



FEEL ARMENIA
A TOUCH OF SPIRIT



A Higher Perspective

Lucy Grace Yaldezian CHT, TAT, CHC
Transformational Healing & Coaching

SACRED SPIRAL TOUR

Have you ever experienced the pull to explore Sacred Spaces in the world as part of a group of like-minded seekers?

Working hand in hand with Feel Armenia Travel, I am proud to offer the Sacred Spiral Tour of Armenia 2019, an unparalleled vacation experience for the spiritually-minded traveler.

Each destination -- from Karahunge that predates Stonehenge -- to medieval monasteries-- to the natural splendor of "Armenia's Switzerland," and Mt. Aragatz, the highest mountain in the lesser Caucasus -- to the healing waters of a world-class spa resort -- has been carefully chosen for its heart-opening energy. Most are UNESCO World Heritage Sites. In addition to Feel Armenia's professionally-guided touring narratives in excellent English and special docent tours of key museums in the capital city of Yerevan, I will be providing lots of opportunities for inner exploration through daily journaling prompts, guided meditations, and group discussion sessions. Read through the Itinerary to get the full impact of all that this 14-day adventure offers -- at an incredibly affordable price.

I'd love to have you join me!

Lucy Grace Yaldezian
A Higher Perspective



13 night/14 day



FEEL ARMENIA
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Day 1 May 30

Arrival

Meet and Greet

Transfer to Grand Hotel Yerevan

Day 2 May 31

Matenadaran-Megerian Carpet

-Ararat Brandy Factory

Welcome to Armenia!

Are you ready to get acquainted with your group members and with the staff of Feel Armenia?

You have a meeting with them in Grand Hotel headed by Lucy Grace Yaldezian.

Feel the antiquity and take a trip to Institute of Ancient Manuscripts after Mesrop Mashtots, commonly referred to as "Matenadaran", which is one of the most ancient manuscript repositories in the world. The "Matenadaran" collection was inscribed on UNESCO's Memory of the World Register in 1997 in recognition of its world significance.

Visit Megerian Carpet in Yerevan, which has a spectacular showroom where visitors can make their purchases. Visitors and guests are welcome to watch the production of the rugs. Enjoy a unique experience worth remembering!

The Armenian dance heritage has been considered one of the oldest and most varied in its respective region. Kochari is also one of the most famous dances of Armenians. It originated in almost prehistoric age. So you will have the opportunity to learn this dance.

Armenia is well known throughout the world also for its cognac. When Winston Churchill was asked about the secret to his long life, he replied with "Cuban cigars, Armenian brandy!" Surely, you would like to visit Armenian brandy factory... Let's discover it!



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**FEEL ARMENIA
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Day 3 June 1

Erebuni Museum-Victory Park-Cascade Complex (Gafesjian museum)-Opera House-Northern Avenue-Republic Square

As the time moves on and one era comes to replace the other one, there are only museums left due to which we are being able to learn about the past years and the events that made up that particular period. One such museum is the Erebuni Museum located on Erebuni Street. The collection of the Erebuni Historical and Archaeological Museum-Reserve includes findings from Arin Berd, Karmir Blur and Shengavit settlements, as well as from various Armenian regions where as a result of accidentally or regularly held excavations items belonging to pre-Urartian, Urartian, Achaemenid, Hellenistic and early Armenian periods. Have a look at Yerevan from above from Park of Victory ! It is a big park located at the top of Cascade in Yerevan. Mother Armenia is the female personification of Armenia. The Mother Armenia statue symbolizes peace through strength. Visit Cascade Complex, where Gafeschyan Art Center is located, the museum is dedicated to bringing the best of contemporary art to Armenia and presenting the best of Armenian culture to the world.

