



Cascadas

Family Resort

ACTIVITIES

WEEK SCHEDULE

DINING

& WEEK EVENTS

SERVICE

- ### BAR & DINING

 - 3 Cascadas
 - 4 La Paella
 - 5 Buffet
 - 6 Lotos
 - 7 Terrassa
 - 8 Chocolate
 - 9 Waterfall Bar
 - 10 Pool Bar
- ### POOLS

 - 20 Olympic Pool
 - 21 Royal Pool
 - 22 Olive Pool
 - 23 Classic Pool
 - 24 British Pool
 - 25 Romantic Pool
 - 26 Exotic Pool
 - 27 Outdoor Jacuzzi
- ### SPORT

 - 30 Fitness Centre
 - 31 Health Club
 - 32 Street Chess
 - 33 Street Fitness
 - 34 Sport Playground
 - 35 Climbing Pyramid
- ### CHILDREN

 - 40 Pavilion for Indoor Games
 - 41 Art & Game Street
 - 42 Kid's Playground (3)
 - 43 Amphitheatre
 - 44 Teens WI-FI point
 - 45 Waterfall Mushroom
 - 46 Octopus Pool
 - 47 Mini Aquapark (2)
 - 48 Action Aquapark (ticket desk)
 - 49 Pony&Horse Riding
- ### WELLNESS & SPA

 - 51 Sauna (2)
 - 52 Therapy & Massage Studio
 - 54 Steam Room
- ### RELAX ZONES

 - 60 Palm Relax Zone
 - 61 Family Park
 - 62 Turtles Lake
 - 63 Mandarin Lake
 - 64 Lotos Lake
 - 65 Water Piano Square
 - 66 Water Mirror Square
 - 67 Waterfall Massage
 - 68 Eco Park
- ### FACILITIES

 - 70 Aesthetic Centre
 - 71 Nail Art & Hair Dresser
 - 72 Concierge center
 - 73 Gift Shop(2)
 - 74 Underground parking (3)
 - 75 Supermarket (2)
 - 76 Pharmacy
 - 77 Currancy exchange
 - 78 Bakery
 - 79 BBQ
 - 80 ATM point
 - 81 Furniture Shop
 - 82 Business room
 - 83 Dry Cleaning & Laundry
 - + Medical Point
- ### ADMINISTRATION

 - 90 Cash desk- Easy pay
 - 91 Help Center
 - 92 Property management office
 - 93 Technical Support Owners
 - 94 Tourism Offices
 - 95 Property Sales Office
 - Waste collecting point
 - 1 3 4 Car Gate

CASCADAS
FAMILY RESORT

Reservation Dept.: +359 893 200 300, Reception: +359 895 500 700
Indoor Phone Line: 9
149 Chaika Street, 8240 Sunny Beach, Bulgaria
booking@cascadas.bg, info@cascadas.bg
www.cascadas.eu

Follow us:

MAP

WEEK SCHEDULE

ACTIVITIES WEEK SCHEDULE

30

**FITNESS CENTER**
(PROTEIN BAR, SPORT MASSAGE)

WORKING TIME
EVERYDAY, 9⁰⁰ - 21⁰⁰ h

31

**HEALTH CLUB**
(DANCE, YOGA, BODYPUMP)

WORKING TIME
EVERYDAY, 10⁰⁰ - 20⁰⁰ h

51 52

**WELLNESS & SPA**

WORKING TIME
EVERYDAY, 9⁰⁰ - 21⁰⁰ h

53

**KIDS PAVILION FOR INDOOR GAMES**

WORKING HOURS
EVERYDAY, 10⁰⁰ - 14⁰⁰ / 16³⁰ - 18³⁰

36 72

**PONY & HORSE RIDING**
Pony riding and horseback riding lessons with instructors

WORKING TIME
June/Sept 16-21 h, July/Aug 17-22 h
EVERY DAY

Contact with Trainers +359 878 958 195

48 72

**AQUA PARK DAY PASS**
The ultimate Summer Adventure for the entire Family at Action Aqua Park, Sunny beach!

WORKING TIME
EVERYDAY, 10⁰⁰ - 18⁰⁰ h

RECEPTION

TRANSFERS
We offer you convenient, safe and reliable transfer service. Please require your transportation assistance directly at the Reception Desk or call us.

92

TRANSFER PHONE LINE
+ 359 895 500 700

РЕЦЕПЦИЯ

PARKING
Outdoor parking
in secured area - 5 BGN/day
Underground parking
12 BGN/day, 28 BGN - 3 days, 56 - 7 days, 150 BGN - 1 month

92

TRANSFER PHONE LINE
+ 359 895 500 700

71

NAIL ART & HAIR DRESSER & MAKE UP
Become a star from the Magazine! Nail Art & Hair Dressing, Permanent Make Up and face beauty therapies at NARGILE Beauty point, Cascadas 9.1, next to Reception Desk!

