



## Explore a Unique European Roman Thermal Spas & Culture Experience

in Romania and Bulgaria as the Romans did over 2000 years ago





## European Roman Thermal Spas & Culture Experience in Romania & Bulgaria

*Roman Thermal Spas in Romania and Bulgaria are known throughout the world for their healing hot springs and thermal water and have been popular since Roman times. Turn your holiday into a truly unique mix of culture and wellness experience and discover two of the most vibrant Roman Thermal Spas of Europe.*

### Individual Private Tour

- 8 days/7 nights
- Romania and Bulgaria/Europe
- Arrival: Timisoara Airport/Romania, Departure: Sofia Airport/Bulgaria
- 3, 4, 5 Star Hotels
- April – October

### TOUR ITINERARY:

#### Day 1: Timisoara - Baile Herculane, Romania

**Arrival at airport in Timisoara, Romania.** You will be welcomed by the Romanian guide who will accompany you throughout the entire tour. If there is enough time, you will have a short **sightseeing tour through Timisoara**, the capital of the Banat region which is often referred to as the „Vienna of the Balkans“. You will then drive through the **Southern Carpathians** to **Baile Herculane**, approx. 190 km (2,5 h). Overnight/dinner **Hotel Afrodita\*\*\***.

#### Day 2: Baile Herculane, Romania

Baile Herculane is located in south-western Romania in the valley of the Cerna river (390 km north-west of Bucharest), one of the oldest and main spas in Romania. Its 16 thermal springs have different mineral characteristics and temperatures between 38° C and 67° C. The Thermal Spa &

Wellness Centre, located in the Hotel Afrodita, allows a complete escape from the stress of modern life. Today you will explore the resort by visiting the nearby **Outlaws Cave**. The cave, inhabited since the Age of Fire and also known in Roman times, became a refuge and hiding place for thieves during the modern era. Here, objects and primitive tools of the Paleolithic Era, Roman vases and coins, as well as various treasures were discovered. During the rest of the day, you can enjoy the **Spa & Wellness Centre** which is ideal for relaxation and anti-aging treatments with thermal water and its beneficial effect on the skin. It is also recommended by dermatologists for many skin conditions. Today you also take a tour to the Steam Grotto, a Natural Sauna in Baile Herculane, a narrow cave with dark-green walls, filled with vapors of hot spring water which springs through the cracks of the rocky wall. Overnight/dinner **Hotel Afrodita\*\*\***.

#### Day 3: Baile Herculane, Romania

After breakfast, you will leave to **Orsova** (approx. 21 km) for the **Danube river cruise** through the **Iron Gate National Park**, formerly the Danube Gorge, which was considered a death trap for boatmen. Although the once dangerous cliffs have been flooded by the reservoir, the landscape has lost nothing of its impressive shape. Explore the amazing landscape during the cruise. In the afternoon, visit the **Roman Catholic church of Orsova**, built in a quite unusual and non-conformist style with its interior painted in water colours by the artist Gabriel Popa. If you prefer to **relax**, you access the **thermal baths** in Baile Herculane and recover from an exciting day. Overnight/dinner **Hotel Afrodita\*\*\***.



#### Day 4: Baile Herculane – Turnu Severin – Calafat, Romania – Vidin, Bulgaria – Sofia

Today you will visit the **Archeological Museum in Turnu Severin**. The museum exhibits pieces from natural sciences, historical documents, archaeology (including a lapidary from Roman times), remains from the Dacian civilization, ancient Roman monuments, numismatics and ethnography (costumes, pottery, and woven area), Romanian fine arts and an important piece of the **ancient bridge from Drobeta Turnu Severin**, built by the architect Apollodorus of Damascus during the Dacian-Roman war (103 – 105 AD). On your journey to the **Bulgarian** capital **Sofia**, you will have lunch break (if there is time) in **Varshets**, a city near a mineral spring that, in the sixth century AD, used to be the only place described with Medeka (healing) in the entire Roman empire. On the way to Bulgaria, you say goodbye to the Romanian guide and **cross the new Danube bridge** from **Calafat to Vidin** where





8 days/7 nights  
from € **899**



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you will be welcomed by your Bulgarian guide. After finishing all border formalities, you continue the journey to Sofia. Overnight/dinner **Hotel Arena di Serdica\*\*\*\***.

#### Day 5: Sofia – Hisarya, Bulgaria

In the morning, you will explore the **Bulgarian capital Sofia**. The first stop is the Amphitheatre of Serdica and the **Church of St. George**; the oldest building in Sofia built by the Romans in the 4th century. Furthermore, you visit the **Banya Bashi Mosque (literally „many baths“)** – named after the neighbouring Central Baths and built on top of natural thermal spas. After the city tour there is time for **shopping** and a short lunch break. Then you will depart to Hisarya (approx. 165 km). Overnight/dinner **Hotel Hissar\*\*\*\***.

#### Day 6: Hisarya

Today you take a **city tour of Hisarya**, a historical town in central Bulgaria (45 km north of

Plovdiv and 165 km south-east of Sofia) and a modern, world famous **balneotherapy resort**, one of the biggest in Bulgaria. Here, one can find 22 mineral springs with a temperature between 37°C and 52°C. During the tour, you will visit the **Roman heritage of the city**, such as the South Gate of the Roman town **Diocletianopolis**, the ancient Amphitheatre, the Colonnades and the Fortress wall. In the afternoon, you will have some free time to relax in the thermal pools or book an exclusive “Diocletian Package” in the **Spa centre** in the **Hissar Spa Hotel**, equipped with state-of-the-art modules for relaxation & recreation, restoring vitality and care for body and mind. The 42°C warm mineral water from “Parilkite” spring is one of the best-quality sources with a proven healing effect of pure natural water. The hyper thermal water is slightly mineralized, hydro-carbonated with sulfate, chloride, fluorine sulfate and alkaline, which can be used for drinking cures and is suitable for hydrotherapy treatments. Overnight/dinner **Hotel Hissar\*\*\*\***.