Day 4 June 2

Geghard Monastery-Symphony of Stones-Garni Temple

Feel the mystery and go reveal the 4th century Geghard monastery which is cut into the side of the rock. The name Geghard appeared because of the spear kept there, with the help of which the Roman soldier pierced the side of Christ. In Armenian it is called "geghard". Now the spear is situated in the museum of Etchmiadzin. Listen to and enjoy the choir music in the monastery, you don't even imagine how it sounds. Admire with these amazing natural rocks which are known as the "Symphony of Stones". The rocks have shape of long hexagonal vertical columns which are associated with the church organ. Continue your wonderful tour to the 1st Century A.D. Pagan Temple, which is the only standing heathen temple in Armenia. The plateau, on which the temple stands, is included in the UNESCO World Heritage Site along with the surrounding area. Feel the Armenian soul listening to the Armenian national instrument duduk, which is also included in the UNESCO World Heritage Site. Be present in the master class of baking traditional Armenian bread, which is called lavash. This flat bread is also included in the UNESCO World Heritage Site.



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ARARAT

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Day 5 June 3

Amberd Fortress-Qari Lake-Cosmic Ray Division-Armenian Wine Company

Start your tour with Amberd, which is an important historical site that survived and reached us from the 7-th century. Amberd means 'fortress in the clouds'; the name is due to its location 2300 meters above sea level. Enjoy the fresh air near the lake Qari, which is situated at the foot of the highest mountain of Armenia, Aragats. Get acquainted with Cosmic Ray Division (CRD), which is one of the world's largest institutions investigating practically every aspect of cosmic ray physics and recently started research on the atmospheric electricity. It is a must thing to visit Armenia and taste Armenian wine. Armenia Wine Company is a family owned company. Beginning with the plantation of vineyards in 2006, the winery was built two years later in 2008. Nowadays, the company is the icon of modern winemaking of Armenia with its award winning wines and state of the art winery.

Day 6 June 4

Haghpat Monastery-Akhtala Monastery-Tufenkian Avan Dzoraget

Let's discover the monastery of Haghpat, which is a medieval Armenian monastery complex in Haghpat village. The location of Haghpat Monastery was chosen so that it overlooks the Debed River in northern Armenia's Lori region. It was built, not on a peak, but halfway up a hillside on a site chosen to afford protection and concealment from prying eyes and also in response to a kind of monastic humility. A peak on the opposite side of the river is over 2,500 meters high. Next you will visit Akhtala village, where the remarkable and impressive monastery of Akhtala can be found. Akhtala might appear just another monastery from outside. But don't hurry with conclusions. Simply enter it, and you will appear in a miracle the walls of which feature murals that will long be stuck on your mind. It dates back to the 12th-13th centuries and some later inscriptions and manuscripts mention it as Pghndzavank. It was called so because of the rich copper mines found there. The name Akhtala is thought to be first mentioned in 1438.



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**Day 7 June 5
Goshavank Monastery-Haghartsin Monastery-
Best Western Paradise Dilijan**

Continue to Goshavank Monastery to see the fine examples of cross-stones (khachkar), Khachkar is one of the symbols of Armenia. Goshavank was called after Mkhitar Gosh, who was one of the great intellectual powers of his day and he is an author of the first code of civil and Canon law that was used in both Greater Armenia and Cilicia. He is buried near the church, which was built by him in 1188. Then visit the medieval monastic complex Haghartsin regarded as a school of architecture dating back many generations. It's because the refectory of Haghartsin monastery is the biggest in Armenia. It was an innovation of its time.

**Day 8 June 6
Matosavank Monastery-Lake Sevan-Harsnaqar Hotel**

Travel and hike Matosavank monastery, which is 13th-century small Armenian monastery, hidden in a forested area of Dilijan National Park. To enjoy the nature of Armenia go on a tour to Lake Sevan, where you will have the opportunity to enjoy an excursion and lunch on the boat and also swim in the waters of Lake Sevan.



