



Dear Guests,

Welcome to Dolna Banya / Ibar golf club !

We hope that everything in the accommodation is in line with your expectations and that you thoroughly enjoy your stay here. In order to fully appreciate your holiday experience, Balkan-PMS has produced this booklet which includes:

- Our Balkan-PMS contact details
- Emergency telephone numbers
- Taxi & transfer companies / Lost Keys
- Recommended Local Restaurants
- Useful Phrases



We have also included details of activities that you may be interested in. There are so many possibilities to choose from. We offer them to you and now it's your turn – your choice is important!

Best Wishes

Stefan Dokuzov /Managing owner/

Albena Andonova /Manager of Balkan PMS Dolna Banya office/

Get in touch - Our main office is open from 09.00 am till 18.00 pm Monday-Friday and is based in Samokov town centre: Bulgaria Samokov 2000 35 Turgovska str. Somi center building floor 2 Balkan pms office.

Dolna Banya office

Contact information

Dolna banya Villa Area Guest House Ela. Albena (Beni) Andonova – Manager Dolna Banya

e-mail: ibar@borovets-pms.com GSM: +359 895 525 006

Summer office hours 9:30am -18.00 pm Sat & Sun closed unless guests are expected (1st Apr -end Nov) Winter office hours will be 8:30am -6pm open 7 days a week (1st Dec - end March)

Guests arriving between 8.00 am – 6pm can pick the apt keys up from our representative at the golf entrance area and then they will be introduced to the property . Where we will offer them a welcome drink and take their £100 security deposit from them. Guests arriving after 6pm, we will arrange to meet them at your apt complex. They need to contact us 30 mins before arrival into Dolna Banya so that we can be there waiting for them.

If out of office, or in of any in case of ANY QUESTIONS PLEASE CONTACT:

Albena (Beni) Andonova

: + 359 895 525 006

Anelia Petrova:

+ 359 895 525 017

www.dolnabania-pms.com

ACCOMMODATION Balkan-PMS (Property Management Services)

If you have any problems during your stay please contact the Balkan-PMS team. In the case of an emergency, please do not hesitate to contact your representative.

USEFUL INFORMATION EMERGENCY

TELEPHONE NUMBERS

Should you experience any emergencies during your stay, the following numbers may be of use to you.

Doctor

English speaking Doctor, based in Dolna Banya

Dr Mitev: + 359 888 224 818

Dentist:

Dr Vulkov (in Kostenets) + 359 0888 225 259

Emergency / Ambulance: 150

Fire Services: 160

Police: 166

The British Embassy in Sofia: + 359 2 933 9222

N.B. You can also call your representative at any time. Taxis &

Transfer Companies

You can contact your PMS representative to organise taxi's and transfers. Alternatively, you can call a taxi direct -we recommend: Mitko at +359/878 20 47 76

N.B. Should you source your own taxi, we recommend that you agree a price in advance of travel.

Lost keys

Should an apartment key be mislaid, we do have to charge £20 to cover costs. Find your representative to help you.

Your Safety

Similarly to any travel to a foreign place, please ensure you keep yourself and your belongings safe at all times. If you are in any doubt about any safety issues, please do not hesitate to contact your PMS representative.



Dolna Banya is situated at the foothills of Mount Rila -the highest mountain on the Balkan Peninsula. It is 18 km from Borovets -the first Bulgarian skiing resort founded at the beginning of the 20th century; 70 km from the Bulgarian capital Sofia and 80 km from Plovdiv -the second largest Bulgarian . Dolna Banya itself is an ancient settlement famous for its hot mineral water springs (65°C). Over the centuries its inhabitants have featured ancient Thracian tribes, Roman and Byzantine settlers. Roman legions have also crossed these lands on numerous occasions. Germanicus (grandson of Emperor August, brother of Claudius and father of Emperor Caligula of the Roman Empire was procurator here). The well preserved Roman Bath, the old paved Roman road, the ruins of the Venetitsa -an ancient Orthodox monastery and the small chapel located 6 km from the town, lend extra historic value and

importance to the entire area. The road to Constantinople, which runs close to the town, was used by the armies of the IVth Crusade, led by Emperor Baldwin of Flanders.