#### Day 7: Hissar – Plovdiv – Hisarya

You will leave for a **daytrip to Plovdiv**, Bulgaria’s second biggest and one of the world’s oldest cities. Discover its beautiful surrounding nature. Plovdiv has been chosen **European Capital of Culture 2019**. Here you will make a tour of the famous Old Town, a candidate for a UNESCO World Heritage site. Visit the best preserved **Roman Theatre** (2nd century) in Bulgaria, which is still used for live performances and admire the newly reopened Ancient Stadium (2nd century), that can accommodate 30.000 spectators. The Ethnographic Museum is also a point of interest due

to its exhibition of costumes and instruments. Enjoy a trip to the **Rose Valley** which made Bulgaria famous for production of the **best rose oil in the world**. After returning to your hotel, you can book one of the **Health & Wellness Package in the Spa**. Overnight/dinner **Spa Hotel Hissar\*\*\*\***.

#### Day 8: Hisarya – Sofia

After breakfast, **transfer to the airport in Sofia**, to take your flight back home.

#### The price includes:

- 8 days/7 nights
- double/twin room/half board (breakfast and dinner)
- Entrance fee incl. according to programme
- Transportation/transfers by car/minibus (air-conditioned, non smoking)
- English speaking guide,
- Use of Thermal baths, sauna in Wellness & Spa centres in Baile Herculane, Romania and Hisarya, Bulgaria

Price per person in €		April – October
Minimum persons	double/twin room/half board	Single room supplement
8	899 €	199 €
6-7	966 €	199 €
4-5	1235 €	199 €
2-3	1999 €	199 €

Not included: air fare, lunch, tip, personal expenses for souvenirs etc. The itinerary is subject to change and depends on arrival and departure times. Tour is customisable on request.





## Enjoy the Roman Thermal Spa Experience in Beautiful Spa Resorts

**Bulgaria: Hisarya** – or Diocletianopolis in Roman times – was founded by the Roman emperor Diocletian because of its precious mineral springs. The town offers an impressive variety of Roman relics with the fortification wall being the most striking one. Its region is famous for tasteful grapes and wines – a culinary invitation that wants to be enjoyed with all senses.

The pleasant mild climate with an average of 280 sunny days a year and beautiful nature, as well as Hisarya's numerous parks and gardens full of venerable trees and thousands of plants and flowers invite to long and relaxing strolls.

Enjoy Hisarya's unique mineral waters during a stay in **Spa Hotel Hissar\*\*\*\*** surrounded by hot mineral water springs. Winner of the "Medical Spa" Award. 106 standard rooms and 60 deluxe rooms with bath or shower, hair dryer, air conditioning, minibar, LCD television with cable TV, Wi-Fi and a balcony overlooking the hotel's outdoor pool. Indoor and outdoor thermal pools, fitness center. **Spa Centre** with qualified doctors and therapists. Wellness centre with heated mineral pool, hot benches, Kneipp walk, infrared sauna and Roman bath. Ayurvedic therapies. Cosmetic centre. Languages spoken: English, Russian, German.

### **Hotel Arena di Serdica\*\*\*\* Sofia**

The luxurious 5 star hotel is perfectly located in the heart of Sofia's city centre and the only place where hotel and historical heritage are combined. 63 rooms and suites bath shower, air conditioning, satellite LCD TV, Wi-Fi. Wellnessclub with modern gym, relaxation area, sauna, steam bath, massages, solarium and beauty treatments.

**Romania: Baile Herculane "Aqua Herculis"** – the Roman name of Baile Herculane – is named after the god Hercules who is said to have bathed in its thermal waters. 16 thermal springs with different mineral characteristics were known and coined as "the spring for injuries", "the spring for cold", etc. The Austrian empress Elizabeth (Sissi) came to Baile Herculane five times. For her the town was "the most beautiful spa resort on the continent". Baile Herculane is the entrance to the beautiful amazing landscape and nature of "Cerna Valley Domogled National Park" offering a unique flora and fauna. It is famous for its beautiful trails in the mountains.

### **Hotel Afrodita\*\*\*(\*) Baile Herculane**

Most renowned health spa resort with exceptional design and prime exposure. 220 rooms

with balcony overlooking the mountains and city, cable-TV, Wi-Fi, superior rooms (1-4 floors) air condition. **Wellness & Spa Centre** with pools, sauna, jacuzzi, hydromassage, variety of other massages, pools with sulphurous thermal water. Languages spoken: English, German, Hungarian, Italian, Spanish.



### **HOW TO GET THERE**

#### **Hisarya/Bulgaria – by airplane**

International airports: Sofia (SOF) appr. 165 km.

Further airports: Plovdiv (PDV) appr. 40 km, Gorna Orjachowiza (GOZ) appr. 195 km, Burgas (BOJ) appr. 260 km, Kavala (KVA) appr. 250 km

#### **Baile Herculane/Romania – by airplane**

International airports: Romania: Timisoara (TSR) appr. 170 km, Craiova (CRA) appr. 160 km, Bucharest (OTP) appr. 390 km. Serbia: Belgrade (BEG) appr. 280 km. Bulgaria: Sofia (SOF) appr. 350 km.

### **Booking request**

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### **Roman Thermal Spas of Europe**

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