ASSOCIATION
SAVREMIE

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PRESENTATION
REPUBLIC OF BULGARIA

Romania
Serbia
Greece
Turkey
Bulgaria
Black
Sea
Sofia
Varna
Burgas
Ruse
Vidin
Lom
Oryakhovo
Nikopol
Svishtov
Byala
Popova
Razgrad
Dulovo
Kardam
Balchik
Tolbukhin
Dobrich
Levski
Vratsa
Mezdra
Lovech
Gorna Oryakhovitsa
Devnya
Kremikovtsi
Zlatitsa
Pernik
Kyustendil
Samokov
Stanke Dimitrov
Pazardzhik
Plovdiv
Velingrad
Blagoevgrad
Asenovgrad
Khaskovo
Kharmanli
Svilengrad
Mesta R.
Gotse Delchev
Sandanski
Kurdzhali
Momchilgrad
Smolyan
Podkova
Karlovo
Kazanluk
Sliven
Aytos
Stara Zagora
Nova Zagora
Yambol
Tundzha R.
Chirpan
Elkhovo
Michurin
Malko Turnovo
Maritsa R.
Iskur R.
Yantra R.
Danube R.
Arges R.
Jiu R.
Olt R.
Silistra
Dulovo
Kardam
Tolbukhin
Balchik
Varna
Devnya
Aytos
Burgas
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Country of Health

Bulgaria is an extremely attractive center for treatment, prophylactics, recreation and tourism with its numerous resorts, favourable climate, a 378 km long coastal strip with wonderful beaches, over 500 mineral springs of varying physico-chemical composition, temperature and indisputable curative properties, dozens of lagoon firth mud sources and curative peat deposits.

All scientific studies agree that in the uniqueness, variety and abundance of hydrothermal, bioclimatic, mud treatment, sea cure, and other health resources, Bulgaria ranks among the first in Europe, Climato-balneological treatment traditions in the Bulgarian lands date back to times immemorial.

In Thracian times, flourishing settlements sprang up around the hot mineral springs and many nymphaeums were built. In Roman times, spa centers were established, such as Augusta (present-day Hissarya), Dezudava (Sandanski), Pautalia (Kyustendil) and Serdika (Sofia), where even the Roman emperors Ulpius Trajanus, Septimius Severus, Maximilianus and Justinianus sought treatment for their ailments.

The Bulgarian mineral waters are known for their greatly varied chemical composition and, respectively, their mineralization and type of dissolved mineral salts, curative gases and biologically active micro components. In fact, every kind of known mineral water may be found in the country.

This enormous wealth of natural factors, combined with country's modern hotels and spa facilities, provide excellent possibilities for the year-round effective treatment of the most widespread diseases of our times and truly make Bulgaria a Country of Health.

The Bulgarian spa resorts have the advantage of being located in vary favourable climatic regions, affording the exceptional possibility of combining balneotherapy with climatic treatment.

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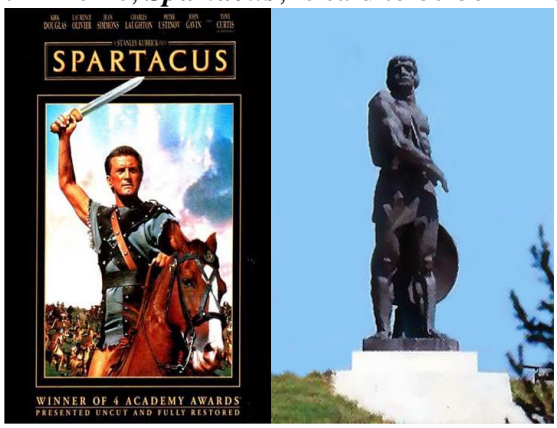
Sandanski SPA Resort

The town of Sandanski is located at an altitude of 224 m in the foothills of the Pirin Mountains, along Sandanska Bistritsa River. The resort climate is indeed Unique. Throughout the year, local temperatures are higher then inland temperatures - the annual average being 14.7° C. Winters are mild and short, autumns long and warm. Relative humidity is low (66 %), there are over 2 436 hours of sunshine a year and fogs are rare.

The mineral waters are clear, colourless, odorless and pleasant tasting, silicic, mildly fluorine, hyperthermal (42-81° C), slightly mineralized, hydrocarbonic-sulphatesodium.

Resort conditions are particularly conducive to the treatment of bronchial asthma in its three forms atopic, infectious allergic and combined. Already during the first week a marked clinical improvement is observed, with fewer attacks both with regard to frequency, strength and duration, and in more than 55 % of the cases they disappear completely.

Sandanski was probably already founded around the year 3000 BC as a small Thracian settlement. The famous leader of the Slaves' revolt in Rome, ***Spartacus***, is said to be born in Sandanski.



To VI century the town was one of the first Christian Episcopal centers in Bulgaria. At the end of VI century, two brothers, both of them practising doctors and helping the poor, lived in Sandanski. Later, the two brothers were beatified for their engagement with the poor. Therefore, the town was renamed *Sveti Vratch* (Holy Doctor) and kept the name for many centuries.In 1947 the city was named Sandanski.

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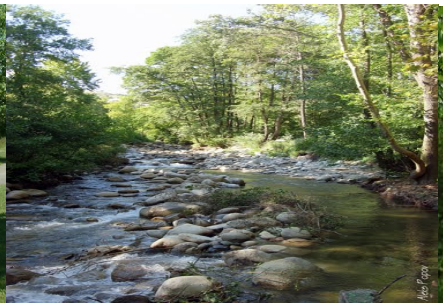
The ancient city lies entirely on the terrain of the modern town of Sandanski. The ddiscovered archaeological objects are from different historical periods. The town prosperity was in the period IV-VI century. Since that time are found many public buildings and early Christian basilicas, including the early Christian Episcopal complex.

