

## Overall information about Bulgaria winery and traditional cuisine.

### Wine and wine production around Bulgaria.

It is not a random story that we tell about our lands - that God made the world and he forgot about Bulgaria and finally when his wallet was almost empty he opened it above Bulgaria and everything that was left fell here. Although forgotten, it is our fallen and plains, nestled between mountains and valleys, ridges and sloping shores of rivers and hills near the sea and ... the types of vine found here are unique opportunities for development of superior quality grapes.

The climate is temperate with warm summers and relatively cool winters. The amount of annual rainfall is between 470 and 953 l / sq.m. The average temperature sum needed for the vine is between 3500 and 3700 ° C. The soils vary here - maroon and gray forest soils, humus-carbonate leached black earth and alluvial-meadow soils, including deep and shallow sandy soils, and others. They are extremely favorable for the development of the vine for good ripening of grapes and for obtaining high quality of white and red wines. The archaeological finds in recent years, eloquently demonstrate that divine drink has been known since the ancient Thracians. The open-air temple of the god of wine Dionysus in the ancient city Perperikon - capital of the ruler of the mountains, gives scientists reason to believe that ancestral wine is precisely here, in our country. You cannot miss the facts related to our reputation of **MeInik wine bottles** which were sold in Europe by Greek traders, and the memory of the annual supply of 500 liters of the same wine, personally ordered by Sir Winston Churchill is still alive.



### Cuisine.

Typical Bulgarian cuisine dishes are distinguished by their rich and diverse content of biologically active ingredients. These are in addition to yoghurt, yoghurt products and traditional cheeses and vegetables - peppers, tomatoes, and in especially large quantities of onions (white, green and red) and garlic. They are sources of diverse range of nutrients. Only in our Balkan lands you can find someone preparing docks and nettles, and the last is a rich supplier of carotenoids, flavonoids and iron. The specificity of culinary preparation and processing led to continued activity of the compounds. For example: onions are hitting the table, and this contributes to the disruption of cell membranes, activation of the lysosomal enzyme activity and access of oxygen helps to promote stable compounds with retained activity. Second example: Appetizer, known to all Balkan people, prepared by tomatoes, red peppers and eggplants, delivers plenty of lycopene. It is known for its anticarcinogenic action. Together with the functional effect of yoghurt, cheese and our typical range of fruit and vegetables the Bulgarian cuisine has a powerful antioxidant effect.





## ITINERARY

Sofia – Rila Monastery – Damyanitsa – Melnik – Rozhen Monastery – Bansko – Plovdiv – Perperikon – Kardzhali dam – Tatul Village – Ivaylovgrad – Blue Rocks – Sliven – Sofia

### Day one.

Departure from Sofia – on the way you can visit one of the greatest historical and cultural places in Bulgaria, the Rila Monastery (about 110km from Sofia and 110km from Melnik). You can have lunch in one of the restaurants which are located in the monastery's yard and enjoy some of the Bulgarian culinary magics. In the afternoon you can visit the "Damyanitsa" winery, which is located in Damyanitsa village (105km from Rilla monastery and only 5km from Melnik) and try some of the finest red wines of Bulgaria. The winery is one of the few wineries that produce wine of the ultra premium class. Around 20:00hrs you should check in the hotel in Melnik. After a short refreshing you can once again have a dive into the traditional Bulgarian cuisine and fine wines in the restaurant of the hotel. Overnight.

### Day two.

Breakfast. Visit of the famous and peaceful Rozhen Monastery (about 10km from your hotel in Melnik). Departing to Plovdiv ( about 250km from Melnik). On the way to Plovdiv you can visit Bansko (104km from Melnik and 150km from Plovdiv) and have a look at the old Bulgarian cities combined with the very new and modern ski resorts. You can also have lunch in Molerite Complex, one of the oldest in Bansko, established 1792 it still offers its customers the traditional Bulgarian hospitality and welcoming. In the late afternoon you must arrive in Plovdiv and get checked in your hotel. This night you will be part of one of the most popular Bulgarian folkloric programs and you will be tasting some of the Thracians' finest wines and cuisine specialties in "Veselo Selo" restaurant in Plovdiv. Overnight.

### Day three,

Breakfast. Departure to Karzhali (about 100km from Plovdiv) – on the way you can visit the natural phenomenon the Rocky Mushrooms (Skalnite gabi) and the ancient buildings of Perperikon (located about 20km from Kardzhali) with a lecture of how the wine production began in these lands. You can have lunch in "Glawatarski han", located on the Karzhali dam, which is famous with its barbeque specialties. In the afternoon you can have a calm and relaxing time on a boat trip in the dam, waiting for the magical dinner on board which will be showing you the big variety of fish food that this little country can offer and of course tasting some of the finest wines of this region. Overnight.

### Day four.

Breakfast. Departure to Ivaylovgrad (about 115km from Kardzhali). On the way – a visit of Orpheus's sanctuary near Tatul village (30km from Karzhali). Lunch at Tatul village is highly recommended in one of the local restaurants. Checking in Vila Armira hotel in Ivaylovgrad. Degustation of the finest red wines of the region and diner in the hotel's restaurant. Overnight

**Day five.**

Breakfast. Departure to Sliven (about 190km away). If you are keen on spectacular mountain views a visit of the famous natural park "Sinite kamani" (Blue rocks), about 25km from Sliven is highly recommended, it is called this way, because when the rocks are lightened by the sun they look blue, because of their quartz origin. You can have lunch in one of the many small family huts which are spread all over the park. When visiting it we can strongly recommend you to visit the small bakery and enjoy the local craftsmanship of the baker. Check in Chateau Alpia, located in the foot of the Balkan. Diner and tasting of wines of Sliven`s region. Overnight.

The price includes car rental and accommodation, all personal expenses, such as drinks, meals and entry fees are not included in the price.

**Price with rented car:**

4-star hotels: 500 Euro per person in a group of 2; 440 Euro per person in a group of 4

Single supplement: 140 Euro

3-star hotels: 400 Euro per person in a group of 2; 350 Euro per person in a group of 4

Single supplement: 115 Euro

**Day six**

Breakfast. Departure to Sofia (300km from Sliven). On the way you can visit the House of wine in Sliven and choose among a big variety of wines produced in the region. You can visit one of the most modern wine factories in Bulgaria. Afterward you can visit and taste the wines which are produced in Wind Hills complex, located about 15km from Sliven, right next to the famous Mineral springs. Arrive in Sofia. Overnight and last dinner.