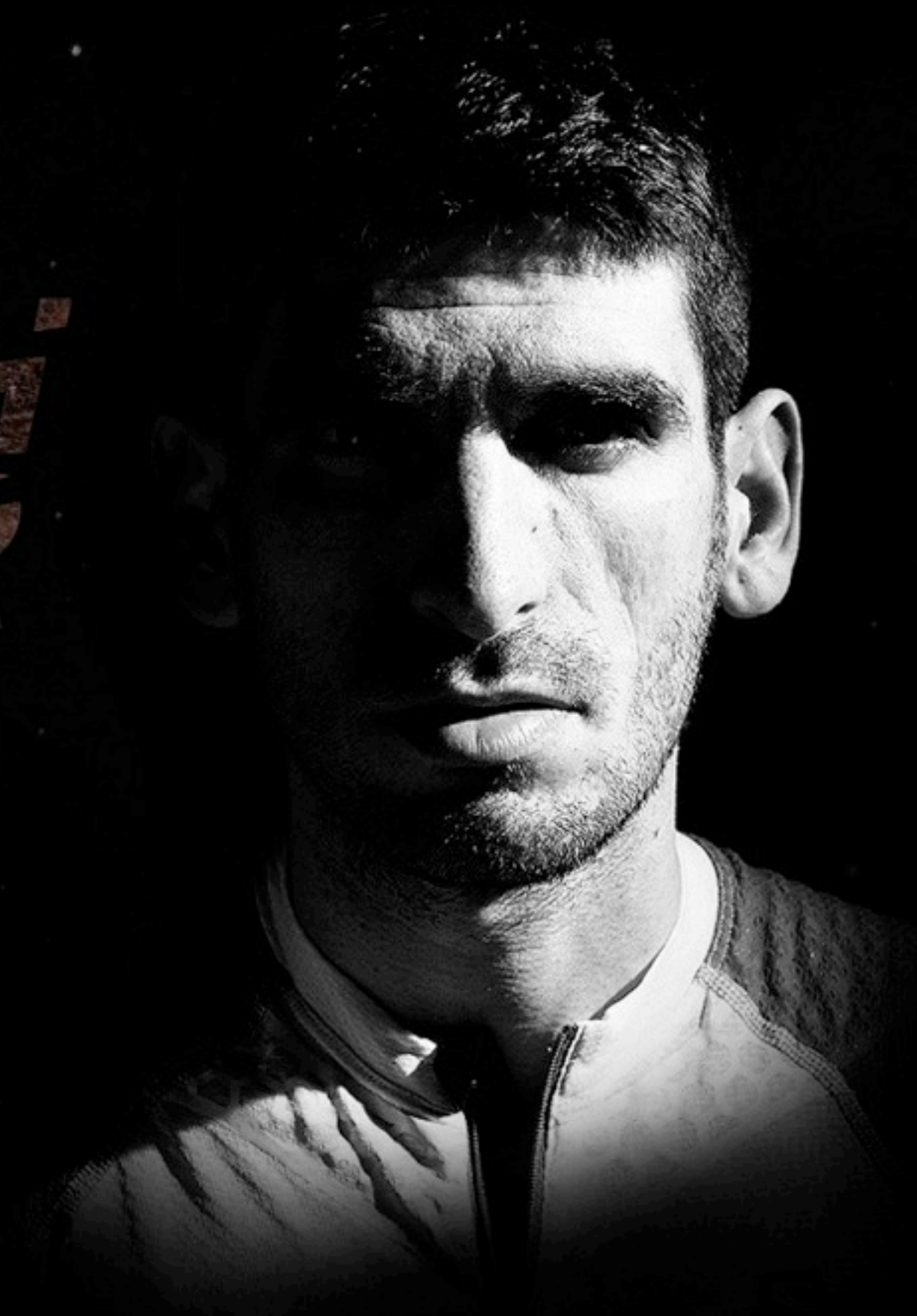


REACH
YOUR
LIMITS



pure action
by
DISC

KOM – EMINE

Kom-Emine is the longest tourist route in Bulgaria.

It crosses the country from the western to the eastern point of the so-called “Old Mountain”. Through the years the route became a legend, attracting people from all around the country in an attempt to discover their inner strength and determination, their personal limitations, and the ability to overcome them.

In fact it usually takes about 20 to 25 days to hike the distance of 600 km and 14 600 m altitude.

In August 2014 Kiril Nikolov - Disl was going after a new record – to run from Kom to Emine and complete the challenge in less than 5 days.

freel action
by
DISL



KIRIL NIKOLOV

Kiril Nikolov DSL is the best Bulgarian orienteer ever and currently, the best mountain runner in the country. He is many times National and Balkan champion in orienteering, mountain running, and cross country running. The “Reach your limits” movie is about Kiril’s first attempt to set up a record on the legendary tourist route between Kom and Emine.



THE MOVIE

Through steep mountain paths, pouring rain, and sticky mud, the glorious adventure takes Kiril Nikolov DSL beyond the barriers of his own consciousness facing hidden fears, pain and exhaustion. To the point where he has to make a tough choice – to quit or to push his will to the ultimate challenge, beyond his limits. The documentary shows key moments of the inspiring mountain adventure, also the soul trip experienced by everybody who took part in it.

HALF A MILLION STEPS OF PAIN

REACH YOUR LIMITS



KIRIL NIKOLOV-DISL

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