

Tur-Bul

10 days

ISTANBUL – VARNA – VELIKO TURNOVO

Istanbul – 4 Days, Varna – 4 days, Veliko Turnovo – 1 day, 1 day – flight

2 competitions / 7-10 matches each wrestl./ 6 trainings with local teams

Reach cultural program

1st day – Fly from USA to Turkey /**Istanbul**/

2nd day - Istanbul

...Arriving in Istanbul and accommodation in the hotel

13.00 – Lunch – Sightseeing in Istanbul

16.00 – **training** with Turkish team

20.00 - Dinner

3 day June - Istanbul

8.00 Breakfast

9.00 Sightseeing

13.00 Lunch

16.00 **Competition**

21.00 Dinner

Free time

4th day - Istanbul

8.30 Breakfast

9.30 Trip with Boat

13.00 Lunch on the Bosphorus

16.00 **Training**

20.00 Dinner in national style

Free time

5th day – Istanbul / Varna

8.00 - Breakfast

8.30 - Go to Varna with lux bus / Bulgaria/

14.00 - Lunch in Varna

15.00 Accommodation in the hotel in resort Golden Sand

17.00 – Training

20.00 – Dinner

Free time

6th day – Varna

8.30 Breakfast

10.00 Sightseeing in Varna

12.30 Lunch

16.00 Competition

20.00 Dinner

free time

7th day - Varna

8.30 Breakfast

10.00 Sightseeing

12.30 Lunch

17.00 Training

20.00 Dinner

Free time

8th day – Varna

8.30 Breakfast

10.00 Getting to know the Black sea coast / fishing

12.30 Lunch
14.00 **Training**
20.00 Dinner

Free time

9th day – Varna/ Veliko Turnovo

8.00 – Breakfast
8.30 – Go to Veliko Turnovo
12.30 – Lunch and accommodation in Veliko Turnovo

13.00 – sightseeing – V. Tarnovo – the ancient capital of Bulgaria

17.00 – **training**
20.30 – dinner
21.00 – watching –PERFORMANCE”SOUND & LIGHT”(WONDERFUL SHOW OF THE CASTEL “TZAREVETZ”

10th day Veliko Turnovo/ Sofia

7.30 – Breakfast
8.00 – Go to Sofia
12.00 – Lunch in Sofia

afternoon – **Fly to USA**

info for Istanbul and Varna

STORY OF ISTANBUL and TURKEY





Istanbul, one of the great historical cities of the world, is the only city in the world located upon two continents with one arm reaching out to Asia and the other arm to Europe. Through the city's heart runs the sea channel called the Bosphorus which reaches north to The Black Sea and south to the Marmara Sea. Istanbul is located in the Marmara region of Turkey and is a major seaport city as well as an industrial, commercial, educational and financial center and trade center. Manufactures include ship building, glass, textiles, shoes and cement. The city's inhabitants is about twelve million.

The city is divided into three parts - the old city, the new city and the Asiatic side. The old town and new town which encompass the greater part of the city are located in Europe. The Asiatic side can be reached from the European side by two bridges, the Bosphorus Bridge, one of the world's longest suspension bridges and Fatih Sultan Mehmet Bridge. The Old City and the New City are separated by the Golden Horn, an inlet of the Bosphorus. It is a natural channel seven km long and is connected by two bridges, the Galata Bridge and Ataturk Bridge.



BLUE MOSQUE (Sultan Ahmet Mosque)

The last great imperial mosque, The Blue Mosque, was founded by Sultan Ahmet I and constructed by the architect Mehmet Aga between 1609 and 1616. Sultan Ahmet wanted to surpass Justinian and his Hagia Sophia, and on the other hand architect Mehmet Aga wanted to

surpass his master Sinan. Sultan Ahmet was given little time to enjoy his mosque, for he died the year after its completion, when he was only twenty seven years of age



TOPKAPI PALACE

Topkapi Palace which was built by Mehmet The Conqueror between the years 1462 and 1478 was constructed at Seraglio Point surrounded by the Sea of Marmara, the Golden Horn and the Bosphorus . It is located on the first hill of old city. Topkapi Palace is one of the finest examples of the Ottoman civil architecture in existence. After harems were added to it Suleyman moved with all his harem to the new palace. Topkapi Palace, the greatest residence of The Ottoman Dynasty, is one of the best museums in the world. This vast and fascinating complex served as Imperial residence for the Ottoman Empire for more than four centuries



ST. SOPHIA

Hagia Sophia is the most renowned Byzantine cathedral and the best known Christian church in Istanbul. The church of the Divine Wisdom, the first church of Hagia Sophia was planned by Constantine the Great, but it was built by his son and heir, Constantius . For almost a thousand years Hagia Sophia served as the cathedral of Constantinople of the Byzantine Empire. The name, Hagia Sophia, means sacred wisdom



The City on the Seven Hills

Istanbul was known as the city on the seven hills. Whether Constantine the Great was actually aware of the fact that the new city was, founded on seven hills remains uncertain.

The seven hills, all located in the area within the walls, first appeared when the valleys of the Golden Horn and the Bosphorus were opened up during the Secondary and Tertiary periods. In the Ottoman, as in the earlier Byzantine period, each hill was surmounted by monumental religious buildings.

The first hill on which the ancient city of Byzantium was founded, begins from Seraglio Point and extends over the whole area containing Hagia Sophia, the Sultan Ahmet Mosque and Topkapi Palace.

On the second hill are to be found the Nuruosmaniye Mosque, Grand Bazaar and cemberlitas. The second hill is divided from the first by a fairly deep valley running from Babiali on the east Eminonu.

