



GUIDE

SEE IN STS. CONSTANTINE AND ELENA RESORT





St. Constantine and Helena monastery

Undoubtedly one of the most popular cultural and historical sights of the resort from the past to the present days is the ancient monastery St. Constantine and Helena. There are different legends about who, when and for what reason built a monastery right here but undoubtedly its existence played a very important role in the formation of the place as a resort and favorite place for rest and recreation.

The beginning of the forming of the St. Constantine and Helena Monastery is lost back in the centuries. Legends tell us that during the early years of Ottoman rule in the 15-th century, a group of monks reached the centuries-old woods of the vicinity of Varna and settled there, establishing several monasteries, including the monastery "St. Constantine".

The monastery was severely damaged during the Russo-Turkish War of 1828–1829 and was completely destroyed. It was restored thanks to the efforts of the two brothers, the hieromonks Theodosius and Agapius Kantardjievi of Turnovo.

In the 70s of the 19th century the St. Constantine Monastery was completely restored. Along with the small church, monastic cells were built, but monastic brotherhood was not formed. Contemporaries say that at that time in the monasteries St. Dimitar and St. Constantine was set up the beginning of using the sea for entertainment and health promotion. The monastery cells were being rented out to the visitors, and the rich Varna residents had their reserved cells, where they relaxed in the summer heat and spent the summer.

The first Bulgarian prince after the Liberation - Alexander I Battenberg - visited the monastery "St. Constantine" in August 1880 and thus becoming the first high-ranking tourist at the monastery. This first royal visit helped a lot for the development of the area as a seaside resort.

Established in 1909 with the help of Queen Eleanora, the State Children's Marine Sanatorium had a special merit in popularizing sea treatment not only among children, but also among adults.

The foreigners' interest was caused by the remarkable nature, the warm and welcoming sea, the golden sand and crystal-clear air, and last, but not least – by the hospitable attitude of the personnel.





2

Bas-relief of Assoc. Prof. Dr. Stamat Stamatov

Bas-relief of Assoc. Prof. Dr. Stamat Stamatov - a scientist with recognized international authority and a prominent public figure, founder of medical tourism on the Bulgarian coast, a person who has dedicated 65 years of his life to Bulgarian healthcare, doyen of health tourism in Bulgaria and Europe, creator of modern thalassotherapy, continuation of the traditions in the treatment with grapes, laid 84 years ago with the opening of the first grape healing station in the country in the Sts. Constantine and Helena resort.



3

Fountain with mineral water

Sts. Constantine and Helena welcomes its guests with a new recreation area and a fountain with mineral water in the center of the resort. The development is realized as part of a project of the Municipality of Varna for the reconstruction of the roundabout in the resort. Mineral water flows from the fountain, which is indicated for drinking, balneotherapy and balneoprophylaxis according to the balneological assessment of the Ministry of Health. The place is in a key location in the resort and will be accessible to all residents and guests of the first Bulgarian seaside resort, which is famous for its healing mineral water.



4

Sculptures alley

The stone works of art from the Plein Air on Sculpture "Touch of Nature", which is held annually, are integrated in the park spaces of Sts. Constantine and Helena resort as part of a coastal alley of sculptures. It was created with works from previous editions of the plein air as a natural addition to the coastal landscape.

The alley creates a feeling of a different sea environment and the opportunity to walk along mermaids and strange sea creatures coming out of the depths of the seabed. The sculptural promenade is located between Astor Garden Hotel and Villa Chinka and is freely accessible to all visitors and guests of the resort.

And if you continue your walk to the monastery "St. St. Constantine and Helena", in its green spaces is located the exhibition of the 5 works realized in May by the artists from India, Belgium, Macedonia, Turkey and Bulgaria who participated in the first edition of the plein air.



5

The stone throne next to Villa Chinka

One of the most interesting places for photos is the stone throne. From here, a breathtaking view of the beach and the sea is revealed.



6

The statue of Neptune in the sea

It is located near Villa Chinka.



