



Bulgaria- Rodopi Cycling (2025)

Guided

8 Days / 7 Nights



Amazing cycle trip in the heart of the mystic Rodopi mountains - home of Orpheus.

The Rodopi Mountains are situated in the oldest part of the Balkans and boast some of the loveliest evergreen 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. 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 mountain roads, with relatively little traffic. 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.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848

Tour 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 Rhodopean 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.

Day to Day Itinerary:

Day 1. Arrival

Arrival to Sofia airport and transfer to the hotel.

Day 2. Belmeken dam - Velingrad spa town- Cycling distance: 60km. Uphill/downhill: 1420/1450m
Cycling distance (starting from the dam): 42km. Uphill/downhill: 140/1440m

Drive to Sestrimo. The cycling starts few kilometers after we pass the village of Sestrimo and up to Belmeken dam (above 2000m) 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. For those of you who would like to avoid the long and challenging uphill at the beginning, it is possible to start the cycling from the dam.



Day 3. Batak dam - Beglik dam – Dospat- Cycling distance: 71km. Uphill/downhill: 1320m/830m

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.

Day 4. Yagodina cave - Devil's throat cave – Trigrad Cycling distance: 48km. Uphill/downhill: 1200/1250m

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

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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. Overnight in Trigrad in a family hotel.

Day 5. Shiroka laka - Smolyan lakes – Smolyan

Cycling distance: 64km. Uphill/downhill:
1440/1560m

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 savour 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.



Day 6. Smolyan-Rozhen – Borovo- Cycling distance: 58km. Uphill/downhill: 1480/1420m

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. Nerby is the picturesque village of Borovo and the famous religious place with chapels and healing springs – Krastova Gora. Overnight in Borovo.



**Day 7. The Wonderful bridges - Bachkovo
monastery – Sofia- Cycling distance: 54km.
Uphill/downhill: 1040/1570m**

The downhill ride continues along Jugovska River valley to the main road Smolyan-Plovdiv. Short transfer brings you to a junction, from where there will be a 16km uphill cycling to the Wonderful bridges rock phenomenon for short walk and sightseeing. The next stop is Bachkovo Monastery (the second largest in Bulgaria). Transfer to Sofia for overnight.

Day 8. Departure

After breakfast you will be transferred to the airport for departure.

