

HEALTH AND WELLNESS TOUR IN JERMUK

REPUBLIC OF ARMENIA



(2 P A X)




15 DAYS / 14 NIGHTS

PRICES STARTS AT 709.000 AMD

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.

<p style="text-align: center;">Day 1</p> <p>Arrival in Yerevan Transfer from Zvartnots International Airport to Jermuk Accommodation at the hotel Free day</p> <p>The transfer fee is 85.000 AMD</p>	
<p style="text-align: center;">Day 2</p> <p>09.00 Breakfast 10:00 Consultation with a specialist and the appointment of spa treatment Free day</p>	

<p style="text-align: center;">Day 3</p> <p>09.00 Breakfast 10:00 Adoption of procedures 14:00 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 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. The duration of the excursion is 4 hours The excursion price is 90.000 AMD</p>	
<p style="text-align: center;">Day 4</p> <p>09.00 Breakfast 10:00 Adoption of procedures Free day</p>	
<p style="text-align: center;">Day 5</p> <p>09.00 Breakfast 10:00 Adoption of procedures 12:00 Excursion-visit to Tatev Monastery and Zorats Karer (Karahunj) 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 "Wings of Tatev" for 12 minutes of an unforgettable flight over the gorge of the stormy Vorotan River. 14.30-15.30 Lunch /The price of lunch is 18.000 AMD/ Excursion to Zorats Karer (Karahunj) Scientific research has proved that Karahunj is the oldest observatory in the world. It refers to the second millennium BC. Arranged with amazing accuracy, huge stones have special holes that were used to observe the stars. Petroglyphs or rock carvings, found near Karahunj, give evidence that since the ancient inhabitants living in that area had very some information about astronomy. 14.00-15.00 Diner /The price of diner is 18.000 AMD/</p>	 

<p>The duration of the excursion is 7 hours The price of the excursion is 105.000 AMD</p>	
<p style="text-align: center;">Day 6</p> <p>09.00 Breakfast 10.00 Adoption of procedures Free time</p>	
<p style="text-align: center;">Day 7</p> <p>09.00 Breakfast 10.00 Adoption of procedures 14.00 Excursion to Areni</p> <p>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!</p> <p>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.</p> <p>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.</p> <p>Since 2009, the traditional, annual Armenian "Wine Festival" has been held in the village.</p> <p>The duration of the excursion is 4-5 hours The price of the excursion is 80.000 AMD The price of wine tasting is 6.000 AMD</p>	
<p style="text-align: center;">Day 8</p> <p>09.00 Breakfast 10.00 Adoption of procedures Free time</p>	
<p style="text-align: center;">Day 9</p> <p>09.00 Breakfast 10.00 Adoption of procedures Free time</p>	
<p style="text-align: center;">Day 10</p> <p>09.00 Breakfast 10.00 Adoption of procedures Free time</p>	

<p align="center">Day 11</p> <p>09.00 Breakfast 10.00 Adoption of procedures Free time</p>	
<p align="center">Day 12</p> <p>09.00 Breakfast 10.00 Adoption of procedures Free time</p>	
<p align="center">Day 13</p> <p>09.00 Breakfast 10.00 Adoption of procedures Free time</p>	
<p align="center">Day 14</p> <p>09.00 Breakfast 10.00 Check out from hotel 10.30 Transfer from Jermuk to Yerevan with a stop in Khor Virap (arm. Խոր Վիրապ means deep dungeon) is an Armenian monastery, located near the border with Turkey. The monastery is known for its location at the foot of the biblical Mount Ararat. on which, According to the legend, Noah landed on the top of the Mount Ararat the Flood. The monastery is located above the underground prison. According to the legend, St. Gregory the Illuminator was put to the same prison for about 15 years by Trdat III because of his religious views. Afterwards, Armenia officially adopted Christianity in 301, thus becoming the first Christian country in the world. The monastery served as the religious center of the Armenian Apostolic Church, where the residence of the Catholicos was located. Khor Virap Hill is located in the area of the ancient capital of Armenia Artashat, built about 180 BC by the Armenian king Artashes I, the founder of the Artashesyan dynasty. Originally in 642 Nerses III the Builder built a chapel over the dungeon, where Gregory the Illuminator was imprisoned. Then it was repeatedly renovated. The entrance to the underground prison, which has survived to our days, is located in the chapel of St. Gregory, built in 1661. The depth of the underground prison is from 3 to 6 meters. In its central part of the territory of the monastery there is a large church called St. Astvatsatsin (The Blessed Virgin), built in the middle of the XVII century. At the same time, the monks' cells and the monastery were built. Now it is one of the most famous places of pilgrimage of Armenians from all over the world where regularly worships are held. 14.00-15.00 lunch in Yerevan 18.000 AMD 15.30 Check in at the hotel in Yerevan 18.00 walking tour around Yerevan 35.000 AMD 20.00 Gala dinner/ including alcohol/ 36.000 AMD Ttransfer fee Jermuk- Khor Virap-Yerevan 85.000 AMD The price of the excursion in in Khor Virap 45.000 AMD</p>	
<p align="center">15 Day</p> <p>09.00 Breakfast Check out Excursion to Etchmiadzin Cathedral is the mother church of the Armenian Apostolic Church, located in the city of Vagharshapat (Etchmiadzin).</p>	