MONDAY - SATURDAY
10⁰⁰ - 19⁰⁰

RESERVATION PHONE
+359 899 520 964

70

AESTHETIC CENTRE
Full range of apparatus procedures for face rejuvenation and body correction. LPG, Cavitation,Venus Legacy.

MONDAY - SATURDAY
10⁰⁰ - 21⁰⁰

RESERVATION PHONE
+359 878 30 18 31

**concierge center**

Working time
9-12⁰⁰ h 16.00-20⁰⁰ h
Mon - Sat

• EXCURSIONS & ATTRACTIONS
• RESERVATIONS RESTAURANTS & BARS
• TICKETS TO LOCAL SITES
• SPECIAL EVENTS & PARTIES
• BIRTHDAY & PRIVATE PARTY
• SHOPPING & TRANSPORTATION
...AND MUCH MORE!

phone/viber: +359 899 32 33 00
e-mail: events@cascadas.bg



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MONDAY					
09:00	Yoga Strech	60 min.	31	Health Club	
11:00	Aqua Fit	60 min.	20	Olympic Pool	
12:00	Drawing Academy	60 min.	40	Kid's Pavilion	
16:00	Sport for Kids	50 min.	31	Health Club	
18:00	Street Games	60 min.	61	Family park	
18:00	Dance Fit	60 min.	31	Health Club	
20:00	Dance With Me	60 min.	68	Eco Park	

TUESDAY					
09:00	Stretching	60 min.	31	Health Club	
11:00	Aqua Dance	60 min.	20	Olympic Pool	
12:00	Pool Games	50 min.	47	Mini Aquapark	
16:00	Sport for Kids	50 min.	31	Health Club	
18:00	Mask Making	60 min.	40	Kid's Pavilion	
18:00	ABS Workout	60 min.	31	Health Club	
20:00	Dance With Me	60 min.	68	Eco Park	

WEDNESDAY					
09:00	Meditation	60 min.	31	Health Club	
11:00	Aqua Fit	60 min.	20	Olympic Pool	
12:00	Face Painting	60 min.	40	Kid's Pavilion	
16:00	Sport for Kids	50 min.	31	Health Club	
18:00	Street Games	60 min.	61	Family park	
18:00	Dance Fit	60 min.	31	Health Club	
20:00	Dance With Me	60 min.	68	Eco Park	

THURSDAY					
09:00	Yoga	60 min.	31	Health Club	
11:00	Aqua Dance	60 min.	20	Olympic Pool	
12:00	Pool Games	50 min.	47	Mini Aquapark	
16:00	Sport for Kids	50 min.	31	Health Club	
18:00	Sea Souvenirs	60 min.	40	Kid's Pavilion	
18:00	Cardio work out	60 min.	31	Health Club	
20:00	Dance With Me	60 min.	68	Eco Park	

FRIDAY					
09:00	Stretching	60 min.	31	Health Club	
11:00	Aqua Fit	60 min.	20	Olympic Pool	
12:00	Baloon Painting	60 min.	40	Kid's Pavilion	
16:00	Sport for Kids	50 min.	31	Health Club	
18:00	Street Games	60 min.	61	Family park	
18:00	Dance Fit	60 min.	31	Health Club	
20:00	Dance With Me	60 min.	68	Eco Park	

SATURDAY					
09:00	Yoga	60 min.	31	Health Club	
11:00	Aqua Dance	60 min.	20	Olympic Pool	
12:00	Pool Games	50 min.	47	Mini Aquapark	
16:00	Sport for Kids	50 min.	31	Health Club	
17-19	Fitness (Beginner) 30 min/group		30	Fitness center	
18:00	Drawing academy	60 min.	41	Art & Game Street	
20:00	Dance With Me	60 min.	68	Eco Park	

SUNDAY					
09:00	Stretching	60 min.	61	Family Park	
11:00	Aqua Fit	60 min.	20	Olympic Pool	
12:00	Mosaic Art	60 min.	40	Kid's Pavilion	
16:00	Sport for Kids	50 min.	31	Health Club	
17-19	Fitness (Beginner) 30 min/group		30	Fitness center	
18:00	Asphalt Drawing	60 min.	41	Art & Game Street	
20:00	Dance With Me	60 min.	68	Eco Park	

VOLEYBALL FOR KIDS

VOLEYBALL EVERY DAY!
START AT 18:00

FOOTBALL EVERY DAY!
START AT 17:00



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DINING & WEEK EVENTS

Dear guests using BB//HB dining, Please, observe the fixed meal hours! Present your meal card to your server when entering the Restaurant! Visiting free evening events is possible only with a consumption in the Restaurants! **For Reservation +359 894 55 55 07 or Indoor Phone 555**

