



Rose Harvest Festival in the Valley of the Roses

# Bulgaria: The Rose Harvest and Aromatherapy

## An Aromatherapy Study Tour led by Su Hagan

5 - 12 June 2010

CPD Applied For



Jon Baines  
tours

Beautiful Bulgaria has a traditional rural heart containing medieval cities and exquisitely preserved towns, providing a window onto a Europe that has all but vanished. Most of the rose oil produced in the world comes from the Valley of the Roses in Bulgaria, an area famed for its exquisite Damascene rose. Spend a week here and join in the rose harvest, meet with local artisans and villagers and experience a fast vanishing way of life. You will also visit the medieval city of Veliko Tarnovo, go on an eco-trek and visit the most magnificent Thracian tombs in Europe.

Tour leader Su Hagan is an expert aromatherapist and past President of the International Federation of Professional Aromatherapists, as well as a resident of Bulgaria. Su's local contacts and knowledge will ensure that you have rare access to authentic traditional life and culture, and superb information about aromatherapy and the Bulgarian rose. There are a number of CPD lectures as part of the tour.



**Medieval houses in Veliko Tarnovo**

Arrive in Sofia and head onto the village of Kalofer and transfer to Cucovata House. In the evening, hear a talk on "The History of the Rosa Damascena" and enjoy a welcome dinner at the house with traditional home cooked food.

Spend the following morning at the Rose Festival in the nearby village of Kazanlak, watching locals dressed in colourful traditional costumes performing live music and folk dances, and the Rose Queen Parade. In the afternoon, drive to Tarnichene and visit its active rose distillery, the Enio Bonchev Distillery, where you will learn first-hand about the painstaking process used for harvesting and producing this precious substance, and the use of rose oil in a variety of products from oils to rose jam and rosewater. In the evening, enjoy dinner back at Cucovata House with live music.

Rise early to join the rose harvest in the rose fields. Afterwards, Su will run a workshop on Bulgarian oils and in the afternoon you will join a workshop with Nikolay to prepare rose jam and rose syrup.

Spend the next day sightseeing in the medieval city of Veliko Tarnovo, where traditional red tiled houses cascade down a steep incline almost to the edge of



**A sunflower field in the Valley of the Roses**



View from the eco-path in Kalofer

the Yantra River. Visit the hilltop fortress Tsvarets Castle and the Patriarch's Church with its breathtaking frescos and icons. Later, wander in the old quarter at leisure with the option of treatments at the Yantra Spa Hotel.

Join local guide Nikolay for a full day hike along the Biala Reka eco-path, examining local flowers and herbs on the way with a picnic lunch en route. This specialist walk received the Conde Nast Traveller Award for best eco-destination in the world in 2005. Later, visit the men's monastery and hear a liturgy.

Visit the UNESCO World Heritage Thracian Tombs at Kazanluk, which are famous for their unique mural paintings, as well as the newly opened Thracian Tombs of Golamo Kozmitska. In the afternoon, visit the Church of St Nikolay.

Spend the next day in Kalofer, starting with a visit to the traditional laundry. Over lunch at Cucovata House, hear storytelling with the Master Sculptor Hristo Yotov. Visit the Women's monastery, the 200 year old mill and the Church of the Archangel Mikhail. In the afternoon, take a gentle walking tour with wine and raki tasting, before a Farewell Dinner at Cucovata House.

Next morning, drive to Sofia for your UK flight.