The third hill is now occupied by the main buildings of Istanbul University, the Mosque of Beyazit to the south and the Mosque and Complex of Suleymaniye to the north. The southern slopes of the hill descend to Kumkapi and Langa.

The fourth hill on which stood the Church of the Holy Apostles and, subsequently, the Mosque of Mehmet the Conqueror, slopes down rather steeply to the Golden Horn on the north and, rather more gently, to Aksaray on the south.

On the fifth hill we find the Mosque of Sultan Selim. The fifth and the sixth hills are separated by the valley running down on the west to Balat on the shore of the Golden Horn.

On the sixth hill are to be found the districts of Edirnekapi and Ayvansaray Its gentle slopes run out beyond the line of the defense walls.

The seventh hill extends from Aksaray to the city defense walls and the Marmara. It is a broad hill with three summits producing a triangle with apices at Topkapi, Aksaray, and Yedikule.



The Bosphorus Story

It is inevitable that so beautiful and dramatic a stretch of water, unimaginably deep in places, and dividing the continents of Europe and Asia with its swift and varying currents, should be surrounded by legend.

The Bosphorus is about 30 km in length, with a width varying from about 700 m to 3.5 km. Its average depth is about 60 m but at certain points it is well over 100 m. The dominant current is from the Black Sea to the Sea of Marmara in places up to 4 knots but there are strong and erratic cross and under currents which make the Bosphorus more dangerous than the calm stretch of water it often appeared to be.

The Asian side is covered with fruit trees, villages and the most delightful landscapes in nature. On the European side stands Istanbul situated on seven hills.

The Bosphorus must have been a magical sight then, long stretches fringed with palaces and yalis leaning over the edge of the water.

Today's Bosphorus has changed greatly with its busy coast roads and new suspension bridges linking Europe and Asia and its rash of modern apartment blocks, hotels and cafes along the shores.

But magic still surrounds this sinuous ribbon of deep water. There are still fruit trees and villages and delightful landscapes to be seen. And in spring the whole Bosphorus catches fire with the blossom of the Judas trees along the hill



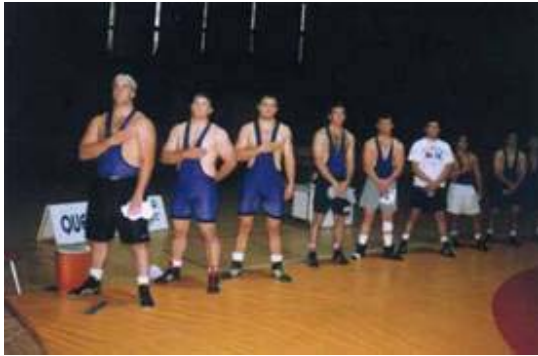
Story of Varna-our sea capital



Varna

The gem of the Bulgarian Black Sea is situated at the end of the big Varna Bay, with a convenient and well conserved water area. The city's peculiar sea charm is sublime and moving. Ancient, medieval, renaissance and modern cultures mingle and coexist throughout the city. **Varna lies on the same latitude of the famous Atlantic resorts Bayonne and Biarritz in**

France, on a large, flat and high terrace on the northwestern most curve of the bay which juts some 7 km inland. **During the holiday season, July and August, the sunshine allows 10-11 hours of sunbathing.** There is nothing of the cold Baltic wind or the summer Riviera heat. The sea is amazingly calm and free of dangerous tides.



On the beach in Varna



The Opera House

The Nezavisimost Square - home to the opera house - is a great starting point for a casual stroll to take in some of the city's other historic sights.



Cathedral of the Assumption of the Virgin

The 19th century Cathedral of the Assumption of the Virgin is an imposing landmark, which contains a finely carved iconostasis and bishop's throne, some interesting murals and stained glass.



The Sea Garden – a wonderful place to enjoy magnificent sea views



VELIKO TARNOVO-THE ANCIEN CAPITAL OF BULGARIA





The town was founded in prehistoric times. Between 1187 and 1393 it was the capital of the Second Bulgarian State. The picturesque situation and panoramic view of the town, its rich cultural and historical heritage wins Veliko Tarnovo the recognition as a historical, cultural and tourist center of contemporary Bulgaria.



They've been here !

Here is what others think after visiting our camps:



Brandon Slay Olympic Champion – 2000, 2 times in George Sport Tours

A team of 8 wrestlers from the US and myself are currently on a tour in Milan, Italy. George has done a fabulous job of organizing the trip for us. The food, hotel, training, and experience has been great for these young men. We have seen the Duomo and the Last Supper. These young men are realizing how fortunate they are to be in a trip of this quality. We are leaving for Switzerland in the morning. I look forward to my next tour with George



Zeke Jones, World gold medalist and Olympic Vice Champion in wrestling, US Olympic & World Team Coach

“Bulgaria is the country where my star shined for the first time. But only with the George Cup

Tour I discovered the beauty of this country and I admired the hospitality of the people and the strength of the Bulgarian wrestlers.”



Wade Genova , USA Wrestling - one of the biggest organizer of wrestling tours, participant in many alike tours all around the world

“George Cup Tours are the best tours I've ever been on before !!!”



Bob Scelton - Head Coach Division III-USA for several times; he is in charge this sport-cultural exchange; participant in George Sport Tour for 5 years in a row .

"The most valuable thing about George Cup Tours is the way these camps succeed to combine the sport and cultural program. This makes the tour incredibly interesting and pleasant, as well as very efficient for the young wrestlers. Till now hundreds of American wrestlers had visited Bulgaria and Europe with the programs of George Sport Tour and now keep their precious memories from there..."