7



Angel wings on Astor Garden Beach

Great place for an afternoon rest with a cocktail.

8



The stone with verse

It is located near Villa Chinka and Aquahouse.

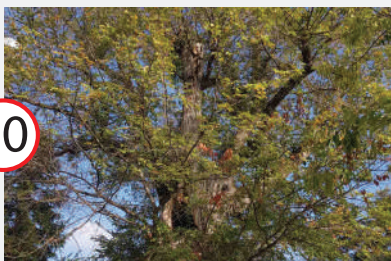
9



The cross on the pier

It is located near Villa Chinka and Aquahouse.

10



The oldest tree in the Sts. Constantine and Elena Resort

Did you know that a Polish elm over 300 years old lives in the resort of Sts. Constantine and Helena. The tree is 18 meters high, 4.91 meters in circumference. You can find it at the promenade, close to Astor Garden Hotel.





LANDMARKS GUIDE

NEAR TO STS. CONSTANTINE AND HELENA



Palace of Euxinograd

Only 8 km north from Varna, by the sea, is the first and oldest out-of-town residence of the Bulgarian rulers of the last Bulgarian kingdom. It is the famous Euxinograd, popular for its magnificent gardens, a monument of world park art. The palace is an immovable cultural value of national importance.



An integral part of the Euxinograd complex is the palace park. In 1888, French park builders were involved in the formation of the 800-decare park. Their project includes a rare collection of trees - from black oak to Atlantic cedar, which are the only species in the Balkans. The bare and stony places are covered with fertile soil, taken mainly from the Kamchia river valley. Northeast of the palace building are greenhouses for wintering palm trees and flower production. More than 500 types of flowers and over 200 types of saplings are grown in the ornamental nursery.



There are several zones in the park: central (with the palace), Greek garden, English garden, riverside, beach and production and economic. Each of them is different with its specific appearance and mood. The most elegant and representative part of the park is the space in front of the palace with a water area and a bronze statue of Neptune, delivered from France.



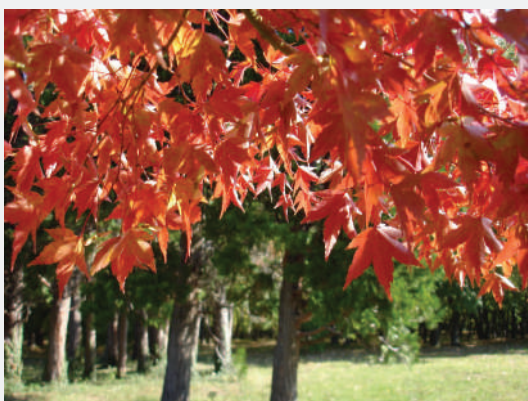


Ecopark

This is the first eco park in the country which combines artificial and natural ecological systems. The park is situated on an area of 360 decares. The plant collections include more than 300 species of exotic trees and bushes, and the herbaceous plants are more than 100 species.

The botanical garden is also famous for its rich collection of irises, which are more than 250 variations. The ecological park offers exotic meetings with plants from the whole world: sea oaks, tulip-tree, ginkgo biloba, sterculia, parrotia persica, broussonetia papyrifera, evergreen oak, mamont tree and many others.

The Ecopark offers exotic encounters with plants from all over the world: sea-pines, tulip-tree, ginkgo biloba, sterculia, ironwood, paperwood, evergreen oak, mammoth wood and others. Archaeological finds from II-IV c., discovered on the territory of the University Botanical Garden Varna are the "Roman Tomb", "Delvite", the "Roman Villa". The eco-park also hosts the St. Kliment Ohridski Chapel, built in the highest part of the garden with a wonderful panoramic view of Varna Bay. Every year Varna organizes the celebration of Todorov Den (The Day of Todor) – traditional races, competitions with horse teams, donkey carriages, prizes for the most beautiful horses.





Aladzha monastery

Aladzha Monastery is one of the most famous Bulgarian rock monasteries and the largest on the Bulgarian Black Sea coast. It is located in a beautiful area 14 km north of Varna, close to the Golden Sands resort and in the central part of the Golden Sands Nature Park amidst a magnificent forest.