The existence of relatively preserved cultural monuments, large and full geothermal water resources, healthy climate and ecologically untouched nature, development of the first Nicklaus Design Golf Course in South-East Europe, direct access to the highest mountain on the Balkans and its sights, its proximity to the winter ski resort of Borovets and all the other opportunities turn the town into an attractive tourist site all-year-round. .

Dolna Banya is a town with crystal clear air with high negative ionization. There is no huge temperature fluctuation. The weather is sunny with almost no foggy days during the whole year.

Climate

- Temperate, four seasons, mild Mediterranean influence
- Suitable for treatment of asthmatic conditions, no temperature anomalies
- Summer: 25-35C
- Winter: -5-5C
- 13 month season (9-10 month golf season and 3-4 month skiing season)

Golf, Spa & Ski in the Sun!



Things to do in and around Dolna Banya:

Playing GOLF

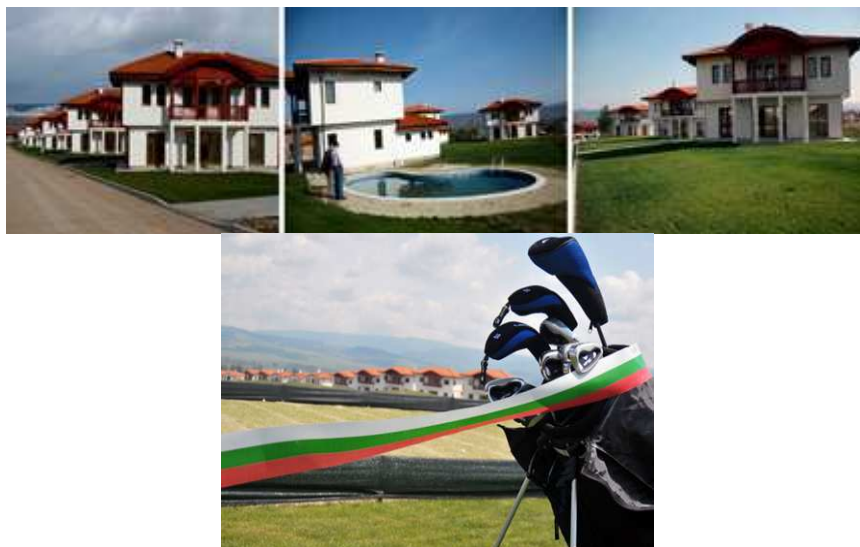
Welcome to the first Nicklaus design Golf Course in South-Eastern Europe -Country Golf Club & Spa IBAR, Dolna Banya, Sofia Region, BULGARIA

You love golfing and you are looking for a dream house? Golf Club Ibar brings to you an incredibly amazing golf community, golf villas and real estate. Discover Bulgaria's best golf properties. The development offers a great opportunity for a mountain golf getaway, or permanent home in a gated community currently 9-holes of golf available when you need it.



Escape and Relax

The golfclub offers privacy, great mountain views, and until the development is completed a temporary Club House serving drinks and hot and cold snacks. You are able to play 9 of the 18 holes, use the large driving range and practise on the fantastic putting greens. In addition there are 6 short game par 3 holes to test your short game of golf. Golf Club Ibar is a spacious, luxurious vacation place in the foothills of the Rila Mountain, just few miles away from one of the Bulgaria finest skiing resorts in Bulgaria – Borovets.





You Dream Flying... Stop Dreaming, Start Flying!

DOLNA BANYA FLYING CENTER

Welcome to the DOLNA BANYA FLYING CENTRE site!

The Dolna banya airfield is the first private certified airfield in Bulgaria.

It is situated in a lovely valley into the upper basin of the Maritza River, between the towns of Dolna Banya and Kostenets. The region is teeming with mineral springs, lying almost equidistantly from Sofia and Plovdiv and near the Borovets ski-resort. A few prestigious villa parks, a motel and a golf club are located in the vicinity of the airfield. The proximity of the highest on the Balkans Rila Mountain, the soft climate and the well-developed infrastructure of the region provide an excellent opportunity for all-seasons recreation, sports and tourism.