<b>5 June (Sat)</b>	<b>London / Sofia / Kalofer</b>
<b>Am</b>	Arrive Sofia and drive to Kalofer
<b>Pm</b>	Transfer to Cucovata House Talk: "The History of the Rosa Damascena"
<b>Eve</b>	Welcome Dinner
<b>6 June (Sun)</b>	<b>Kalofer/Kazanlak/ Tarnichene/Kalofer</b>
<b>Am</b>	Full day at the Rose Festival in Kazanlak with traditional performing groups and the Rose Queen Parade
<b>Pm</b>	Drive to Tarnichene to visit the Enio Bonchev Distillery and learn about rose oil production and uses
<b>7 June (Mon)</b>	<b>Kalofer</b>
<b>Am</b>	Early morning visit to the Rose Fields for harvest. Workshop on Bulgarian Oils with Su Hagan
<b>Pm</b>	Workshop with Nikolay to prepare a rose jam and rose syrup
<b>Eve</b>	Dinner at Cucovata house
<b>8 June (Tues)</b>	<b>Kalofer / Veliko Tarnovo / Kalofer</b>
<b>Am</b>	Full day sightseeing in medieval Veliko Tarnovo. Visit the hilltop fortress Tsvarets Castle, the Patriarch's Church and the Kings Palace
<b>Pm</b>	Afternoon at leisure with options of treatments at the Yantra Spa
<b>9 June (Wed)</b>	<b>Kalofer</b>
<b>Am</b>	Full day eco-path walk with local guide Nikolay examining local herbs and flowers
<b>Pm</b>	Picnic lunch on the trail. Visit to the men's monastery
<b>10 June (Thurs)</b>	<b>Kalofer / Thracian Valley / Kalofer</b>
<b>Am</b>	Visit the UNESCO World Heritage Thracian Tomb in Kazanlak
<b>Pm</b>	Visit the newly opened Thracian Tombs of Golamo Kozmitska in the Valley of the Thracian Kings Visit the Church of St Nikolay
<b>11 June (Fri)</b>	<b>Kalofer</b>
<b>Am</b>	Visit the Women's monastery, the medieval laundry, the 200 year old mill, the Church of the Archangel Mikhail and the Museum of Education and Learning Lunch at Cucovata house with storytelling
<b>Pm</b>	Walking tour around Kalofer with wine and raki tasting
<b>Eve</b>	Farewell Dinner
<b>12 June (Sat)</b>	<b>Kalofer / Sofia / London</b>
<b>Am</b>	Drive to Sofia and transfer to the airport for flights to the UK

## Tour Leader

**Susan Hagan** has been for many years a practising Aromatherapist, Ayurvedic and Bowen Practitioner and Teacher. She also taught many Post-Graduate courses in the field of Complementary Medicine for leading schools and associations in the UK and internationally.. She was the International Chair of the International Federation of Professional Aromatherapists from 2002 to 2005 and sat on the Committee for National Occupational Standards for Ayurveda. She trained in Ayurvedic medicine between 1968 and 1981 in Nepal. She now lives in Central Bulgaria building her own house using traditional methods. An experienced tour leader, she leads regular tours to Nepal, India and Bulgaria.

## Local Guide

**Nikolay Tsutsov** and his family own the beautiful traditional Cucovata House in the village of Kalofer in the Valley of the Roses, where the group stay during the tour. The family tend roses and grape vines while Nikolay and his wife act as attentive host and hostess, offering traditional home cooked cuisine. Nikolay studied ballet and then political science, before working in tourism. He has excellent knowledge of the local area and its traditions.



Thracian frescoes



Cucovata House

## The cost of the tour (except flights) is £995.00 per person

### The cost includes:

- Comprehensive briefing notes
- The services of a tour leader (Su Hagan)

### In Bulgaria the cost includes:

- Seven nights' accommodation in twin or double-bedded rooms with private facilities at the Cucovata House

### The single room supplement is £165.00

- Breakfast daily
- Dinner Daily
- Lunches on days 5 and 7
- A full programme of talks (CPD applied for)
- A full programme of visits as per the itinerary
- Admission fees where applicable
- Full-time National Guide
- All transport on the tour excluding flights

### The cost excludes:

- Flights and taxes. **Please contact us if you would like assistance arranging your flights**
- Meals not mentioned
- All personal extras such as tips, portorage, laundry, inoculation fees and drinks
- All optional excursions, tours and visits
- Travel insurance

**Please note, all itineraries are subject to change according to local conditions. Due to the nature of the tour places are limited.**

**To book a place on this tour please request a booking form.**

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