There is no reliable historical record of the monastery, but it is known that it already existed in the X-XII century. The history of Aladja Monastery is based mostly on legends and conjectures. Probably as early as the 5th-6th centuries a religious center emerged at this place - one of the oldest Christian centers on the Balkan Peninsula. A century or two after the official adoption of Christianity in Bulgaria, hermit monks have sought an ascetic life among the cliffs and forests providing solitude, and it is believed that they have begun to use the caves as monastic cells.

During the Second Bulgarian State, in the XII-XIV centuries there was a great rise of Bulgarian Christianity and many churches and monasteries were reconstructed and renovated, including the Aladja Monastery. It is proved that at that time he was re-painted with the support of the boyars of the Dobrudzha despotism of that time. With the fall of the despotism of Prince Ivanko, the life in the monastery gradually died out, which was eventually abandoned.



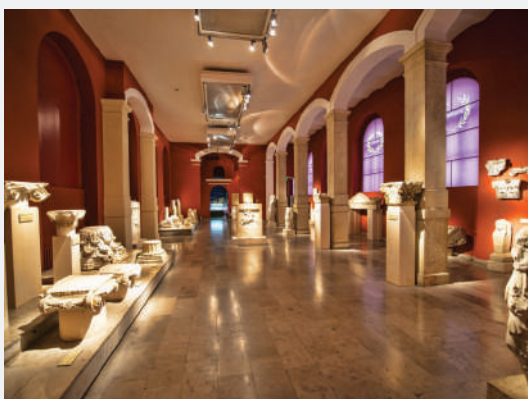
Aladzha Monastery is one of the few rock monasteries in Bulgaria, which clearly distinguishes the individual premises. The premises of the monastery are carved on two levels in almost 40 meters high limestone rock. On the first level are the monastery church, monastic cells, the dining room, the kitchen, a small cemetery church, the crypt and the farm premises. The second level is a natural rock niche at the eastern end of which is built the monastery chapel. 600 - 700 m west of the monastery is a group of caves known as the Catacombs. The discovered finds - ceramics, coins, graffiti, etc., indicate that the Catacombs were inhabited during the early Christian era (5th-6th centuries).





Varna Archaeological Museum

Varna Archaeological Museum is one of the largest museums in the country. It houses some of the most remarkable and valuable monuments of world culture. Here is the oldest gold treasure in the world. Its age dates back to 4000 BC. It was discovered by chance in 1972 at construction works near Varna. It is difficult to imagine how much time they have spent underground in fine gold ornaments and objects until the time has come for historians and archaeologists from all over the world to talk about the treasure of the Chalcolithic necropolis. The find is about 2000 objects of almost pure 23.5 carat gold with a total weight of about 6 kg. It contains gold necklaces, bracelets, bangles and utensils. This finding overturned historians' perceptions of the development of human civilization.

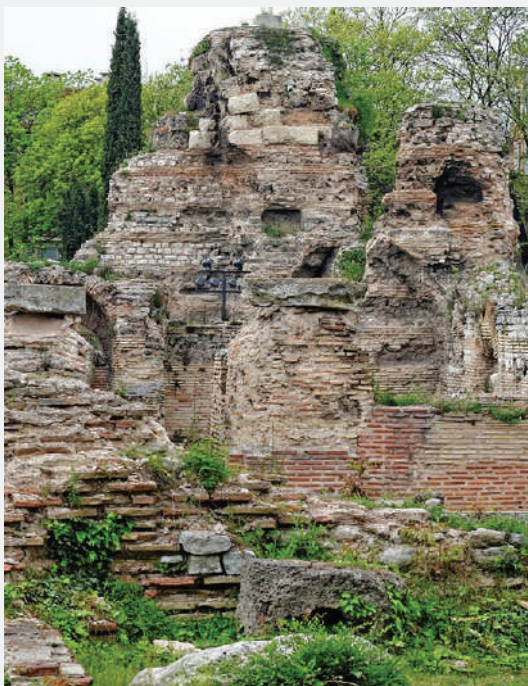


The exposition in the museum is arranged chronologically, showing sequentially materials from different historical eras that trace the development of human society over the millennia in the region of Varna - prehistory, Thracians, antiquity, medieval, Ottoman period. The main attention is paid to the development of the city of Odessos - Varna - from its creation in the Early Antiquity to the Late Middle Ages. The building also houses the only Learning Museum in the country.



