

## Nessebar

Twenty kilometers from Burgas a narrow isthmus (causeway) connects the old town of Nessebar with the mainland onto which it has extended recently. Nessebar has existed for more than 9,000 years and its quaint atmosphere is mainly due to its picturesque situation on a peninsula, to the costal 19th century architecture and to its unique collection of medieval churches. As the town was designed a UNESCO World Cultural Heritage Sight in 1983 even the newly built constructions have been carefully planned to match the well-preserved older houses on both sides of narrow cobbled streets.

It emerged as a fortified Thracian settlement; afterwards it was a Greek polis, then a Roman colony, a Byzantine and Bulgarian port. Nowadays there are more than 100 preserved houses from the National Revival period showing the building traditions in our lands. But still the most as-

tonishing thing about that small secluded town is its great amount of over 40 churches. Today only 7 of them can be visited and the rest exist as mere remains and legends. It is believed that these churches have been built as a redemption sign by the young aristocracy exiled to the peninsular because of fault love. Legends are told about the way correspondence is being made between lovers through the help of monks, peasants and bishops. Ghosts are believed to have been seen at the isthmus still waiting for their loved ones to come and take them away. And in the middle of that legendary scene there are the churches:

**The Church of St. John Aliturgetos** which was not consecrated (the name Aliturgetos is the Greek for 'not consecrated'). The legend says that one of the builders fell down and killed himself. The church canon did not allow a place where a man has been

killed to be used for worship but records show that services were frequently held in it.

**The Church of St. John the Baptist** is a beautifully painted temple full of works dating from 16th and 17th century. One of the pictures on the facade depicts St. Marina pulling a devil from the sea before braining it with a hammer - possibly representing local merchants' hope that their patron would deal with the Cossack pirates who raided Nessebar during the middle-seventeen century.

**The Church of the Blessed Savior** is a classical example of church architecture during the Ottoman rule in Bulgaria. The Turks imposed strict rules on church-building and temples were not allowed to be tall or have any belfries as bell-ringing was forbidden. This church is half-dug into the ground and with very simple interior and exterior.

**The Church of Christ the Pantocretor** is situated in the very centre of Nessebar and is significant for its elaborate exterior decoration - different on every façade, rich in apses, niches, plastic and colorful decorations.

**The Old Bishopric (The Old Metropolitan Church)** is a well preserved monument of the early Byzantine church building in Bulgaria. It is probably the oldest and most mysterious building in the town. It was originally built as a Hellenic basilica and later turned into a typical Orthodox church keeping a lot of its previous charm.

Together with **the Church of St. Stefan, the Church of the Archangels Michael and Gabriel, the Church of St. Paraskeva, the Church of the Virgin** and many more, these form a colorful journey through forgotten times and morals for visitors to enjoy.

## Rescued!

Strolling to work the other day, I came across this rather unusual scenes, A fire engine and crowd of people all staring up at a rather large tree, a crying girl and a cat which sat at the top of the tree obviously wondering why all these strangers were staring at it.

As I joined the crowd some consoling the distraught girl the rest of us staring at the cat pondering what was the best solution, along came two chaps who casually climbed the tree coxed the cat down and equally casually gave the cat back to the delighted girl and to the applause and relief of the crowd.

So who were these modern day heroes they were not wearing blue lycra with a large red "S" on their tops, not were they called batman and robin. Driven by curiosity and admiration I introduced

myself to Rosen Kasabov and Vasil Vasilev – two of the founders of **Club Adrenalin** in Varna.

I had heard of these guys they were famous for throwing themselves of the Asparuch's Bridge bungee jumping. What I did not know was that Rosen was the founder of bungee jumping in Bulgaria and the first person to create a proper, safe bungee rope. Vasil on the other hand is a bungee jump champion not only at the Republican Bungee Championship (organized for the last ten years by Club Adrenalin in Varna) but also of many prestigious extreme sports competitions all around the world.

Rosen and Vasil's business Club Adrenalin is much more than a bungee business it is Bulgaria's premier extreme sport and activity company. Club Adrenalin Varna of-

fers you the opportunity to make an unforgettable bungee jump off the Asparuch's bridge, fly on a romantic hot air balloon trip together with your loved ones, fulfill your childhood dream to feel like flying from a high crane, parachuting, hang gliding, climbing, tracking and many more high adrenalin activities at very good prices, in the safest and most professional

environments possible.

So if the cat gets stuck or you want to take your adventurous spirit to a new and exciting level visit Club Adrenalin and let them take your breath away.

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