



Blue	: Farm Walk, 2.9 Km	Purple	: North Circular, 4 Km	Camping Veliko Tarnovo OOD
Green	: Lake Via Road, 2.2 Km	Orange	: Cherry Orchards, 4.6 Km	Tel : 00 359 619 42777
Light Blue + Green	: Monastery Circular, 7.8 Km	Blue + Yellow	: West Lake, 7.4 Km	Mob : 00 359 886 877 244
Light Blue	: Monastery (Out & Back), 8 Km			

Walking and Hiking Advice

"Ten Essential Systems" provides the basic equipment to cover most situations even when the hike takes longer than you intend.

Navigation	- map and compass, gps
Sun Protection	- sunglasses, sunscreen, lip balm
Insulation	- warm clothing, windproof / waterproof outer shell, hat and gloves
Illumination	- headlamp / flashlight + spare batteries
First Aid Supplies	- basic first aid kit, insect repellent spray / insect bite cream
Fire	- waterproof matches or lighter
Repair Kit & Tools	- basic cord and simple pocket knife, whistle
Nutrition	- extra food, such as energy bars, nuts, raisins etc.
Hydration	- extra water, especially in the summer
Emergency Shelter	- insulating silver foil blanket

Also don't forget your mobile phone and camera ! Remember to charge the batteries and take spare memory cards for your camera !

Countryside Code

Enjoy the countryside and respect its life and work

Guard against all risk of fire

Leave all gates as you found them

Keep your pets under close control

Keep to paths across farmland or the edge of the field

Leave livestock, crops and machinery alone

Take your litter home

Help to keep all water clean

Protect wildlife, plants and trees

Take special care on country roads