The museum has become a cultural and scientific center with many highly qualified specialists. He and his collections present Bulgaria at dozens of national and international exhibitions. With his solo exhibitions, he has toured notable museums in France, Germany (twice), Japan, Israel, Italy and at world exhibitions in Seville (Spain), and Lisbon (Portugal).





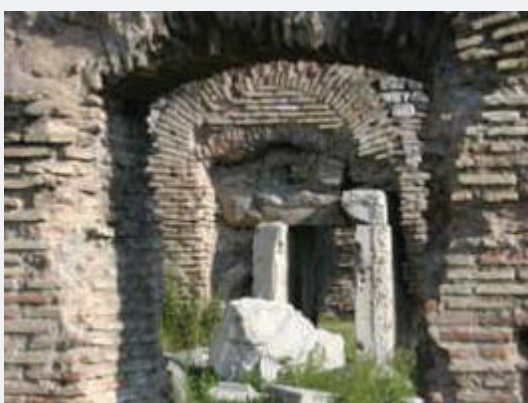
Roman baths

There are the archeological remains of the former public baths of the ancient city of Odessos in Varna nowadays. This Pontic colony was founded around 570 BC. from settlers from the Ionian city-state of Milet. In addition to the Hellenes, Thracians, Asians, Romans and settlers from many other ethnic groups lived here.

The ruins rise in the older, seaside part of Varna. Everywhere the Romans settled, they built baths. Their construction was preceded by the construction of water pipelines. Information about the construction of the Roman water pipeline was discovered as early as 1851. It is clear from the bilingual inscription in Greek and Latin that under the reign of Emperor Anthony Pius (138 - 161) the municipality of Odessos and the governor of the province and the deputy of the province of Lower Mizia Titus Vitassus Polion was captured and brought to the city by water supply. Perhaps the largest urban bath in the Balkan provinces was erected in Odessos a little later. It occupied more than 7000 square meters and was oriented towards the directions of the world. The preserved site walls reach 22 tons in height. The spa was not only a place for bathing but also a center of social life.



The actual bathing in the Roman bath took place in the hot water bath - caldarium (C). It is central to the term plan. The central semicircular basin - piscina (p) is located in the apse, which faces the south facade of the building. Below it is a hypocaustum. From here the bathing continued in the central tepidarium (T). Cold water was rinsed in the central frigidarium. The three main bath rooms of the caldarium, tepidarium, frigidarium were richly decorated with granite columns, marble Roman-Corinthian capitals, with two-sided colonies and columns shaped like the tufted rod of Hercules.





Balchik palace

The Palace is the former summer residence of the Romanian Queen Maria Alexandrina Victoria de Edinburgh (1875-1938). It is located about 2 km southwest of the town of Balchik, in a beautiful area between the rocks of Balchik and the sea. It has the status of an architectural and cultural monument and a monument of gardening and park art.

During the Inter-Allied War, the Romanian army occupied part of Dobrudzha and within the boundaries of Romania fell the town of Balchik. Romanian intellectuals appreciate the beautiful nature of the region and in the 1920s many prominent Romanian aristocrats and people of art bought properties here. Queen Mary was brought by her friends to Balchik and was fascinated by the nature and spirit of the city. She decided to build her own summer residence here, with a strict requirement for the designers - the construction of the villa should not disturb the nature, but complement its beauty.

The residence was designed by the Italian architects Amerigo and Augustino in 1924. It is decorated with beautiful, powdery terraces along the steep seashore, through which water from two springs flows through special stone channels and overflows into water mirrors and waterfalls.

