



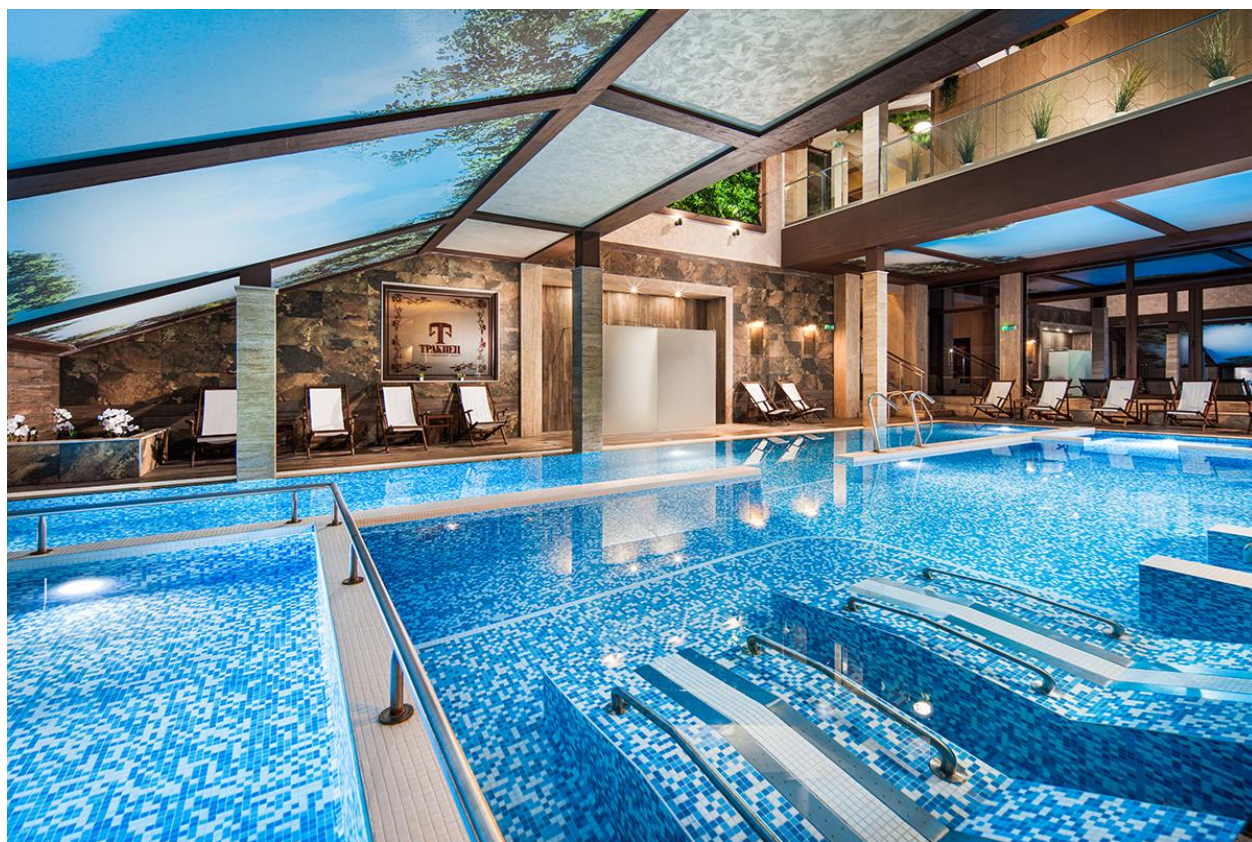
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Wellness Retreat

Weight limit: 90kg

Nearest airport: Sofia (SOF), Bulgaria

4 days / 3 nights / 2 days riding



The boutique Trakiec Complex is truly one of a kind - not only in Bulgaria, but across Europe combining first-class equestrian facilities and a spa hotel. This unique retreat brings together small groups of riders (the maximum group size is 4) for exciting riding with lots of canter and a world-class spa based next to the Tikla River. Guests can unwind in jacuzzis, indoor and outdoor swimming pools, saunas and steam baths, enjoy professional massages, or relax in beautifully designed wellness areas.

The equestrian centre was created with the idea of offering excellent facilities for both amateurs and equestrian sports professionals alike. It was built in 2012 on over 150 acres of pastures, paddocks and meadows. The spacious yard has state-of-the-art stables so the horses also get to enjoy a touch of luxury as well as several riding arenas.

This trail offers fun, fast and safe riding in the scenic Bulgarian countryside. Enjoy long canters across open fields and vast meadows and ride through the famous vineyards of the Thracian Valley. You will ride in walk, trot and canter each riding day in small groups of up to 4 riders. Most days offer smooth riding terrain so there are plenty of opportunities for long canters.



