



## Bulgaria- Balkan Cycling Tour (2025)

Guided

8 Days/ 7 Nights



An exciting cycling trip in the heart of the Balkan mountains.

On this tour we bike along the north and central parts of the Balkan Mountains, famous for their unspoiled nature, green valleys with sheep peacefully grazing on lush grass, precipitous cliffs and gentle, rolling hills offering plenty of unique biking opportunities. We start the trip from the tiny Goliam Izvor village, passing by the Central Balkan National Park and ending up in Veliko Tarnovo – the Old Bulgarian capital and one of the most charming Bulgarian towns. The narrow roads meander through picturesque villages that look as they have been untouched for the past 200 years. You'll see wooden carts pulled by a horse or donkey and villagers making hay the old-fashioned way. **Tour highlights:** **Troyan Monastery "Assumption of Virgin Mary"**, being the 3rd largest in Bulgaria, is built in the style of the Bulgarian Renaissance. **Etara Open-air Ethnographic Museum** presenting the Bulgarian customs, craftsmanship, architecture and way of life in the the region during the Bulgarian National Revival period. **Bozhentsi village** - an architectural reserve consisting of some 100 houses from The Bulgarian National Revival Period. **Veliko Turnovo** - the old medieval capital of Bulgaria

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

[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



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### Itinerary Day to Day

#### **Day 1. Sofia**

Arrival at Sofia airport and transfer to hotel.

#### **Day 2. Goliam Izvor village - Ribaritsa village - 47.5km; Ascent: 620m; Descent: 510m.**

Early transfer brings us to Golyam Izvor village where the cycling starts. We start cycling towards the town of Teteven as we have an optional detour to the Glozhene monastery. As we reach Teteven we can have a short stop for a walk and visit of the local historic museum and church or go for a short bike and hike to a nearby eco trail with 2 beautiful waterfalls. Then you continue cycling to Ribaritsa village where we stay for the night.

Detour to Glozhen monastery - Distance: 16km; Ascent: 430m; Descent: 430m.



#### **Day 3. Ribaritsa village - Troyan monastery –**

**Apriltsi- 77km; Ascent: 970m; Descent: 1060m.**

Ascent from Ribaritsa village to the highest point for the day - Bogoi pass (1185m). From this pass the road goes all the way down to the town of Troyan passing through the village of Shipkovo where you can take a refreshing bath in the mineral water swimming pools. After lunch in Troyan town centre we visit The Pottery and Craft Exhibition "Oreshaka" nearby and the famous Troyan monastery. We spend the night in Apriltsi village.

#### **Day 4. Apriltsi - Gabrovo - 61km; Ascent: 700m; Descent: 800m.**

Cycling on isolated village roads from Apriltsi to Gabrovo. Enroute you pass by numerous small villages set in green landscapes and river valleys. After an ascent followed by a nice downhill ride you reach Gabrovo town and continue to "Etura"- an open-air ethnographic museum, where you can add an additional 6km of cycling reaching the nearby Sokolski Monastery.



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**Day 5. Gabrovo - Tryavna - Bozhentsi** - 58km; Ascent: 1010m; Descent: 1000m.

After breakfast you start cycling from Gabrovo. After an ascent followed by a descent, you arrive in Tryavna. There you can spend some time on sightseeing and lunch in the centre of this beautiful National Revival town. Ups and downs through open terrain will lead you to the final stop for today - Bozhentsi architectural reserve.

**Day 6. Bozhentsi - Dryanovo monastery – Elena** - 46km; Ascent: 800m; Descent: 800m.

A transfer in the morning brings you to the Dryanovo monastery where you can also visit the local cave. You start cycling from the turning for Yalovo village to the town of Elena passing by several villages and the blue waters of Iovkovtsi dam.



**Day 7. Elena - Arbanassi - Veliko Turnovo – Sofia** - 42km; Ascent: 600m; Descent: 730m.

From Elena we continue cycling to the last point of the trip – Arbanasi architectural reserve. The landscape includes meadows, pastures, cultivation lands, shrubby hills and finally a beautiful plateau over Veliko Turnovo. After some free time for rest and walks among the old houses of Arbanasi we go for a lunch and sightseeing tour in Veliko Turnovo - the capital of the Second Bulgarian Kingdom. Afternoon transfer to Sofia where we spend the last overnight.

