

Rock Climbing Course In Rila Mountains



Rock climbing and mountaineering are old traditions in Bulgaria, beginning almost a century ago when the real exploration of these Alpine-like mountains started. Since then, Bulgarian mountaineers have climbed several of the world's peaks which exceed 8,000 m, including the "Top of The World" – Mount Everest. The best natural conditions for acquiring top-notch skills are combined with the excellent tradition and reputation of Bulgaria's mountaineering schools. The expertise of these Bulgarian climbing instructors guarantees excellent results and complete safety to course participants. The Rila mountains form the highest range in the Balkans, with the highest peak Mousala standing at 2,925 m. At present around 120 trekking and climbing routes exist within the Rila mountains, 106 of which are concentrated on the Maliovitza ridge (known as "Granite Paradise"). For this reason, the Alpine & Mountaineering School is located in the same spot – some 90 km from the Bulgarian capital, Sofia. It is fully equipped for courses, and includes an indoor climbing wall. Its instructors are all professionals, with most of them working as lecturers at the Sport's Academy in Sofia. The rock-climbing course takes place over six full days; four hours per day. It takes around 45 minutes to reach the climbing sites from the hotel.

Tour Highlights

The highest mountain of the Balkan Peninsula; Sofia, the capital of Bulgaria; Maliovitza valley -

the symbol of Bulgarian alpinism and mountaineering; Some of the best climbing routes in Bulgaria

[Download our trip-dossier as PDF](#)

Departure dates:

01 June 2010 - 31 August 2010 **every Monday**

Country region: Maliovitza, Rila Mountains

Price with flight ticket: KD955

Trip plan:

Day 1: Arrival at Sofia or Plovdiv airport and transfer to Maliovitza resort in Rila Mountains. The time till the end of the day will be spent on acclimatization walks (self-guided) and in the area.

Day 2: For the next five days you will receive tuition and instructor-guided rock climbing exercise. The program will concentrate on the important knowledge and skills you need to master for rock-climbing and mountaineering. This includes basic climbing techniques as: knots; knot tying; belay methods (mass belay, simultaneous belay, belay in sequence, self belay, top-ropeing); belay techniques (shoulder belay, belay with climbing gear/hardware etc.); climbing techniques (climbing glaxis, edge, open book, crack-ups, overhang climbing, roof climbing); how to rappel; placement of belay – cams, nuts friends and so on; piton placement; equipment types and how to take care of your gear; setting rappel and rope management; an introduction to climbing multi-pitch routes; fixing ropes; styles of climbing (alpine, sport etc.); first aid in the mountains; camps and camping in the mountains; the dangers of the mountains, connected to weather, relief and more; orientation etc. Depending on the weather conditions, the rest of your time (outside the course) could be spent on treks to some neighboring areas of interest in the region of Maliovitza. These include the Svinskoto Lake ("The pig's lake") a 1.5-hour walk; a two-hour trek

to the Yonchevo Lake; the Malioviski Lakes (three lakes between 72 m and 115 m in length, situated in the circus of Maliovitza) which are a two-hour walk; the Strashnoto ("The Frightful") Lake refuge, a three-hour trek; Orlovets refuge – 2,5 hrs; Maliovitza hut – 50 min; to Vada hut; the peak of Maliovitza. The paths along these routes are clearly signposted.

Day 3: See Day 2

Day 4: See Day 2

Day 5: See Day 3

Day 6: This day you will climb Maliovitza peak (2729 m a.s.l.) on the northeast edge, using the simultaneous belay method. There you may learn too how to fix rope railing. After a sightseeing brake on the summit you will have about 3,30 hrs downhill walk to the hotel. On your way back you will pass Elenino Lake, the second and first ledges etc.

Day 7: The lessons learned will be applied practically when climbing more difficult routes than those of the days before. You will be expected to competently make the most of belay in sequence technique. Of course your security will be guaranteed with top-rope system.

Day 8: After breakfast you will have transfer to Sofia or Plovdiv Airport for departure.

Price of extra services: Single room supplement: KD45

Included in the price: accommodation and boarding as described further down, transfer to/from Sofia or Plovdiv airport to Maliovitza resort; 4 days instructor-guided lessons 4 hours/day (in English); 1 day practical activities; excursion to Maliovitza Peak on day 6; VAT and all local taxes.

Excluded from the price: map (could be requested in advance when booking the tour), guidance for the rest time outside the program; tips; entrance fees; alcohol drinks; other personal expenses.

Practical information:

EXTENSION AT THE BLACK SEA COAST: we have a unique proposal, which gives you the opportunity to stay on a sea holiday for extra week after your active tour at an incredibly low price! We can offer a great variety of means of accommodation - from home stays to 4-star hotels in Sozopol, Nessebar, Sunny Beach, Lozenets, St. Vlas, Golden Sands etc. and all this with arranged transportation right after your tour and before your departure flight (prices vary between KD85 and KD250 per person per week depending on the hotel category and the meal plan; transportation is included).

Recommended travel period of the year: June – September

Necessary equipment: All special equipment is included. What is most important is to bring your own climbing shoes and sleeping bag. For a full list of recommended items see the detailed trip dossier.

Tour difficulty: C ■■■■ ■ - D ■■■■ ■

These tours include trekking which is a little harder, normally on a challenging terrain. We take it for granted that you are in good condition and fit. You should be physically