The style of the new buildings is in line with that of the old ones and the old mills have been restored. The contrast of the white rocks and the red roofs, typical of the city, is also preserved.



There are chapels, courtyards, parks, fountains and buildings in various styles - typical Bulgarian, Byzantine, Roman-Arab, Moorish, Transylvanian and others.

The University Botanical Garden in Balchik was established in 1955 on the territory of the park in the former summer residence of the Romanian Queen Maria. Today it is located on an area of about 65 acres and has the second largest collection after Monaco of large-sized cactus in Europe. The interesting history combined with the magnificent landscape architecture makes the place unique in spirit and atmosphere.



The number of plant species grown in the garden exceeds 2,500, belonging to 85 families and 800 genera.





Pobiti kamani \ The stone forest

The natural phenomenon Pobiti Kamani, also known as The Stone Forest and Dikilitash, is situated on an area of 7 square km at a distance of about 18-20 km from the city of Varna, and a few kilometers from the town of Beloslav. The natural landmark consists of an ensemble of stone columns, up to 10 meters high, hollow or thick cylinders, crossed cones, variously shaped and sized rock blocks and multiple stone pieces, spilled around the entire complex.

According to the most widespread theory, Pobiti Kamani were formed about 50 million years ago, when the area was seafloor. The withdrawal of water led to the deposition of inorganic materials, which eroded and acquired their present-day interesting forms. The rock blocks are made of light gray limestone with carbonate content. An interesting fact is that this is also the only desert area in Bulgaria.



The Pobiti Kamani had been famous as a sacral place since antiquity, but they were documented for the first time in 1829. They were declared a natural landmark in 2002.

For thousands of years the nature has carved stone pieces in order to turn them into impressive sculptures, which look like people, animals, monsters, mythical creatures, etc. "The Stone Guards", "The Camel", "The Throne", "The Stone Forest" are names of just a part of these natural pieces of art.



The ensemble "Dikilitash Group" is the most famous and attractive for the tourists. It is situated at about 18 km west from Varna and is easily accessible from Route E70. The complex consists of more than 300 different in size columns, situated in a stripe with sizes 850 meters x 120 meters, and about 50 structures are situated in a smaller area to the south. Some of the columns are broken in two or three parts, other are lying on the ground as if they had been uprooted from their places, and others form interesting sculpture groups.

The Strashimirovska Groups is also impressive. It is situated to the south of the basic group, near the village of Strashimirovo, and consists of four closely situated ensembles containing structures with various sizes and shapes. The groups "Slanchevo" and "Banovo" are situated in the localities of the villages with the same names, and also have their own charm.





The mosaic museum

The Mosaic Museum is located in the town of Devnya. It is an in situ museum and housed in a specially constructed building designed to preserve archaeological discoveries. A large Roman building with magnificent mosaics was discovered here in 1976 during archaeological excavations. It is on some of the foundations of this building that the museum was built.

The ancient building was dated to the time of Emperor Constantine I the Great - end of III - beginning of IV century. The building was a town house and occupied the area of an entire neighborhood in the Roman city of Marcianopolis, which was one of the largest Roman cities in this part of the empire. The plan was a typical Greco-Roman atrium-peristyle dwelling, with the inner courtyard surrounded on three sides by residential buildings and a colonnade.

Five of the building's premises and the portico are covered with multicolored floor mosaics - some of the finest specimens of Roman mosaic art of that time found in Bulgaria. Three of these mosaics are on display in the museum on the premises where they were found, and the rest, after conservation and partial restoration, are transferred to a new supporting base. The mosaics are made of small stones - cubes of marble, limestone, baked clay and colored glass in 16 colors. They depict mainly characters and scenes from Greco-Roman mythology, exotic animals and birds, plant and geometric motifs.



The mosaic covering the living room floor depicts the shield of the goddess Athena Pallas, decorated in the middle with the severed head of Gorgon Medusa. The purpose of this image was to protect the owners from evil and to petrify the detractors with their fearsome appearance and freezing look.