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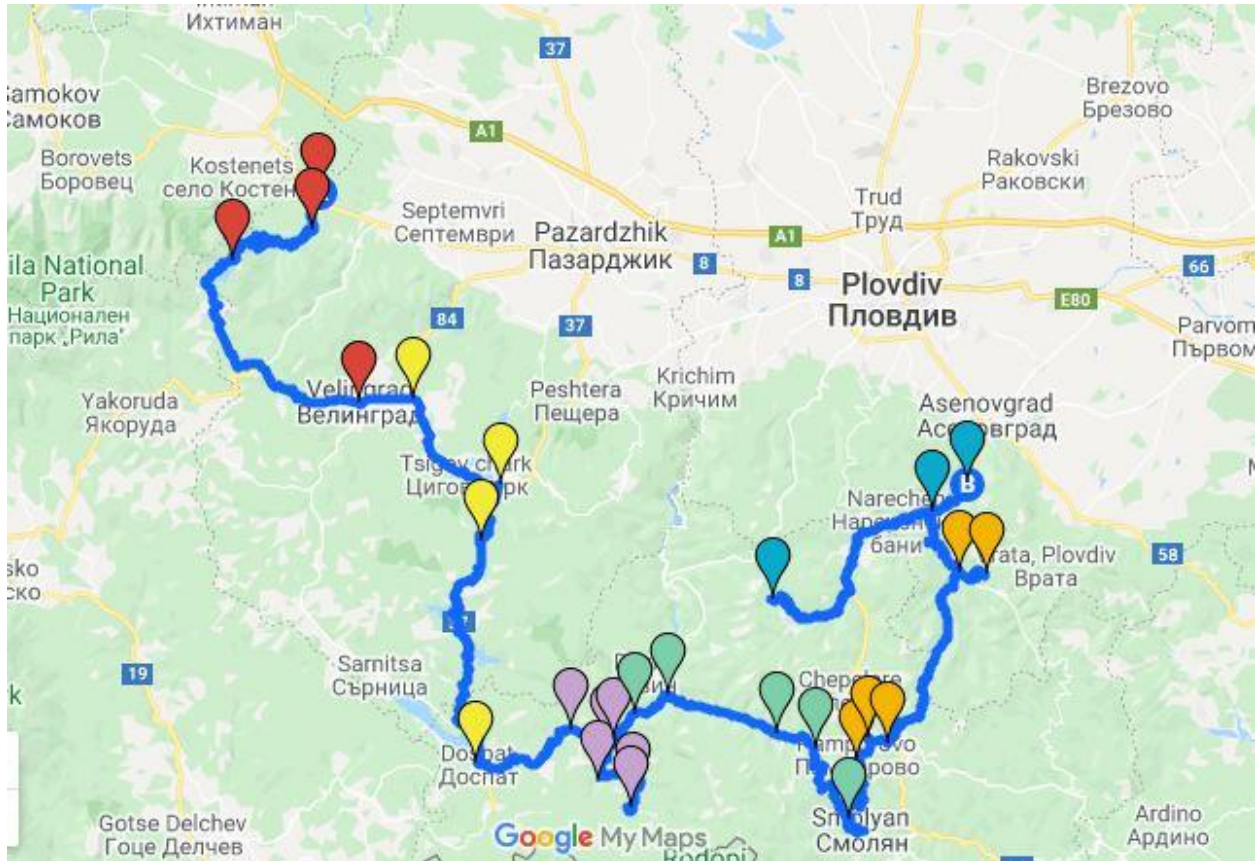
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Route



Good to know:

- ◆ **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. The traffic might be a little bit heavier at some sections but only for a short while.
- ◆ **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.

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

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Recommended period: May – October

Scheduled departures June 7, July 5, August 13, September 20

Group Size 4-12

Price *all prices subject to confirmation on booking*

810 Euros per person Double Occupancy

170 Euros Single supplement

Price Includes:

Hotels and guest houses - rooms with private facilities and breakfast
5 dinners (day 2-6)
English-speaking guide/driver with a supporting vehicle and luggage transport
map and road notes in English
transfer from/to the airport on day 1 + day 8
technical support

Not Included:

Flight tickets
insurance
drinks and meals not mentioned
entrance fees
additional transfers
bike rental
tips
personal expenses

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Bikes:

Drag - Grand Canyon TE 2017

DRAG™



Suitable for	Road cycling
Weekly rental	100 €
FORK	SR Suntour NEX 60mm with hydraulic lockout
FRAME	A6+ Alloy Hydroformed Doublebutted
TIRES	Schwalbe Delta Cruiser 37-622
CASSETTE	Shimano CS-HG300 11/32T
BRAKES	Promax Hydraulic Disk

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DRAG™



Suitable for	Off-Road / Mountain cycling
Weekly rental	100 €
FRAME	A6+ Alloy Hydroformed Doublebutted
CRANKSET	Shimano Alivio FC-M4050 40/30/22T
BRAKE LEVERS	Hydraulic
SIZE	Available in 27.5" and 29" wheels' size
FORK	SR Suntour XCR 120mm
TIRES	Schwalbe Rapid Rob KevlarGuard
BRAKES	Shimano BR-M355, RT56 180mm
Longwise - E bike	



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Suitable for	Road cycling
Weekly rental	190 €
Motor	250W Brushless Gear motor
Battery	36V 10Ah Lithium battery
Charger	100-240VAC50-60Hz, 2A AMPS smart charger
Charge time	3-5hours
Frame	Al Alloy baking varnish
Tyres	700*38C
Brakes	(F/R):V brakes/Roller brake
Gears	7-class Shimano
Max Speed	≤ 25Km/h
Range	70km with PAS
Load capacity:	95kg

THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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