Interesting are discovered mosaic decorative carpets, some of which are exhibited in the Archaeological Museum of Sandanski.

The town of Sandanski as well as Bulgaria as a whole, are proud of the unique Town Park called since 1891 with the old name of the town - Sveti Vrach. Its territory is 344 decares. More than 100 tree species and more than 150 flower species grow here. One can see here old hollow plane-trees, slender cedars and sequoias, evergreen tui, branchy willows, pine-trees, pomegranates, fig trees, wild geranium, garden geranium, all sorts of roses, etc. The small stone slopes resemble the Alpine outlook of the white marble massif of Pirin rising to the east. Suspension bridges hang over the foamy and rapid Sandanska Bistritsa River. A number of alleys, wooden alcoves, playgrounds for children and other specific corners offer unique conditions for rest and entertainment. The verdure of the park surrounds the town stadium, the open-air theatre, the open swimming pool, an artificial lake with a bar, a lot of boats and water wheels, an original restaurant with separate niches in the shape of casks, etc.



At the very gate of the park a unique ferro-concrete map of Northern Pirin was made and installed by Nikola Mironski, a well-known Bulgarian mountaineer. The Town Park has naturally merged in the bigger forest-park that surrounds the town as in a horseshoe, which people call the green necklace of Sandanski.

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Interesting historical and archeological landmarks along the Bulgarian-Macedonian border.

Samuil's Fortress (Klyuch Village)

Samuil's Fortress is located near the village Klyuch, in 20 km southwest of Petrich, only 4 km from the border with Macedonia.

The national park-museum "Samuil Fortress" is connected with a tragic moment in the first Bulgarian state after Belasitsa battle with the Byzantines in 1014. Then is blinded the 14-thousand army of King Samuil, as every hundredth soldier was left one-eyed to lead others. Seeing that Samuil received rupture of the heart and died. This memorial is dedicated to King Samuil and his blinded soldiers. It is built on the foundations of Thracian and early Bulgarian Slavic settlement.

On the hill King Samuil built a fort, protected by three shafts and two pit arranged concentrically. The location of Samuil Fortress allows control the whole ravine and can be used as a military command post in all strategic sectors of the defense system.

National park-museum "Samuil Fortress" was officially opened in 1982. The remains of medieval fortifications and the village are preserved and the surrounding area is landscaped. Seen from afar is the full-length magnificent bronze statue of King Samuil and the four concrete pylons, built on top of the hill, on the ruins of the medieval tower. The fortress is an important tourist destination in southwestern Bulgaria. Since 2003 it is included in the list of 100 national tourist objects of the Bulgarian Tourist Union.

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Monastery Chourilovski

Monastery Chourilovski - "St. George" (sometimes called The abbot or Gegovski monastery) is situated on the southern slopes of the mountain Ograjden, near the village Chourilovo. It is supposed that was founded in the 14th century. It is a massive stone building with dimensions - 24 meters long and 12 meters wide.

Interest are the preserved wall paintings from 1858 and especially the scenes with themes from "Doomsday" and "wanderings of the soul", painted in the open narthex. The church was declared for a cultural monument of national importance. According to ancient legend, the construction of the monastery began in 1848. In it was initially opened public school, which later was reorganized into a new bulgarian school. The monastery is connected with the revolutionary struggles of the local bulgarian population. In the past the monastery and the school served the spiritual needs of the population of the twelve quarters of the once existing village Igumenets. His role in the formation of this urban agglomeration is indisputable.

Village Skrut

The village is situated at the foot of the mountain Belasitsa. In the center of the village are two plane trees over 300 years old, protected by RIOPS, with a height of approximately 40 meters.

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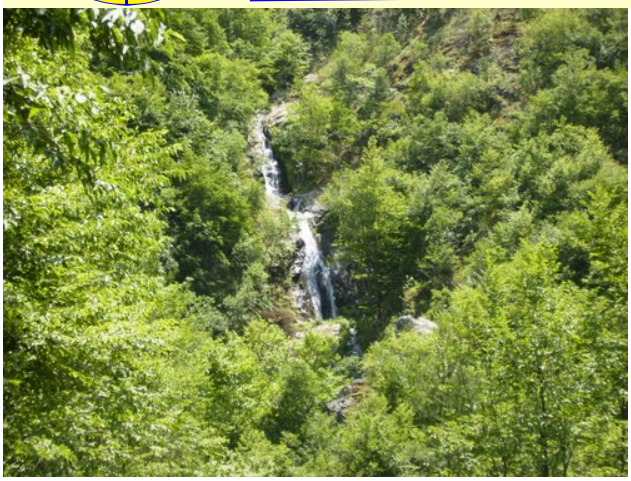

In the mountains above the village Skrut is a beautiful waterfall, and near the ridge - until now unexplored deep cave "Lednika".

Above the village is situated the peak Tumba, in here are crossed the state borders between Bulgaria, Greece and Macedonia. At the top is located Border Pyramid № 1.
Starting poins for his climbing are the villages Klyuch, Skrut and Gabrene (on Bulgarian territory) and the village Smolari and mountain hut Sharena cheshma (in the Republic of Macedonia).

During World War I was built on the top a monument of the killed Bulgarian soldiers from 11 Macedonian Infantry Division, which was destroyed by Greek forces on August 17, 1926. Since 2001 each year in August is organized an international tourism expedition to the top, under the motto "Balkans Without Borders".