The Riding

This short break offers some fantastic riding in the picturesque Bulgarian countryside. Enjoy long canters across open fields and vast meadows. You will ride in all paces each day and there are plenty of opportunities for some long canters.

Horses & Tack

The horses are the pride and joy of our partners in Bulgaria. They are much loved and well looked after. Their horses are Trakehners, Shagya Arabs and Eastern Bulgarian horses, ranging from 14.3hh to 16.1hh. They are responsive, willing and surefooted on difficult terrain. The tack used on this trail is English style, mostly made by Wintec, and in good condition.

Accommodation and Dining

The accommodation during the trail is in a spa hotel with a swimming pool, sauna and spa treatments with healing, warm mineral water. All spa treatments are at additional cost and payable locally.

During the trail riders can enjoy the fresh, local cuisine. Breakfasts and dinners are served in overnight accommodations and lunches are on route picnics or alternatively a packed lunch carried in your saddle bags. The Thracian lowlands come highly recommended as a wine region and the Kingdom of Thracians trail offers you a great opportunity to taste the local wines.



Itinerary

Day 1

Arrive at Sofia or Plovdiv Airport no later than 16:00 and transfer to the boutique Trakiec Complex, located in peaceful countryside near the village of Zhitnitsa. The transfer takes approximately 90 minutes. The equestrian centre is set in the heart of Southern Bulgaria's Thracian Valley, the sunniest region of the country, with around 1,750 hours of sunshine each year— ideal for outdoor activities in every season. Before dinner, take time to unwind and settle in. You may enjoy the luxurious spa facilities, stroll around the equestrian centre, book a riding lesson, or simply relax and take in the beautiful natural surroundings.

Day 2

After a buffet breakfast at around 08:00–08:30, you will be transferred to the starting point of the trail.

For this itinerary, the horses are transported early in the morning to a small local stable, located approximately 35 minutes from the equestrian hotel. Today's ride lasts around 4.5 hours and covers approximately 30 km. The first part of the day follows the Stryama River across mostly flat terrain, offering excellent opportunities for long, enjoyable canters. Lunch is a relaxed picnic beside the riverbank. In the afternoon, the route becomes more hilly, with beautiful views towards the Balkan Mountains. The trail passes several scenic lakes and ancient Thracian tombs dating back more than 2,000 years.

Day 3

After breakfast your hosts will transfer you back to meet the horses. Your ride will take you back to your starting point but by a different route - again, with plenty of opportunity for some fast work. Lunch is organised by the support vehicle and includes a barbecue with wine, beer and soft drinks. After the ride, transfer back to the Trakiec Boutique Complex for your final night. An optional evening visit to the Old Town of Plovdiv can be arranged.

Day 4

After breakfast, you will be transferred back to the airport. Please book your return flight to depart earlier than 12noon.

What to bring

We recommend wearing your riding boots when travelling and carrying one set of riding clothing and your helmet in your hand luggage, so should your luggage not make it to the destination you'll still be able to ride.

Please use the packing list as a guideline, bearing in mind the time of year you are riding.

- Your own well-fitted hard hat
- Comfortable jodhpurs or riding trousers
- Riding / hiking boots with good grip
- Chaps
- Riding gloves
- Long sleeved T-shirts to protect against the sun
- Warm layer such as fleece or woollen jumper
- Water- and windproof coat
- Swimwear
- Comfortable clothes for the evening
- Light weight shoes for after riding
- Sun cream & lip balm
- Sunglasses & sunhat
- Plug adapter
- Copy of your travel insurance

- Personal medication

Climate

The Thracian plain has a continental climate with cold winters and hot summers. April and October have average daytime temperatures of 18-19°C with cooler nights at 6-8°C. May-September the temperature is normally between 20°C and 30°C during the day and above 10°C at night. The precipitation is normally between 45mm and 65mm per month. Summer months tend to be mostly sunny with possible cloud coverage and showers in the afternoons.

Health

For health and vaccine recommendations, please consult your healthcare provider at least 8 weeks before your trip.

Country specific information can also be found at National Travel Health Network and Centre website: <https://travelhealthpro.org.uk/countries>.

Travel documents

For entry requirements to Bulgaria for UK citizens, please visit the Foreign Travel Advice website: <https://www.gov.uk/foreign-travel-advice/bulgaria/entry-requirements>

For any other nationalities, please contact your local embassy to check entry requirements. Having the correct travel documents is entirely your responsibility.

Currency & Tipping

The local currency in Bulgaria is Bulgarian Lev. Your holiday is fully inclusive so we recommend not bringing too much local currency, just enough for buying drinks outside of mealtimes and souvenirs.

Tipping your guide is at your discretion.

Insurance

All saddletravel.com customers are required to take out appropriate travel insurance that covers horse riding and holiday cancellation. Proof of insurance details will be required during the booking process.

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