik - Pamporovo After breakfast we start biking uphill towards the Prevala pass passing through Kasaka neighbourhood among vast meadows with sheep herds. From there we get on the so called panoramic road to Pamporovo. It is a nice macadam/dirt road that goes along the northern slopes of the highest massifs of Rodopi mountains – Perelik. We reach another pass on an asphalt road and continue on a forest dirt road to Pamporovo resort, where you stay in a hotel for overnight. Biking distance: 42 km

Day 6. Rozhen - Zornitsa The biking starts from Pamporovo on a dirt road in direction to the famous historic place Rozhen, also famous for the Rozhen Folklore festival. From there you continue uphill on an asphalt road to a mountain pass and Momina voda protected area. Then we follow a ridge on a dirt road among meadows and coniferous forests up to about 1800m followed by a downhill ride (1000m vertical drop) in a river valley above Bogutevo village. Short transfer brings you to the remote and beautiful Zornitsa village where we stay overnight. Biking distance: 30 km

Day 7. Deaf stones - Miraculous bridges - Plovdiv Today we start with an ascent on nice dirt roads to Izgrev hut and then the main ridge of Chernatitsa ridge (1900m). We will pass by the mystic meadows and rock formations of "Deaf stones" and then ascend to The Miraculous bridges rock phenomena. After a short walk we continue with the downhill ride all the way to the main road to Plovdiv where the supporting vehicle will take us for a drive to Plovdiv with a stop at the Bachkovo monastery. We stay in a guesthouse in the old town of Plovdiv. Biking distance: 32 km

Day 8. Departure Transfer to Sofia or Plovdiv airport for departure.

Included in the price: □ accomodation in family-run hotels/guesthouses with private facilities (except day 4) □ 5 days on halfboard, 2 days on BB (day 1,7) □ bike and helmet □ English-speaking guide □ luggage transportation □ route map □ all local and airtransfers □ technical support for the bikes

Not included: □ flights □ travel insurance □ dinners on day 1 and 7 (free to choose in Sofia and Plovdiv) □ lunches □ tips □ entrance fees □ alcohol drinks and other personal expenses.

Other expenses: □ Single room supplement: 80 euro;

Good to know: □ **Bikes:** hardtail mountain bike RAM HT 1 □ **Terrain:** The terrain is versatile. You will bike mostly on nice dirt and gravel roads, isolated asphalt roads and some forest paths. Biking is made on an altitude from 1200 to 1800 including elevation of up to 1000m and downhill riding up to 1400m. □ You can extend the daily rides with some biking in the region of the accommodation place (upon request) □

Extension at the Black Sea coast

- relax at the seaside - more information upon request

We recommend trip in the period: May - October

Necessary equipment: We strongly recommend you wearing a helmet during the cycling. You can bring your own helmet or use one of ours. Biking gloves, light knee pads, breathable clothes, waterproof gear, cycling shoes/trainers.