BB
HB

BREAKFAST
at 07³⁰ - 10⁰⁰
Restaurant
LOTOS

DINNER
at 18³⁰ - 21⁰⁰
Restaurant
LOTOS

**LOTUS**
Family restaurant

Buffet-style.
Show Cooking

07³⁰ - 10⁰⁰ 18³⁰ - 21⁰⁰

**CASCADAS**

Pasta . Pizza . Fish
Italian, Europe,
Mediterranean cuisine

09⁰⁰ - 23⁰⁰
Reservation phone: +359 894 55 55 07

**LA PAELLA**
Tapas & BBQ

Spanish Cuisine, Europe,
Mediterranean cuisine

11⁰⁰ - 23⁰⁰
Reservation phone: +359 894 55 55 07

**BUFFET**
Bulgarian Restaurant


Traditional Bulgarian dishes
and Europe cuisine

11⁰⁰ - 19⁰⁰
Reservation phone: +359 894 55 55 07

**POOL BAR**
Cocktail & Beer

Refreshing selection of drinks and
more throughout the day.

10⁰⁰ - 20⁰⁰

**TERRASSA**
Cocktail & Cafe

Perfect solution for Your fantastic date, an
exclusive event or just gathering.

11⁰⁰ - 21⁰⁰

**CHOCOLATE**
Cak, Fresh & Ice Cream

„When words aren't enough, chocolate
says it all., The magic Confectionery

9⁰⁰ - 21⁰⁰

**WATERFALL BAR**
Cocktail & Shots


Healthy cocktails, freshly prepared
using local ingredients.

9⁰⁰ - 19⁰⁰

**SUNSET COCKTAIL**
Terrassa, Waterfall, Pool Bar

Daily Happy Hour

17⁰⁰ - 18⁰⁰

**SWEET AFTERNOON**
Chocolate

Daily Happy Hour

16⁰⁰ - 17⁰⁰

**POOL PARTY**
Waterfall Bar

Enjoy a „Drink&Dance under Waterfull,,
great Pool party

Saturday, 16⁰⁰ - 18⁰⁰

**DANCE WITH ME**
Amphitheatre

Disko or Karaoke for Adults (19 +)

Tuesday, 21³⁰ (11.06 - 27.08)

**BALKAN NIGHT**
Amphitheatre

Bulgarian and Balkan nations
traditional music and dance

Wednesday, 21³⁰ (12.06 - 4.09)

**VIOLINIST ART**
Cascadas

Fine art masterpieces
improvisation, LIVE

Thursday, 21⁰⁰ (18.07 - 15.08)

**CHILL OUT & SAX**
Waterfall Bar

Special chill out saxophone
mix LIVE

Saturday, 16⁰⁰ (06.07 - 31.08)

**BRAZILIAN SHOW**
Amphitheatre

Samba & Capoeira
Dancers from RIO

Saturday, 21³⁰ (29.06 - 31.08)

**SPANISH GUITAR**
La Paella

Flamenco, Fado,
Spanish traditional music LIVE

Sunday, 21⁰⁰ (07.07 - 18.08)

**BULGARIAN DINNER**
Lotos

Delicious traditional
dishes

Monday, 18³⁰ - 21⁰⁰

**SEA BREEZE**
Lotos

Uniquely flavored
seafood dishes

Tuesday, 18³⁰ - 21⁰⁰

**PAELLA SHOW**
Lotos

La Liva es una Paella

Wednesday, 18³⁰ - 21⁰⁰

**ASIAN POPULAR**
Lotos

Asian Cuisine.
TAI & WOK

Thursday, 18³⁰ - 21⁰⁰

**BBQ NIGHT**
Lotos

The most iconic
barbecue dishes

Friday, 18³⁰ - 21⁰⁰

**ANCIENT GREECE**
Lotos

Greek and Mediterranean
specialties

Saturday, 18³⁰ - 21⁰⁰

**ORIENTAL NIGHT**
Lotos

Oriental cuisine.
Spicy, aromatic, exotic

Sunday, 18³⁰ - 21⁰⁰

PIZZA HOME ORDER OVER THE PHONE

3 DIRECT INDOOR LINE: 555
+359 894 55 55 07

SEE THE FULL PIZZA MENU IN CASCA-
DAS INFO FOLDER OR AT CASCADAS.EU-
/RESTAURANT CASCADAS



Dear guests and owners of apartments, please be advised, that our daily SPORT&KIDS ANIMATION PROGRAM and the EVENING EVENTS are only available in High season weeks. This schedule is subject to change without notice. For further information, pls., contact the Reception team. **Thank You for Your understanding!**