Bulgarian Snowshoe Adventure

Trip Code: BSA

Version:

WINTER	GUIDED GROUP	5 MODERATE



HIGHLIGHTS

- Stay in colourful Sofia and experience Bulgaria's larger than life capital city
- Enjoy a snowy journey through the beautiful region of the Seven Lakes
- Snowshoe on the slopes of Mount Maliovitsa and in the Vitosha Natural Park
- An off-the-beaten-track winter and cultural holiday in the heart of the Balkans

AT A GLANCE

- 6 days snowshoeing
- Max altitude - 2250 metres
- Join at Sofia

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

With its jaw-dropping alpine scenery, dramatic mountains, tasty cuisine, undiscovered trails and larger than life welcome, Bulgaria is a unique destination for a snow-shoeing adventure in the heart of the Balkans. This fantastic holiday takes you through a Narnia landscape as we follow hidden trails through secret forests and up to stunning mountain views. We start in the eclectic capital of Sofia before heading to Bulgaria's first national park of Vitosha. Here the fun starts as we learn how to snow shoe or brush up techniques. During the holiday we explore this incredible area and experience a secret side to Bulgaria that sees very few tourists.

Next we head to the area of Mount Maliovitsa and follow trails which take us up onto the slopes of this beautiful peak. We'll enjoy a beautiful walk to the Lake of Fear with breath-taking views towards Mount Musala - the highest peak in Bulgaria. A grand finale is snow-shoeing to the Rila Lakes refuge in the heart of the Rila Mountains where we'll explore the magical seven lakes and visit the highest waterfall in the Rila Mountains. If you're looking for a very special snowshoeing destination which is excellent value for money and away from the Alpine crowds, then KE's Bulgarian Snowshoe Adventure is the perfect choice.

Is this holiday for you?

This holiday is perfectly designed to appeal to regular and active walkers who would like to learn some snowshoe techniques as well as those with previous snow-shoeing experience. During the holiday we'll cover a variety of ground from relatively easy snow covered trails at the beginning to steeper slopes in the mountains. The holiday is suitable for snow shoe novices and also active walkers with previous snowshoeing experience. As with a grade 5 holiday a higher level of fitness is required but previous snow shoeing experience is not necessary. (Please note: During the week the exact itinerary will be flexible and the guide will use their expertise and local knowledge to determine the best routes to take advantage of snow conditions and the abilities of the group.) If snow conditions do not permit snow-shoeing on any of the routes, the group will follow an alternative winter hiking itinerary.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed airport transfers on arrival and departure
- All land transport required including luggage transfer
- All meals
- All accommodation as descibed
- Snowshoes and poles

What's not Included

- Travel insurance
- Airport transfers other than group transfers
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the hotel in Sofia.

A single timed transfer from/to Sofia Airport to the first nights hotel is provided.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

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

Meal Plan

All meals are included in the holiday price.

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.

Food & Water

In Bulgaria no-one goes hungry and with a rich variety of Balkan dishes available, there is plenty of choice for all tastes. Breakfasts are generally continental in style with cereal, yoghurt, jams, honey, bread, cheese, ham and occasional eggs, cucumber, tomato, tea and coffee. Lunches are generally picnic in style that we'll make up during breakfast and carry with us - ham, cheese or tuna sandwiches with fruit and a cereal bar. Dinner is a social event and in the evening we'll enjoy a three course meal which generally starts with a mixed salad followed by pork, chicken, beef with potatoes and vegetables cooked Bulgarian style. Desserts may be ice cream, baklava or local cakes. Vegetarian and special diets can be catered for but please be aware that choices are usually limited as Bulgarians love their meat and fish dishes.

Accommodation

We will spend 1 night in a centrally located hotel in Sofia, 3 nights in a traditional guesthouse in a village near Maliovitsa and 3 nights in a guesthouse in Panichisthte.

Whilst in Maliovitsa, you will find that the Bulgarian infrastructure is simpler than in some other ski resorts. However, the surrounding scenery and mountain location more than makes up for the modest facilities.

Accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel in Sofia are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

Spending Money

Approximately £75 - £100 (or equivalent in euros or dollars) should be allowed for miscellaneous expenses. We recommend that you carry your travel money in the form of local currency and also take an ATM card. There is an ATM machine at Sofia Airport and in the centre of Sofia. If you are intending to buy expensive souvenirs, you should budget accordingly.

The local currency in Bulgaria is the Euro. Pounds sterling and US dollars are easily exchanged for euros. Only exchange money at reliable places such as banks and currency exchange bureaux. Major credit and debit cards are accepted in most banks and hotels. Most ATMs accept standard international credit and debit cards.

Guidance on Tipping

Tipping is the accepted way of saying ‘thank you’ to your 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

Baggage will be transported between overnight stops by the support vehicle. There is no weight restriction other than that imposed by your international carrier but we do ask you to limit your luggage to one piece plus your day pack.

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 be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

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.

Currency

The unit of currency in Bulgaria is the Euro.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 4 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

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. All other nationalities should check their government websites for relevant information.

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 Bulgaria.
- Lonely Planet. Bulgaria.

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 must bring the following items:

- Hiking boots (must be waterproof)
- Gaiters
- Trainers (for the evenings)
- Socks
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Thermal baselayer - leggings
- Thermal baselayer shirts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (eg. down)
- Daypack of approximately 30 litres capacity
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Warm and waterproof gloves or mittens
- Basic First Aid Kit - Our professional tour leaders will carry a basic medical kit. You should bring your own personal first aid kit consisting of the following: throat lozenges, painkillers (anti-inflammatory), antiseptic cream/spray, plasters, blister treatment/tape, and re-hydration salts (Dioralite). Glucose tablets are a good idea.
- Emergency Whistle (Many daypacks will have a whistle built-in)
- Survival blanket / bag
- Sun protection (including total bloc for lips, nose etc.)
- Washbag and toiletries
- Antibacterial handwash
- Fleece hat
- Sunglasses with side protection
- Ski goggles
- Headtorch and spare batteries
- Sunhat

The following items are optional:

- Earplugs (particularly if you are not the one snoring!)
- Dry bags(s) (to ensure your contents of your luggage/day pack stay dry)
- Camera
- Travel clothes
- Spare clothes
- Small padlock (to lock your bag)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

Specialist Equipment: Snowshoes, ski poles, and standard safety equipment will be

provided by KE, and available to collect at the group hotel.

If you wish to take your own walking poles, make sure that they have snow baskets fitted.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Sofia and a single timed transfer is provided from Sofia Airport.

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 Sofial. 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

With a maximum group size of 8 plus all meals and snowshoe equipment included, all that is left is for you to enjoy Bulgaria's secret winter side. Join KE on a show-shoeing journey through a Narnia landscape deep in the heart of the Balkans. Book your adventure now to avoid disappointment.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change