







## 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

<p style="text-align: center;"><b>Day 1</b></p> <p><b>Arrival in Yerevan</b>  <b>Transfer from Zvartnots International Airport to Jermuk</b>  <b>Accommodation at the hotel</b></p> <p><u>Jermuk</u> 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.</p> <p><b>Free day</b></p>	
<p style="text-align: center;"><b>Day 2</b></p> <p><b>09.00 Breakfast</b>  <b>10:00</b> Consultation with a specialist and the appointment of spa treatment  <b>Free day</b></p>	
<p style="text-align: center;"><b>Day 3</b></p> <p><b>09.00 Breakfast</b>  <b>10:00 Adoption of procedures</b>  <b>15:00 Excursion to <u>Noravank</u></b></p> <p>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</p>	

<p>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 Bkheni 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.</p> <p><b>The duration of the excursion is 4 hours</b></p>	
<p style="text-align: center;"><b>Day 4</b></p> <p><b>09.00 Breakfast</b>  <b>10:00 Adoption of procedures</b>  <b>Free day</b></p>	
<p style="text-align: center;"><b>Day 5</b></p> <p><b>09.00 Breakfast</b>  <b>10:00 Adoption of procedures</b>  <b>12:00 Excursion-visit to <a href="#">Tatev Monastery</a></b>          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 longest non-stop double track cable car in the world (5752 m), which is included in the Guinness World Records. You can reach Tatev Monastery with the cable car "<a href="#">Wings of Tatev</a>" for 12 minutes of an unforgettable flight over the gorge of the stormy Vorotan River.  <b>Lunch 14.30-15.30</b>  <b>The duration of the excursion is 7 hours</b></p>	 
<p style="text-align: center;"><b>Day 6</b></p> <p><b>09.00 Breakfast</b>  <b>10.00 Adoption of procedures</b>  <b>Free time</b></p>	
<p style="text-align: center;"><b>Day 7</b></p> <p><b>09.00 Breakfast</b>  <b>10.00 Adoption of procedures</b>  <b>14.00 Excursion to <a href="#">Areni</a></b>          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</p>	

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.

**The duration of the excursion is 4-5 hours**

#### **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**

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

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

#### Tour package (All prices in USD)

All prices for the air ticket, accommodation<sup>1</sup>, 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 1-3 Person	Minivan 4-7 Person		Minibus на 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

\*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.

<sup>1</sup> We could also assist you to choose the best hotels for best prices

#### Accommodation<sup>1</sup> (Hotels) in Yerevan and Jermuk

	Standard Double, Breakfast
<b>1</b>	<b>Armenia Wellness &amp; SPA Hotel, Jermuk</b>
<b>2</b>	<b>Hyatt Place Jermuk</b>
<b>3</b>	<b>Jermuk Villa Imperial</b>
<b>4</b>	<b>Jermuk Ashkhar Sanatorium</b>
<b>5</b>	<b>Double Tree by Hilton, Yerevan</b>
<b>6</b>	<b>Armenia Marriott Hotel, Yerevan</b>
<b>7</b>	<b>Diamond Hotel Yerevan</b>
<b>8</b>	<b>Hotel National Yerevan</b>

#### 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](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>

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