



## SNOW SHOE ADVENTURES WINTER 2018/19 Jan-Mar

*Explore the beauty of nature amidst the magic of winter.  
Learn to snowshoe through Bulgaria's unspoiled mountains, experiencing a blissful winter landscape.*

Leave the crowded ski resort behind and start winter walking and snowshoeing. Here, you'll feel light years away from the outside world as you reconnect with nature whilst exploring a wintry landscape of dense forests, high ridges, and magnificent views.



*Led by a certified (UIMLA) English speaking mountain leader, each route takes between three to five hours, following forest tracks, ancient Roman roads and the paths used by shepherds.*



For the more adventurous we offer a snowshoe hike to Bezbog peak (2645m), accessed from the Dobrinishte chairlift, for which a Lift Pass is required. This route is weather permitting



*Some of our routes take us past mountain chalets, normally only accessible in summer, where you can enjoy a bowl of warming bob supa, the traditional Bulgarian bean soup, and a hot drink before heading back on the trail.*

### ***Why Absolute Bulgaria Adventure?***

New equipment, including special adjustable poles with snow baskets (different from ski poles) and gaiters (useful to stop snow getting in your shoes when the snow is deep).



Experienced certified English **and** Bulgarian speaking mountain guides

Excellent local knowledge of weather and snow conditions to ensure your safety.

**With a maximum group size of 8 plus lunch and snow shoe equipment included, all that is left for you is to enjoy Bulgaria's secret winter side**

***What does it cost?***

***€48 per person – includes all equipment, guiding and transport to/from trail heads (based on group of 6 minimum)***

***What do you need to bring:***

We want everyone to be warm and dry, and most of all have fun. Nothing makes a day out in the mountains better than being properly dressed and prepared! It's all about wearing layers because you can always add layers if you are cold, or take them off if you are getting too hot.

**Make sure you wear winter boots or waterproof hiking boots to avoid your feet getting wet. Ski Boots, Trainers or other unsuitable footwear cannot be used for snowshoeing.**

***To Wear:***

Warm hat  
Neck warmer  
Mitts or Ski Gloves  
Sunglasses / snowboard goggles  
Base layer: Non-cotton shirts (preferable but not necessary)  
Mid layer: long sleeve shirt or hoodie  
Outer layer: Water Proof Jacket or wind breaker  
Ski pants or water/wind proof pants  
Thick warm socks  
Waterproof Hiking boots or Winter boots

***In Your Backpack:***

Extra socks  
Extra layers: in case you get cold  
Extra mitts: in case they get wet  
Lunch and snacks  
2 bottles of water or sport drink  
Sun protection cream/Lip salve (SPF 30 or higher recommended)



4th September 2018