At the Dolna Banya airfield operates the Ratan Ltd. Flying School. Its main activity is the training of non-professional pilots of very light and light airplanes and tourist motor-gliders from the very beginning till the moment of full licensing. For this activity a certification is granted by the specialized civil aviation body /CAA/ at the Bulgarian ministry of transportation.

Along with its main activity the aviation centre offers sightseeing flights which duration is determined by you. The new modern airplanes produced by the companies "TECNAM", "EADS SOCATA" and "PIPISTREL" and the professional highly-trained instructor-pilots are at your disposal. The availability of a swimming pool, bar, barbeque and the coolness of the Maritza River contribute to your pleasant stay.





Things to do in and around Dolna Bania in the winter:

- **Ski school packages:**

Balkan PMS has its own ski school called HUNTERS which is based in the centre of Borovets. Managed by an ex-international ski-jumper Bobby Iliev, we have 15 ski instructors who are both fully qualified and fluent in a number of languages. We run three ski depots in the resort and offer our own ski and snowboard packages along with ski equipment .



Whether you are a skier or snowboarder, experienced or beginner, we will adapt the tuition and the instructor to suit your every need. Our aim is to provide satisfaction and the best holiday both on and off piste!

Personal attention is paid to beginners and intermediate skiers. Special care and gentle encouragement for the children. Advanced skiers and snowboarders, you can take few lessons to improve your technique...



A special certificate – HUNTERS SKI DIPLOMA is issued to all beginners on passing the lessons :).

Personal ski instructors are available on request. The training according to the level of difficulty is divided in 5 stages. The lessons may be group or individual (on request). The duration of the course is from 3 to 9 days.

For those of you who want to spend the day on the slopes without worrying about the young ones, we have a kindergarten where you can leave your children for the day ; they will be in safe hands with qualified carers who will ensure they always have something to do! Don't hesitate to email us for more information on this.

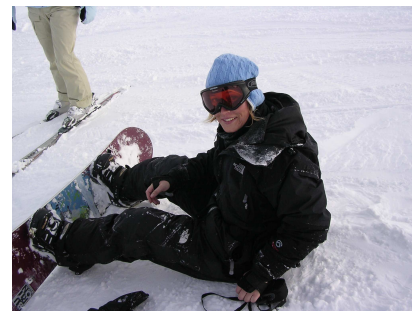
For those of you whom do not require lessons, but instead the use of dedicated guide, we are delighted to be able to offer you our new "SKI GUIDING" service to all our clients. Whilst you receive ski instruction, you will have the first hand services at a local guide for any aspect of your choice, including off-piste, on-piste and general resort information. For all clients from Dolna Bania/Golf club Ibar Hunters ski school is able to provide daily return shuttle.

- **Snowboard tester:**

Skiers why not try the snowboarding??

This package includes two hours of testing of snow boarding after skiing.

- snow board equipment
- experienced snow board teacher (instructor)
- pleasant activities between 16.00 – 18.00 o'clock
- maximum number of participants - 8 persons



- **Family day out with private instructor:**

If you want to spend the day on the slopes receiving personal attention from one of our ski instructor just for you and your family **/max 5 people/** you can book with us 4 hours per day lessons to refresh your skills or to understand the group lessons better



- **Snow mobiles/ Ski doo**

To experience the mountain magic from a totally different perspective, you can hire a snow mobile and have great scenic fun! The trips are between 50 min and 1 hour. Night ski doo can be booked upon request as well. Please contact us for further details. Two people share one ski doo and swoop with each other half way



- **Bulgarian village night**



Don't miss the chance to taste Bulgarian spirit of live and traditional food and drinks /all local made/ visiting typical village of Raduil house 10 km away from Dolna Bania, including folk entertainment program, songs, dances and getting acquainted with local traditions and customs. Transport is included.