The reception hall of the building is the largest room in it, covered with mosaic. One of the centerpieces of the mosaic is the ancient Greek legend of the abduction of Ganymede. So far this is the only mosaic with this story, discovered in Bulgaria. The Seasons mosaic covered the floor of the women's room of the house. Another mosaic known as the Pannonian Currencies was discovered during excavations in the eastern part of Marianopolis in a building that was probably an Old Christian basilica. The mosaic decoration consists of repeating geometric motifs in four colors.





Ovech fortress

The Ovech Fortress is a stone fortress located east of the town of Provadia, 53 km west of the city of Varna.

In historical annals, the fortress is known by several names. The oldest of these is Byzantine Provat. The Bulgarians call it Ovech, and the Turks Tash Hisar (translated from Turkish. - stone fortress). Archeological studies have found that the fortification was used from the third century to the first decades of the seventh century and then from the X-XI to the end of the seventeenth century.

The fortress was inhabited sequentially by Thracians, Romans, Byzantines, Bulgarians, Turks. Its name is associated with the reign of Tsar Iyaylo (1277 - 1280), the campaign of Count Amedee VI of Savoy (1366) and the march of the Polish-Hungarian King Vladislav III Jagiel (Varnenchik) (1444).

The fortress has three entrances. The eastern approach is preserved in its original version with stone steps carved into the rock. It is convenient for visitors with their own transportation. The west entrance is accessible from the city by an original 111-foot spiral staircase.



The main entrance to the fortress is the northern entrance. In front of it is a bridge structure 150 m long, which connects the fortress with the adjacent Tabiy plateau.

The strongest period of Ovech was in the XII-XIV centuries, when the fortress was a military, religious, economic and administrative center of the region.



When visiting the fort in the stone fortress, one can also visit the talking well, 79 m deep, the Metropolitan Church, the knight's prison, the tower with the Devil's Trail, and Kaluga holes.

The fort works all year round.





Historical park

The main idea of the Historical Park is to build a collective image of Bulgarian history presented in one place. Numerous scenes of historic events scattered throughout the country will recover in size and appearance close to actual ones to make it easily accessible to visitors. Here they will be able to feel the style and charm of past eras without having to travel all over the country. Through reconstructions of entire settlements, cultural and historical landmarks of different societies from six epochs are presented. Visitors get acquainted with lifestyle, tools, casual wear and food.

- Neolithic and Chalcolithic Era (6,000 BC to 3,000 BC)
- Thracian period (2,200 BC to 29 BC)
- Roman Age (29th to 5th century AD)
- The era of Slavs and Proto-Bulgarians (5th to 7th century)
- The First Bulgarian Kingdom (7th to 11th century)
- Second Bulgarian Kingdom (1185 to 1396)

Brief overview of the Neolithic and Chalcolithic epochs (6,000 to 3,000 BC)
In those ancient times, people's main occupation was collecting seeds and hunting. Gradually, over time, during the Neolithic and Chalcolithic periods, they move to a sedentary lifestyle. In Historic Park, the typical houses of these epochs have been restored to a size close to the actual ones, fully observing the construction technology of the time. The walls are plastered with a mixture of clay, earth, debris and hair.



Thracian Review (2,200 to 29 BC)

- The Thracians settled on the Bulgarian lands in the third millennium BC. They represented a community of over 80 tribes. Later Thrace became a province of the Roman Empire. The Thracians, compared to other peoples, know very little because they probably did not have script.

In the Historic Park behind the 800 kilogram doors of pure marble is a true Thracian palace, in which they are greeted with the figure of a Thracian king. One of the many rooms of the Thracian palace exhibits replicas of true Thracian treasures of gold, the originals whose originals are on display today at the Archaeological Museum in Sofia.

The culinary side of past eras is presented in a remarkable way. On the table are served those foods that have been consumed by people in different eras. Historical Park is located 33 km away from Varna.

