

Mineral Rich Bulgaria - Hot & Cold Springs

Bulgaria is also rich in mineral water. Depending on the thermal level, the mineral springs are divided into cool springs (hypothermal with temperature of up to 20°!); warm springs (up to 20-37°!); and hot springs (hyperthermal with temperature of over 37°!). The cool springs are distributed throughout the country, in such locations as Narechen (Asenovgrad region), Shipkovo (Troyan region), Ovcha Kupel (Sofia), Smochan (Lovech region), Voneshta Voda (Gabrovo region), Merichleri (Simeonovgrad region), and other locations.

Thermal waters constitute the majority of mineral waters in Bulgaria.

The spring with the highest temperature is the mineral spring in Sapareva Banya, the only geyser fountain in Bulgaria and in all of continental Europe (103°!). The most famous thermal springs in the Balkan Mountain are in Varshets, Barziya, Montana, Lakatnik, Opletnya; in the Sofia region there are Bankya, Gorna Banya, Knyazhevo, Ovcha Kupel, Sofia, Pancharevo, and others; in the Srednogorie are Strelcha (40°!), Hisarya (49.5°!), Bankya (51.1°!), Pavel Banya (54.6°!), Starozagorski Bani (45.8°!); along the valley of the Struma River – Blagoevgrad, Simitli, Sandanski, Levunovo and Marikostinovo; along the valley of the Mesta River - Banya (56°!), Dobrinishte (43°!) and in the village of Eleshnitsa (56°!).

In Bulgaria the most widespread kind of mineral water are the nitrogen-rich thermal waters, found at such places as Sapareva Banya, Simitli, Narechen, and Momin Prohod.

Carbonated acidic waters are those flowing from the springs in Mihaylovo, Slivenski Mineralni Bani, and Stefan Karadzhovo; waters of high hydrogen-sulfide content are found in the Sofia valley.

Half of the thermal waters show relatively high radioactivity, surpassing 15 emans/l – such as the Klisura spring (200 emans/l), the Strelcha spring (250 emans/l), and others. Particularly high radioactivity has been registered in the springs of Momina Banya (560 emans/l) and at one of the springs in Narechenski Bani (1,300 emans/l).

Source: bulgariatravel.org - The Official Tourism Portal of Bulgaria

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