Start time 19.00 pm. Return-22.30 pm !!!NOTE!!!

ALL LOCAL SPIRITS ARE UNLIMITED THIS NIGHT!!!!

All winter activities bookings can be done online here: www.hunters-ski.com or via e-mail to Anelia at: info@borovets-pms.com



Things to do in the Summer:

- *Spa facilities*



In the villages of Kostenets, Dolna Banya and Momin Prohod you will find tranquility and also enjoy the healing quality of the mineral springs, which can be found here! They both are just 5-10 km from Dolna Bania . The SPA resort of Momin Prohod is among the most important spa resorts in Bulgaria. It is famous for its mineral water, which has long been used for treating diseases of the respiratory organs - laryngitis, tracheitis, bronchial asthma, bowel diseases, nervous system, skin diseases, etc. The resort is located in a narrow gorge in the end hills of Ihtimanska Sredna Gora beneath Eledzhik Peak on both sides of the small mountain river Bashnitsa - a tributary of the Maritsa river. The access to it is easy and convenient – it is situated on a railroad and on the road connecting Sofia and Plovdiv, all busses from Sofia to the town of Kostenets pass through it, as well. It is 8 km far from Trakiya highway. It is 3 km. far from the centre of the municipality - town of Kostenets and 7 km from Golf Club Ibar. Its altitude is 530 m. In 2006 Momin Prohod was announced a town, before that it had been a residential district of the town of Kostenets. The long-standing popularity of the resort is due to its healing mineral water - the resort boasts its 9 natural mineral springs, which in 1926 were collected in a common catchment. The climate is continental with very hot summers. Winters are relatively mild. The favourable climate allows that the resort be used during the whole year. The resort has three hotels and 3 restaurants. The mountains around the town are wooded with beech and pine forests and its surroundings offer numerous hiking routes.

- *Outdoor swimming pools even during the winter?*
- Dolna Banya Complex

- *Massage, Sauna, Jacuzzi, Russian steam bath*

- Rest House of “Balkan” Airlines

**Both with hot mineral water*



If you wish to experience true Bulgaria and visit in the summer, there are four outdoor pools in Dolna Bania area. Three of them are filled from the mineral springs which are famous for their healing qualities.

- ***Gym & Fitness***

Fitness is fully-catered for at:

- Dolna Banya Complex
- Rest House of “Balkan” Airlines



- ***Football***

If you play football or practice other sports you will find the local stadium in a perfect place and needed condition for your daily exercise.



- Horse riding
- Balkan PMS horse riding package

SPECIAL HIGHLIGHTS

Rila Mountains are the highest mountains in Bulgaria and on the whole Balkan Peninsula with Mount Musala (2925 m)

Borovets is the oldest mountain resort in Bulgaria, and was established at the end of the 19th century as a hunting place for the Bulgarian kings. Since then it has gradually developed into the friendly and charming alpine ski resort that it is today.



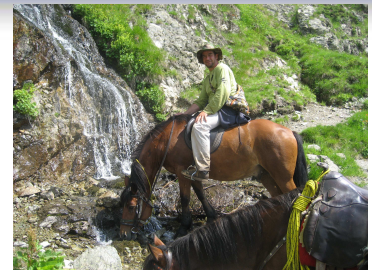
Situated at 1350 m above sea level on the northern slopes of the Rila Mountains among age-old pine woods, Borovets is located at the foot of Moussala peak (2925 m) - the highest mountain on the Balkan Peninsula. Borovets itself is easily accessible by road, at a distance of 73 km from Sofia and 126 km from Plovdiv. The nearest town of Samokov is only 10 km from the resort.



ITINERARY May-October 2011

- Day 1

Arrival at Sofia airport and transfer to Dolna Bania, where we stay overnight (1hr 15 min drive) This is our base for the hikes in Rila Mountains for the next 3 nights. All starting points of the rides for the next days are within 30 min drive Dolna Bania. All riding trips are guided by qualified trained guides. Lunch pack is provided for the days of riding!!!



