



bird  
watching

outdoor  
activities



traditional  
cuisine

wildlife



# Discover Eco-Romania



## Did you know?

Romania has more than 30% of the European population of brown bear, wolf and lynx, sharing the habitat with more than 1,5 million people. More than 320 species of birds can be found in Romania's Danube Delta. There are estimated to be more than 12,000 caves in Romania, of which only half have been fully explored.

## Nature

Hidden Romania - vast areas of outstanding natural beauty, mountains and lakes, forests and valleys - all teeming with wildlife. Discover some of the most superb, unexplored scenery in Europe. Climb the lofty peaks of the Carpathian Mountains rising to over 2500 metres. Explore dense pine and beech forests still inhabited by the Carpathian brown bear, wolves, deer, wild boar, and the rare lynx - more than a third of the European populations of large carnivores still roam the Romanian forests!

Watch eagles soar in the mountains, see Pelicans and Glossy Ibis in the Danube Delta, or just enjoy a tranquil picnic amid a patchwork of wild flowers.



## Rural culture

Experience the traditional way of life in the countryside, visit the breathtaking Painted Monasteries of Bucovina, the slender wooden churches of Maramures, or the fortified Saxon villages of Transylvania. Travel by country lane, forest track or mountain path, stopping frequently to talk to local people and photograph things of interest rarely seen by the foreign visitor.

You will meet farmers who still plough by hand, shepherds guarding their flocks from predators, villagers who still wear traditional costume on various occasions, and foresters who are more used to meeting bears than tourists.

For more information about ecotourism opportunities in Romania check out

[www.eco-romania.ro](http://www.eco-romania.ro)

# How can you experience ecotourism in Romania?

## Hiking

Hiking is a great way to experience Romania's spectacular flora and fauna. Hiking routes vary from easy day walks in rolling hills to strenuous hikes through high, remote mountains.



## Horse riding

Appreciate the variety of the landscape when riding from a picturesque village, across attractive farm land still worked by horses, through natural forest, and up high pastures with an extensive view over unspoiled mountains.

## Winter activities

Winter sports fans will enjoy trails in the hills and mountains ranging from short trips for beginners to strenuous trails for fit, experienced ski-mountaineers.

Snow-shoe trips are a great way to spot tracks left by animals, while a gentler option is a trip by horse-drawn sleigh.

After the cold outdoors, enjoy the night in a warm guesthouse heated by a traditional wood-burning stove, plus good home-cooking and local plum brandy.



## Water activities

Canyons, water falls or fast rivers are perfectly suited to activities such as canoeing or white water rafting, while lazy streams, lakes and reservoirs encourage rafting on a traditional wooden raft. The Danube Delta offers quiet paddling and canoeing for both professionals and amateurs.



## Bird watching

Watch birds in one of the top three biodiversity hotspots in the world - Danube Delta (over 320 bird species) - or in the remote mountain spots of the Carpathian Mountains where wall creepers and lesser-spotted eagles may be seen.



## Caving

Romania is a first class caving destination with more than 12,000 caves, some of them unique in the world. Countless gorges and canyons are emblematic of the striking karstic plateau landscape that is part of the Romanian natural heritage.



## Cycling / Mountain biking

Cycle through rolling hills and traditional villages or go for more strenuous routes, covering rough terrain and steep hills, both in lowland and mountain areas.



## Rural culture

For a taste of rural culture in Romania, you can explore unspoilt medieval villages, try your hand at traditional crafts, observe wild flowers, wander in the stunning countryside, picnic in the fields - or just relax in the home of a village family and sample wholesome, country fare (with zero food miles!) washed down with home made wine and plum brandy.

## Wildlife watching

Discover wildlife tracks in the forest, watch bears from a hide or experience the co-existence between human beings and wildlife by visiting a shepherd's camp.



## Ecotourism guesthouses

Accommodation options range from very small-scale, two-room, family-run guesthouses to larger structures (up to 25 rooms), all set in beautiful countryside.

# What is the Association of Ecotourism in Romania?

## Ecotourism?

Ecotourism is a form of tourism in which the main motivation for the tourist is the observation and appreciation of nature and local tradition in natural areas. Ecotourism respects nature and rural culture, minimises the negative impact on these, and contributes to nature conservation and protection. It supports local people, communities and businesses. It also has an educational component that creates awareness about nature and conservation, both for tourists and local communities.

## What does the Association of Ecotourism in Romania do?

The Association of Ecotourism in Romania (AER) is committed to developing and promoting REAL ecotourism in Romania through participation in international travel shows around Europe, promoting ecotourism as an activity and Romania as an ecotourism destination. AER runs training sessions and holds seminars for ecotourism providers and other interested people, aimed at keeping standards at the highest level.

## AER works in partnership with the following organisations:

- WWF - DCP (World Wide Fund for Nature - Danube Carpathian Programme)
- Green Cross Romania
- PAN Parks Foundation
- National Parks and other protected areas in Romania



## Certification in Ecotourism

Our certification programme has been in place and working for three years: 10 guesthouses and 5 tours have been awarded eco-certificates – discover them on our website.

Look for the "Eco-Romania" certification logo for travel agencies and accommodation.



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