#### **Day 8. Departure**

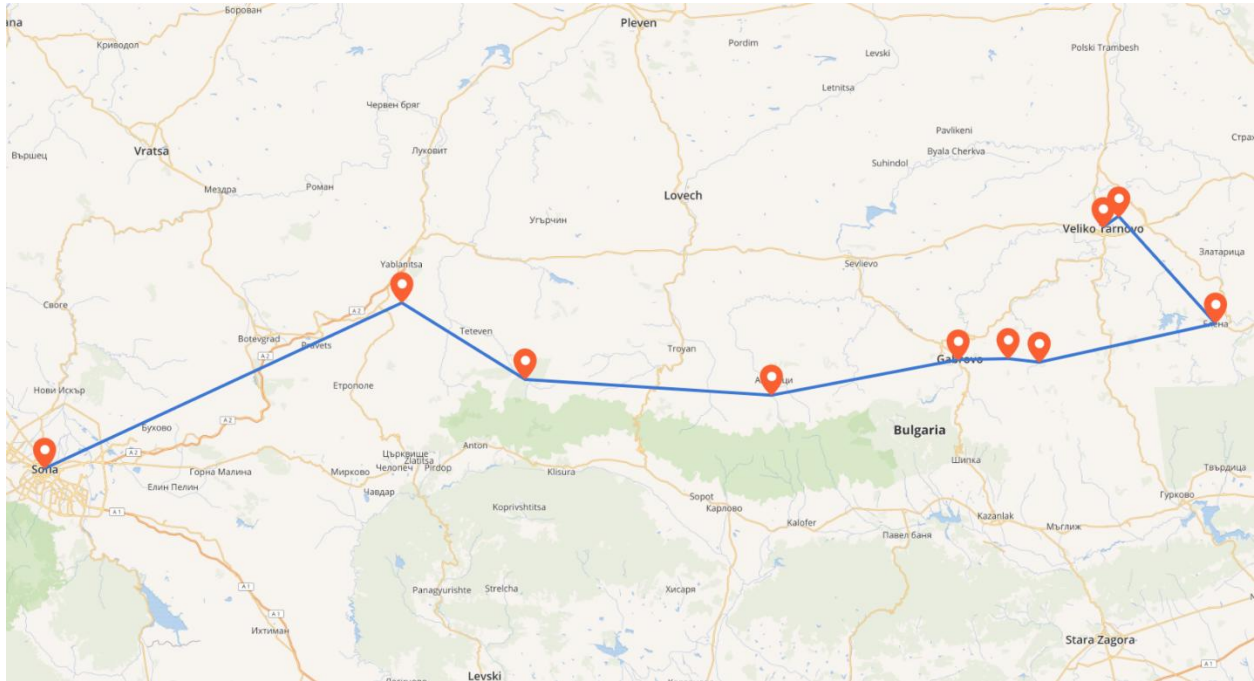
Transfer to airport for departure





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### Route



**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

Special Note:

**Dress code** in monasteries and churches - men are not allowed to enter in shorts and women should not expose their legs and shoulders.

**Departures May 17; June 28; Sept 27; May 16, 2026**

**Price per person – subject to confirmation on booking**

Double occupancy 780 Euros on booking

Single Supplement 160 Euros

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**Included:**

7 nights at family run hotels and guest houses in rooms with private facilities  
7 breakfast + 5 dinners (day 2-6)  
supporting vehicle and English-speaking guide/driver  
map and road notes in English  
technical bike support  
airport transfers on days 1 and 8 and all local transfers

**Not Included:**

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

Bike rental

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**Bikes:**

**Drag - Grand Canyon TE 2017**

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**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 - Grand Canyon TE**

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**Scott Subcross 30 (Shimano Deore)**

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**DRAG™**



<b>Suitable for</b>	<b>Off-Road / Mountain cycling</b>
<b>Weekly rental</b>	<b>100€</b>
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
<b>Longwise - E bike</b>	



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<b>Suitable for</b>	<b>Road cycling</b>
<b>Weekly rental</b>	<b>190 €</b>
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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