

HEALTH AND WELLNESS TOUR IN JERMUK

REPUBLIC OF ARMENIA

8 DAYS / 7 NIGHTS

The tour is designed for those people who want to combine sightseeing with wellness

Day 1

Arrival in Yerevan

Transfer from Zvartnots International Airport to Jermuk Accommodation at the hotel

Jermuk is a resort town in Vayots Dzor region of Armenia located at an altitude of 2100 meters in a picturesque place, where there are alpine meadows, mountain forests, rocks and several waterfalls and, of course, a lot of mineral sources with different thermal temperatures from 20 to 65 degrees. The very names of Jermuk mean warm. It's utterly interesting to visit the drinking gallery of Jermuk, where you can try many kinds of mineral water. Jermuk is located on the Arpa River, to the north from Kechut Reservoir. The distance from Yerevan to Jermuk is 175 km.

Jermuk is abalneological and climatic, high-altitude resort. It is known as a popular holiday resort, famous for its warm springs. The famous mineral water called "Jermuk" is produced in the city. The Jermuk waterfall is located in the town. Nowadays the city is being rebuilt in order to make it a touristic city again. There are also medieval cave complexes near the town.



Free day

Day 2

09.00 Breakfast

10:00 Consultation with a specialist and the appointment of spa treatment

Free day



Day 3

09.00 Breakfast

10:00 Adoption of procedures

15:00 Excursion to Noravank

Monastery of Noravank is a hauntingly preserved religious complex sitting in a picturesque valley. However it may not be standing today if it were not for the eyes on a representation of God.

It was built in the XIII-XIV centuries, on the ledge of a narrow meandering

gorge of the Arpa River tributary near the town of Yeghegnadzor. The gorge is famous for its sheer red rocks, towering behind the monastery, on the territory of which is located the two-storeyed church of St. Astvatsatsin with narrow cantilever stairs. The monastery is sometimes called Amagu Noravank, in order to distinguish it from the monastery of Bkheno Noravank near the town of Goris. Amagu is the name of a small village that once towered over the gorge. In the XIII-XIV centuries the monastery became the residence of the bishops of Syunik and, accordingly, the major spiritual and then cultural centre of Armenia, closely connected with many local and educational institutions and, first of all, with the famous university and the library of Gladzor.



The duration of the excursion is 4 hours

Day 4

09.00 Breakfast 10:00 Adoption of procedures Free day

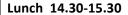


Day 5

09.00 Breakfast 10:00 Adoption of procedures

12:00 Excursion-visit to <u>Tatev Monastery</u>

Monastery of Tatev rises on a cliff that ends in the gorge of the Vorotan River. A strategically advantageous location on the cape, formed by deep, rocky slopes of the river gorge, favored the creation of a powerful defensive complex. "Wings of Tatev" is an airway to the natural and historical treasures of Syunik which is the southern region of Armenia. This is the longestnon-stop double trackcable car in the world (5752 m), which is included in the Guinness World Records. You can reach Tatev Monastery with the cable car "Wings of Tatev" for 12 minutes of an unforgettable flight over the gorge of the stormy Vorotan River.



The duration of the excursion is 7 hours





Day 6

09.00 Breakfast 10.00 Adoption of procedures Free time

Day 7

09.00 Breakfast

10.00 Adoption of procedures

14.00 Excursion to Areni

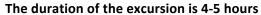
Areni is one of the ancient villages of historical Syunik. The Areni-1 Cave Complex has proven to be a treasure trove of Copper Age artifacts including the oldest shoe, brain, and winery in the world!

First investigated by archaeologists in 2007, the ever-giving Areni caves consist of a number of burial sites dating back to 5000-4000 BCE. The miraculous finds began almost as soon as digging begun. Among the artifacts the Armenian-Irish excavation team discovered were a series of clay pots, each containing the skull of a pre-teen corpse. Remarkably, one

of these skulls still held a piece of well-preserved brain tissue, making it the oldest example of the Neolithic brain ever discovered. But the amazing finds didn't stop there. In 2010, excavators discovered a sewn leather shoe dating back to the Copper Age. While sandals and other primitive footwear have been discovered from era's farther back, the foot wrap is the oldest example of its kind in existence. Shortly after finding the ancient footwear, the researchers then discovered what seemed to be an ancient wine press. The wine-making site is, unsurprisingly, also the earliest proof of wine-making ever found.