- Day 2

Transfer from Dolna Bania to Borovets-20 min. Start point Flora Hotel/Borovets-Varniko Area- Hunting bore hole-Varovita tap, lunch break-Ride to Pashanica area – Malka Lukovica area –Flora complex – 7 hours ride



- Day 3

Transfer from Dolna Bania to Borovets-20 min. Start point – Flora Hotel/Borovets-Black Rock area-Gvardeiska Poliana-area—Hristakiev prostor-Chakur vojvoda hut- Lunch break-Sitniakovo area-Borovets/Flora complex-7 hours ride



- Day 4

Transfer from Dolna Bania to Borovets-20 min. Start point Flora hotel/Borovets-Malka lukovica area-Goliam Giol area-Biala poliana-Lunch break-Shumnatica chalet-Flora-5 hours ride. Airport transfer to Sofia airport

Stunning rides through mountain forests and catering for all abilities. V.A.T, tourist tax and guiding service is included

Note: The last day of the trip due to the late check out of the apartments, Balkan PMS grants that the clients can keep the apartments till late out of standard check out 12.00 am for sanitary purposes

The horse riding packages can be booked with Anelia at : info@borovets-pms.com

The program has been created especially for the villa / apartments owners at Dolna Bania area to help them to rent their properties between their friends, clients and potential customers

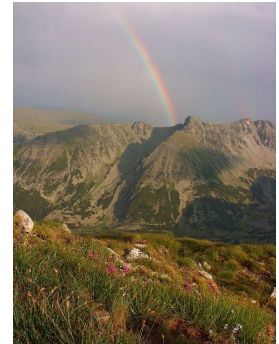


- Fishing/Hunting



There is a choice of fishing options around Dolna Banya. You can take your pick from the more traditional form of fishing (by taking your chances in Maritza River or alternatively, visit the local fish farms located near the town, where you are guaranteed a catch! You can join the local groups for hunting and have an amazing experience. You will have to pay for it afterwards but at least your supper will be sorted for the night!

- Hiking
Bulgaria boasts some of the best mountain scenery in Europe, with many unspoilt areas in the Rila Mountain range.



ITINERARY May-October 2011

- Day 1

Arrival at Sofia airport and transfer to Dolna Bania, where we stay overnight (1hr 20 min drive) This is our base for the hikes in Rila Mountains for the next 3 nights. All starting points of the walks for the next days are within 1 hour transfer drive . All walking tours are guided by mountain trained guides. Lunch pack provided for all walking days!!!!



- Day 2

Minivan drive up till Vada hut – 1 hour transfer .Loop hike from Vada Hut to the most eminent area in Rila Mountains - The Seven Rila Lakes (above 2200m). The path follows the summit between the rivers Dzherman and Cherni Iskar, offering fine views towards both Vitoshka and Verila mountains. Eventually we make a hike among the famous glacial lakes. (6 hrs; uphill walk/downhill walk: 900m)



- Day 3

Minivan drive up till Maliovitza resort – 1.20 min transfer. Another stunning trek from Maliovitza resort, going up along the valley to the wide circus of Prekorechki Lakes, enclosed by the steep slopes and rocky walls of several peaks exceeding 2700m We visit The Scary Lake before walking downhill on a steep rocky slope to the west coast of Yonchevo Lake (more than 200m long). (7 hrs; uphill/downhill walk, 900m)



- Day 4

Minivan drive up till Borovets resort- 20 min. Today we climb the highest peak in Bulgaria and on the Balkans – Musala (2925 m) Short transfer brings us to Borovets ski resort, where we take the lift to Yastrebets Peak (2369 m a.s.l.). Enjoyable walk along Dwarf Pine massifs with the jagged form of Mount Musala at the background leads us to Musalenski Lakes, lying at the foots of the peak. The view from the top is truly breath-taking – you can make out the remaining peaks of Rila Mountains; the marble edges of the Pirin Mountains; Mount Vitosha and the Sredna Gora Mountains; the green summits of the Rodopi Mountains; and last, but not least, the long body of the Balkan range. (6 hrs; uphill/downhill walk: 750m)