<p>According to scholars, it was the first cathedral built in ancient Armenia and is considered the oldest cathedral in the world. The original church was built in the early fourth century by Armenia's patron saint Gregory the Illuminator who, according to tradition, had a vision of Jesus Christ descending from heaven and striking the earth with a golden hammer to show where the cathedral should be built. Hence, the patriarch gave the church the name of Etchmiadzin which translates to "the Descent of the Only-Begotten".</p> <p>The church replaced a preexisting temple, symbolizing the conversion from paganism to Christianity. From its foundation until the second half of the fifth century, Etchmiadzin was the seat of the Catholicos, the supreme head of the Armenian Church.</p> <p>As the main shrine of religious Christian Armenians worldwide, Etchmiadzin has been an important location in Armenia not only religiously, but also politically and culturally. A major pilgrimage site, it is one of the most visited places in the country. Along with several important early medieval churches located nearby, the cathedral was listed as a World Heritage Site by UNESCO in 2000.</p> <p>Transfer from Etchmiadzin to Zvartnots International Airport Transfer fee 53.000 AMD The price of the excursion in Etchmiadzin 35.000 AMD</p>	
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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	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 carbon dioxide	2 500
Aromatherapy	1 500	Gynecology and urology	
The currents of Bernard	1 500	Electro-force meat	1 500
Halotherapy	2000	Gynecological irrigation	1 500
Tube-quartz	1 000	Laser therapy	1 500
Inhalation	1 000	Ultrasound therapy	1 500
Skin diseases		Musculoskeletal system	
Pneumatic puncture with carbon dioxide	2 500	Pneumatic puncture with carbon dioxide	2 500
Massage Darsonval	1 500	Magneto therapy	1 500
Magneto Therapy	1 500	Lymph Drainage System	3 000
Paraffino therapy	1 500	Others	
Lymph Drainage System	3 000	Ultra violet irradiation	1 500
Paraffin gloves	1 000	Hydraulic gum massage	1 000

Tour package for 2 persons

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

1	Transfer*	223.000 AMD
2	Excursion and guide *	390.000 AMD
3	Wine tasting	6.000 AMD
4	Lunch in Tatev	18.000 AMD
5	Dinner in Vayots Dzor	18.000 AMD
6	Lunch in Yerevan	18.000 AMD
7	Gala dinner in Yerevan including alcohol	36.000 AMD
	Total	<u>709.000 AMD</u>

*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 pax)

* 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

Useful Links

- <https://www.hotelscombined.com/Hotels/Browse>
- <https://www.tripadvisor.com/Restaurants-g293932-Yerevan.html>
- <http://foodyoushouldtry.com/eat-armenia-30-best-armenian-food-list/>
- <https://www.inspirock.com/armenia/nightlife-in-yerevan>
- https://www.tripadvisor.com/Attractions-g2708780-Activities-Jermuk_Vayots_Dzor_Province.html