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Day 9 June 7

Sevanavank Monastery-Selim Caravanserai-Jermuk Waterfall-Hyatt Jermuk

Go on a morning tour to Sevan peninsula, where the 4th century monastery of Sevanavank is waiting for you. Sevanavank was built by the Armenian Princess Mariam to honor her deceased husband in the 9th century. It is home to the most wonderful Amenaprkich cross stones (khachkar), which is one of the rarest cross tones depicting Jesus.

The trip will continue to Selim Pass (2410m) from where an exciting view opens to Orbelian (Selim) caravanserai. It was the place where the travelers of the Great Silk Road found their evening meal and overnight. Besides, it was an important place for exchanging news and information about the routes, merchants and goods.

Admire with Jermuk waterfall, which is 72 m high and flows into the river Arpa. The waterfall reminds girly hair. Hence the other name of the waterfall: mermaid's hair.

Day 10 June 8

Tatev Monastery-Karahunge-Hyatt Jermuk

Let your soul soar and visit the 7th century monastery of Tatev, which was an educational and spiritual center. You will reach the monastery by the cable car. The ropeway is the longest in the world and if you are looking for unforgettable adventures in the air and want to fly, you don't need planes! Wings of Tatev will take you to the sky!

Take a trip to Karahunj or Zorats Karer, which is a prehistoric archaeological site near the town of Sisian. The site is rich with stone settings, burial cists and standing stones - Menhirs. It is also often referred to in international tourist lore as the Armenian Stonehenge.



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**Day 11 June 9
Free Day in Jermuk**

Have a perfect rest in Jermuk, in this medical city! Jermuk mineral water from natural sources are unique and rare minerals with the chemical content to be biologically active, which make it very effective in the treatment and prevention of various diseases. Water is also used for (SPA) procedures, which you can enjoy in the hotel. Jermuk mineral water is successfully used in gastrointestinal, musculoskeletal system, genitourinary system, and metabolic abnormalities.

**Day 12 June 10
Noravank Monastery-Areni Cave-
Wine tasting-Yerevan**

Explore the most beautiful Noravank monastic complex, which was constructed in the 13th century. Consequently, a major religious and later cultural center of Armenia was closely connected with many educational institutes, primarily with Gladzor's university and library.

Continue your tour to Areni cave it is where the oldest shoe in the world was found exactly during the archaeological excavations. Several years ago a place, equipped for wine production was found in Bird Cave. This most ancient winery in the world has 6000 year history.

Taste Armenian wines near the most ancient winery!



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Day 13 June 11
Free Day in Yerevan

Enjoy your last day in the pink city, called Yerevan!
Gala Dinner in the evening

Day 14 June 12
Departure
Transfer to Zvartnots International Airport

Unfortunately we are saying “Good-bye” to each other, but
promise that will meet again.



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Single	Double	Triple
3225\$ /person	2760\$ /person	2625\$ /person

Tour includes:

- Transportation between Zvartnots International Airport and Grand Hotel for arrival and departure
- Premium Transportation
- Accommodation: 7*nights in Grand Hotel Yerevan
- 1*night in Tufenkian Avan Dzoraget
- 1*night in Best Western Paradise Hotel Dilijan
- 1*night in Harsnaqar Hotel Sevan
- 3*nights in Hyatt Place Jermuk
- Professional English Speaking Guide
- Meals: 13*Breakfast, 11*Lunch, 6*Dinner, 1*Gala Dinner
- All Entrance Fees
- Armenian National Dance Master Class in Megerian Carpet
- Choir Music Concert in Geghard Monastery
- Duduk Concert in Garni Temple
- Boat Trip on Lake Sevan
- Bottled Water
- Lots of Surprises
- Good Mood

Tour doesn't include:

- Flight
- Insurance
- Alcoholic Beverages
- Tips

Additional Information

- Deposit of 20% due by January 1, 2019 to secure tour space and keep the reservation
- Balance payment due by March 1, 2019

Cancellation Policy

- Free cancellation until March 1, 2019
- After March 1, 2019 100% of the payment is non-refundable

Itinerary subject to change to best benefit group's comfort and quality of experience in the moment.



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