- Airport transfer to Sofia airport

V.A.T , tourist tax and guiding service is included in the package

Note: The last day of the trip due t the late check out of the apartments , Balkan PMS grants that the clients can keep the apartments till late out of standard check out 12.00 am for sanitary purposes

The walking packages can be booked with Anelia at : info@borovets-pms.com

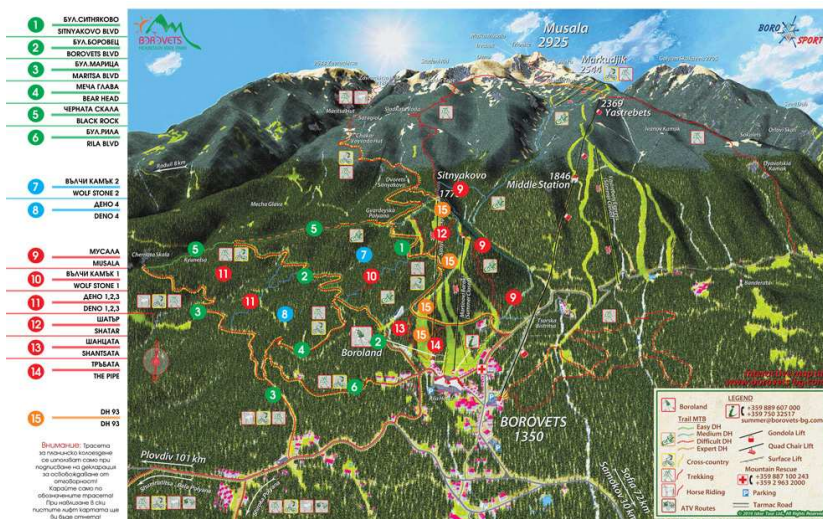
The program has been created especially for the villa / apartments owners at Dolna Bania area to help them to rent their properties between their friends , clients and potential customers



- Mountain Biking

Borovets Mountain Bike Park

Newly Borovets Mountain Bike Park is a great pride of Borovets this year. Offers 20 km total length of routes, with four levels of difficulty. At present it is the largest in area and has a specially equipped lift (Sitnyakovo Express) fitted with hooks for hanging bikes. Downhill track (orange) has a total length of 2200 meters, 440 meters with a displacement and meets the standards of the International Cycling Union for international competitions. The park has the following equipment: step up, step down, north shore, a few monster jumps and kickers. All facilities are constructed so as to create the best feeling. Natural materials are used, making the park clean in perfect harmony with the environment. Green, blue and red trails are suitable for courses cross country, free ride and all mountains. The tracks marked in green are suitable for children.



Cyclists without helmets are not allowed on the trails.

The routes are scenic and enthusiastic cyclists lead to several spectacular vistas and natural treasures in the vicinity of the Borovets - Black Rock, Musalenska path and Musala, Royal Bystrica Sitnyakovo Palace and others.

Routes are logically connected to each other, thereby cyclists can upload one lift to tour six trails or 10 km.

After the descent, riders are able to use special separate place to wash and clean their bikes or repair it at self service point.



ITINERARY June-September

1. Cabin lift

Wednesday - Thursday

08:45 to 16:50

Last upload base station - 16.00h.

Last upload top station - 16.20ch.

Friday - Saturday and Sunday

08:45 to 18:30

Last upload base station - 18.00.

Last upload top station - 18.00.

Closed: Monday and Tuesday

2. Sitnyakovo EXPRESS

Monday – Tuesday

08:45 to 16:50

Last upload base station - 16.20h.

Last upload top station - 16.30h.

Friday - Saturday and Sunday

08:45 to 18:30

Last upload base station - 18.00.

Last upload top station - 18.20ch.

Closed: Wednesday and Thursday

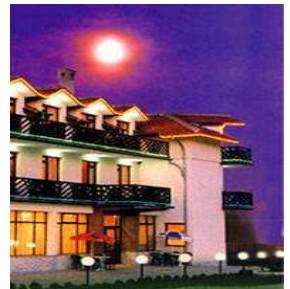


Mountain biking can be booked in advance via Balkan PMS office.

