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multimedia



Operative Program "Regional Development 2007-2013
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GENERAL INFORMATION

Bulgaria is a country famous for its natural beauties. Its varied terrain, high mountains, its seaside and its four great seasons are very good preconditions for practicing of various types of extreme sports.





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One of the most popular extreme sports is rafting. The main areas in Bulgaria where it is practiced are the Iskar and Kresna Gorge. Both rafting destinations are suitable for both advanced sport players and for beginners, who try to overcome the high water rapids of the Bulgarian rivers for the first time.

The country has many clubs that organize rafting adventures, which can also be combined with cultural, ecological or other type of tourism. Traditionally the best time for rafting is the spring season and early summer when rivers are the deepest, but rafting can also be practiced during the rest of the year.





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Another sport, which can be practiced in the Struma and Iskar rivers, is kayaking. For this type of water tourism, which is becoming more and more popular, a two-seat boat can only be used. Kayaking is also suitable for beginners, as

long as the sports clubs offer a professional instructor. Those, who are advanced in this sport can benefit from individual programs. Other destinations for kayaking tours are the dams Kardzhali and Studen Izvor, as well as the Yantra River.



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Canyoning is becoming more and more popular in Bulgaria. It combines several sports in one - passing through riverbeds and rocky cliffs climbing. One of the most popular places to practice it is the slope of the Vlahinski waterfall in Pirin near the town of Kresna. Another place is Sandanska Bistrica river near the town of Sandanski.



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People like proving themselves that they can go beyond their limits, and extreme sports are one of the best ways to do so. One of the most commonly practiced sports to raise the

level of adrenaline is bungee jumping. In Bulgaria, bungee is practiced in many places. The bridge over Vitinya Pass in the Balkan Mountain is described as one of the most challenging places from where





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bridge over the Yantra River. Alternatively bungee jumping can be practiced in caves - for example in the vault of the Prohodna cave near the village of Karlukovo. Bungee jumping is also practiced at the viaducts near the town of Klisura and the village of Pisanets.

one would dare to jump - the bridge is 120 meters high and the adrenaline of the brave one, standing on the edge, is amplified by the cars which tear across the highway. Bungee jumping is also practiced at the Asparuhov bridge in Varna, and in Veliko Tarnovo - at Stambolov





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Bulgaria offers excellent opportunities for paragliding and hang gliding - such areas are situated at the Black Sea coast, in Rila, Pirin, Vidin, Sliven, Shumen, Sopot and in other places. Sopot is one of the most popular destinations among the

active paragliders and the beginners. The extreme sports clubs in Bulgaria organize training courses, but you can always rely on instructors. The duration of the flight is different and it mostly depends on the weather conditions.



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Admirers of nature can benefit from the available horse-riding paths. Such tours can be performed anywhere in the country - in Pirin, Strandzha, Rila, the Rhodope

mountain, the Black Sea Coast, the Balkan Mountain. The duration and timing of the horse riding are different and vary depending on your preferences.



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In addition to horse riding you can ride a bicycle. The resort of Borovets has specially built 20 kilometer long paths with various difficulty. Several biking routes start from Pamporovo, one of the most popular of them is near the architectural reserve of Shiroka Luka. The Kresna gorge and the Osogovo mountain are also suitable for cycling. The popular routes in



the Balkan Mountain are near Teteven and Ribaritsa. A good option for cycling is the Vitosha mountain. There are biking paths in many other places on the country.



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In addition to tanning on the beautiful Bulgarian beaches, you can also dive into the waters of the Black Sea. Dives are organized in many places - in Sozopol, Sinemorets, Lozenets, Maslen Cape. Experienced instructors offer short courses and briefings.

If you don't have your own equipment, such will be provided by the clubs, which organize diving.

Bulgaria also has good conditions for many other extreme activities - off-road, caving, rock climbing, etc.



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