Tying all of these discoveries together, the archaeologists have theorized that since the wine was likely made by stepping barefoot on the grapes, the leftover shoe was a result of this, and the winery's proximity to the burial site in turn lead them to believe that the libation had a sacred component to it. Although it is clearly a practice unrelated to Christianity's similar penchant for vino.

Since 2009, the traditional, annual Armenian "Wine Festival" has been held in the village.



Day 8

09.00 Breakfast

Transfer from Jermuk to Zvartnots International Airport

Excursion-visit to Khor Virap is one of the most popular destinations in Armenia for a number of reasons, primarily because it is where Grigor Luisavorich (St. Gregory the Illuminator) was imprisoned for 13 years before curing King Trdat III of a disease. This caused the conversion of the king and Armenia into the first officially Christian nation in the world in the year 301. To this day you can visit the underground chamber which he was imprisoned in, located in the nondescript St. Gevorg Chapel apart from the main church.

The large St. Astvatsatsin church at Khor Virap was built in the 17th century and is typical in design, but with a lack of virtually any decorative carving, or elements. It is located in a fort like complex with a nice courtyard. For most Armenians this is a very important site, and is easily accessible from Yerevan for a half day trip, or even better as a stop along the way to Southern Armenia or Karabakh.





BON VOYAGE

Procedures

Breathing	AMD	Gastrointestinal tract AMD	
Mineral baths	2 500 Mineral baths		2 500
4-chamber baths	2 000 Microclystia		2 000
Coniferous baths	2 000	00 Intestinal irrigation 3 000	
Dry carbonic acid baths	2 500 Purification of the stomach		2 000
Ascending shower	2 000	Duodenage 3 000	
Oxygen cocktail	500	The currents of Bernard 1 500	
Physiotherapy	1 000 Pneumatic puncture with		2 500
		carbon dioxide	
Aromatherapy	1 500	Gynecology and urology	
The currents of Bernard	1 500	Electro-forcemeat 1 500	
Halotherapy	2000	Gynecological irrigation 1 500	

Tube-quartz	1 000	Laser therapy	1 500
Inhalation	1 000	1 000 Ultrasound therapy	
Skin diseases		Musculoskeletal system	
Pneumatic puncture with	2 500	Pneumatic puncture with	2 500
carbon dioxide		carbon dioxide	
Massage Darsonval	1 500	Magnetotherapy	1 500
Magneto Therapy	1 500	Lymph Drainage System	3 000
Paraffinotherapy	1 500	Others	
Lymph Drainage System	3 000	Ultra violet irradiation	1 500
Paraffin gloves	1 000	Hydraulic gum massage	1 000

Tour package (All prices in USD)

All prices for the air ticket, accommodation1, indicated procedures, wine tasting and the cable car are not included in the tour package

Excursion, Transfer and guide*					
2 Person	4 Person	6 Person	8 Person	16 Person	
1176	1400	1444	1705	1705	
Sedan	Minivan		Minibus на		
1-3 Person	4-7 Person		8-16 Person		
	Lunch per Person ** without alcohol				
		21.5			

^{*}free bottle of natural water per person /0.5 l/ for each transfer and excursion

Accommodation¹ (Hotels) in Yerevan and Jermuk

	Standard Double, Breakfast
1	Armenia Wellness & SPA Hotel, Jermuk
2	Hyatt Place Jermuk
3	Jermuk Villa Imperial
4	Jermuk Ashkhar Sanatorium
5	Double Tree by Hilton, Yerevan
6	Armenia Mariott Hotel, Yerevan
7	Diamond Hotel Yerevan
8	Hotel National Yerevan

Useful Links

https://www.booking.com/city/am/jermuk.en-gb.html?aid

https://www.tripadvisor.com/Restaurants-g293932-Yerevan.html

https://www.tripadvisor.com/Tourism-g2708780-Jermuk Vayots Dzor Province-Vacations.html

http://foodyoushouldtry.com/eat-armenia-30-best-armenian-food-list/

https://www.inspirock.com/armenia/nightlife-in-yerevan

^{*}Transportation service (Comfortable air-conditioned bus, minibus, car corresponding to the number of person)

^{*} Professional English-speaking guide service

^{**} Please tell us in advance your preferences for food or your special diet.

¹ We could also assist you to choose the best hotels for best prices