- Historical palaces
 - ‘St. Spas’ monastery XI-XIII century on 2 hours walk from the town centre
 - the ancient chapel "st. Georgi" from the 18th century.
 - The two baths, in close proximity to each other- the first built-up on the preserved foundations of a Roman bath dated IV-I century B.C. and the second, built in the beginning of the XVIII century.
 - The museum /the old school/ in the town' s centre
 - The "st. Nikola" church from the 14th century with antique icons and frescoes.
 - The "Pokrov Bogorodichen" monastery which is restored over an ancient sanctuary.
 - There're the chapels of "st. Bogoroditsa", "st. Georgi", "st. Ivan Rilski", st. Spas" and "st. st Peter and Pavel".
 - On 2 km. above the village of Raduil it is situated the "Pokrov Bogorodichen" monastery, which is built over ancient consecrated ground. There you can taste the monastery's dishes.
 - The tourist lodges Gerginitza and Venetitzza built in the mountain part of Dolna Banya resort

- Village Life

You can also visit the neighbouring villages such as Maritza, Raduil, Kostenets These villages have kept their Bulgarian traditions, with churches, small restaurants and cafés and peace and calmness where you can appreciate the traditional Bulgarian spirit.



HOTELS & RESTAURANTS

We are pleased to be able to recommend the following local restaurants to you:

Dolna Banya Complex

Here you will find relaxing atmosphere, which will help you to escape from the hectic daily routine. In this hotel you will find everything you need for practicing your favorite sport or arrange team bulging and company's training. It offers cozy rooms, luxurious apartments, restaurant with tasty varied menu, summer garden with barbecue, open swimming pool with mineral water, Russian steam bath, fitness and training center. A qualified staff is at your disposal for any kind of assistance around the clock.



The restaurant:



Here you will find delicious food, excellent drinks, a cosy and warm atmosphere and experience the genuine hospitality.

Directions: On entering the town coming from Kostenets , Dolna Banya Complex is on the right hand side .

Welcome and feel the convenience and comfort of *Kedar Holiday Village!*



- The excellent location and easy access, combined with the beautiful mountain view and the fresh air are a good opportunity for a quiet and calm stay of each guest, willing to release the stress and dynamics in everyday life.

- Kedar Tavern in Kedar Holiday Village offers traditional Bulgarian cuisine prepared and served by professionally trained personnel satisfying the clients' preferences and requirements. It offers to the connoisseurs to taste our special selection of Bulgarian wines. After initial inquiries, especially for your good spirits and pleasant stay, Kedar Tavern offers traditional Bulgarian and oriental nights with professional dancers and music. The capacity of the Kedar Tavern is 50 seats and is suitable for your company, family parties and catering. Directions: It is near the town centre, on 5 minutes walk from it.



- *Useful Words & Phrases*

English	Bulgarian
Hello	Zdravei
Goodbye	Chou chou
Excuse me	Izvinettay
Please	Molya
Thank-you	Blogodaria
Sorry	Izvinyavay
Yes	Dah
No	Ney
Help	Pomosht
I would like...	Mojali....



How much is this?	Kolko Struva?
Where is the toilet?	Kaday e toaletnata?
I am from England	Az sam ot Anglia
I don't understand Bulgarian	Ney rasbiram Bulgarski
Do you speak English?	Govoritay li Anglaski ?
Cheers/Bless you	Na'stravey
I would like a taxi at 5 o' clock	Mojali taxi v pet chasa
The bill please	Smetkata molya
Is the kitchen still open?	Cooknetia rabote li oshte?
That was delicious	V'coosno
Adult	Veserasten
Child	Detay
A table for people please	Iscam masser za chuveca
Today	D'nes
Tomorrow	Ootray
Yesterday	Vechera
Zero	Noola
One	Edno
Two	Dvey
Three	Tree
Four	Chetri
Five	Pet
Six	Shest
Seven	Sedem
Eight	Osum
Nine	Devet
Ten	Desset