

Romanian Bear Adventure

7 Days / 6 Nights

Depart London– Bucharest

Return Bucharest – London

INTRODUCTION

The Carpathian Mountains in central Romania are little-visited but form one of the most beautiful, fascinating and awe-inspiring regions of Europe. Dotted with Transylvanian castles and small towns and villages little-changed since medieval times, the spectacular mountain scenery offers some of the best trekking in Europe.

Our challenging trek takes in the mountain passes and ancient forests of two National Parks, as we trek through mountains and valleys to the highest point of our route at 2507m. We also make time to visit Dracula's Castle.

Our challenge allows us to appreciate this remote mountain habitat, which is home to significant populations of endangered wildlife such as the brown bear. Taking part in the Romanian Bear Adventure allows you to raise funds to help bears that have been poorly-treated in captivity and used as tourist attractions. At the end of this amazing trek, you will also have the opportunity to visit the WSPA funded bear sanctuary.

ITINERARY

Day 1: London – Bucharest – Sinaia

Morning flight from London to Bucharest International Airport; we transfer north to the Sinaia mountain resort, on the edge of the Carpathian Mountains.

We arrive at hotel to freshen up and relax a little before dinner and full trip briefing. Night in hotel.

Day 2: Cota – Pestera via Bolboci Lake

Our challenge really starts today with our first full day of walking up into the Carpathians. We climb for a steady two hours to Cabana Miorita at 1987m, and if the weather is good we continue up to Varful cu Dor (2030m). From here we follow good tracks towards Bolboci lake and then onto Pestera. Night in hotel – Pestera.

Trek approx. 7-8 hours

Day 3: Pestera – Piatra Arsa via Lalomitei cave and church.

We start our day exploring the Lalomitei cave system and its church before starting today's climb. It is a steady 2 hour climb this morning above the tree line towards Piatra Arsa. The going is tough and your training will pay off especially today. From here we head down to lower ground at Piatra Arsa which is the national training centre and hotel for Olympic athletes.

Night in hotel – Piatra Arsa.

Trek approx. 6 hours

Day 4: Piatra Arsa – Omu Cabin (2505m).

This is a beautiful day of walking, heading to the highest point of our trip, taking in the famous Sphinx, Babele and Heroes Monument before reaching our goal, Cabana Omu at 2507m where we spend the night in rustic accommodation!

The rolling hills of moorland that we cross in the morning give way to more rugged mountain scenery and we enter a region of steep sharp peaks. The views are amazing, this is serious country. We stop here for the night, remote in our mountain cabin.

Night in mountain cabin. (2505m)

Trek approx. 5 hours

222 Grays Inn Road, 5th Floor, London WC1X 8HB, United Kingdom

T: +44 (0)20 7239 0500 **F:** +44 (0)20 7239 0654

E: wspa@wspa.org.uk **W:** www.wspa.org.uk

Day 5: Bran Castle.

We walk from Omu Cabin to Bran where we spend time exploring Bran Castle; Dracula's house, built to protect the frontier point on the border with Transylvania. We will be trekking through stunning steep gorges in one of the areas most beautiful national parks. In the afternoon we will transfer to Brasov to enjoy a slap-up meal with traditional music to celebrate our achievements.

Night in hotel – Brasov.

Trek approx. 5 hrs

Day 6: Bear Sanctuary and transfer to Bucharest

An amazing day at WSPA's Bear Sanctuary awaits us. We will be able to see the bears at close quarters and learn about the sanctuary's work. After a truly rewarding and educational day, we transfer to Bucharest for our last night in the Romania Capital.

Night in hotel in Bucharest

Day 7: Bucharest and return flight

Today we have the morning as free time to explore Bucharest on our own before regrouping at the hotel for the short transfer to the airport for our return flight home. **Return flights are scheduled for the afternoon but are subject to change.**

Transfer time: 1 - 1.5 hours

General Information

Tour Cost

The tour cost includes flight, accommodation and meals other than two meals.

There is full support with local guides and cooks as well as Discover Adventure leaders and doctor.

A max of £100 is recommended for personal expenses.

Flights

Group flights leave from London and are booked through Discover Adventure Ltd ATOL 5636.

Itinerary based on current flight schedules and is therefore subject to change.

Food & Accommodation

All food and accommodation is included other than 2 meals. The food is good vegetarian food and there is plenty of it. Accommodation varies from simple guesthouses to tourist hotels (2-3*).

Passport, Visa & Vaccinations

A valid ten-year passport is essential with at least six months' validity on entering Romania; there are no visa requirements for UK citizens. Other nationalities should check with the embassy.

We insist that you have had a Tetanus injection in the last 10 years and highly recommend vaccinations for typhoid and polio.

Weather:

Max/Min temp & No's days of possible rain per month

Sept 26/6°C & 10

Walking Information

Vehicles take the group to the start of the trek and meet us at the end. The vehicles carry all the luggage, food, water and equipment not required for that part of the trek.

It is essential that your luggage is carried in either a soft expedition-style kit-bag or soft rucksack.

In addition you should carry a small daypack for items needed during the day.

Walking is on some well-maintained tracks but other times rough, rocky loose ground. There are some steep climbs and ascents.

We are travelling through remote mountains where we could be exposed to bad weather at any time.

Please contact the office with any queries:

Discover Adventure Ltd

**Throope Down House
Blandford Road
Coombe Bissett
Salisbury
SP5 4LN**

ATOL 5636

**Tel: 01722 718444
Fax: 01722 718445**

**info@discoveradventure.com
www.discoveradventure.com**

Copyright DA 2008