

## **FOOD and WINE TOUR**

**Armen Tour is proud to offer a historical-gastronomic tour, one of the types of classical tours. During this tour you will discover historical sites and antique tastes, beautiful landscapes and culture. The meals will be organized in typical houses, characteristic restaurants, where you can taste typical and traditional cuisine.**

**You will visit antique wine and cognac distilleries where you will have the degustation of the appreciated products.**

**Day 1:**  
Departure.

**Day 2: Yerevan, History Museum**

Arrival in Yerevan early in the morning, meet at the airport, transfer to the hotel. Rest at hotel.

Tour starting at 12:00. City tour of **Yerevan**, one of the oldest cities in the world, history of which dates back to 782 B.C, nowadays a modern city with soviet style and modern constructions.

At 13:00 lunch in a typical restaurant.

After visit to History Museum of Armenia, where you will learn about the history of Armenia in different periods.

At 20:00 dinner in one of the best restaurants.

**Day 3: Yerevan, Garni, Geghard**

Breakfast at hotel.

Proceed to Kotayk region. Visit to **Geghard Monastery**, the name "geghard" derives from the relics of the Armenian Apostolic church: the spear that one of the Roman guards had used to pierce the rib of crucified Christ.

At 11:30 you will participate at the „Lavash,, preparation in the village of Garni, then after visit of Garni Temple(**Garni Temple**, site of Roman Temple of the Sun built in the 1st century. Soon after Armenia adopted Christianity, the temple became the summer residence of Armenian royalty) return to the same rustic house for tasting Armenian famous „**Khorovats,, -maarinated** pork barbecue.

At 20:00 dinner in a local traditional restaurant. After dinner a walking tour to the famous "**Cascade**"-night life in Yerevan.

**Day 4: Yerevan, Khor Virap, Noravank**

Breakfast at hotel.

Meeting with the local guide and proceed to Ararat region -**Khor Virap** Monastery is a famous pilgrimage site, where upon the orders of king Trdat III, Gregory the Illuminator who was accused of professing Christianity and was thrown in the deep dungeon . Gregory spent there 13 years.

13:30 Lunch in a restaurant in Vayots Dzor region.

After proceed to Vayots Dzor and visit Monastery of **Noravank**-one of the most splendid monuments of medieval Armenia, built in a location of significant natural beauty.

At 20:00 dinner at Tufenkyan restaurant .Participation at the preparation of traditional food. After a walking tour to the Republic Square visiting the famous singing and illuminating fountains.

#### **Day 5: Yerevan, Echmiadzin, Zvartnots**

Breakfast at hotel. Visit to the Central market, where fresh and dried fruits and other local products are sold.

Later visit to **Echmiadzin**, ancient capital of Armenia, which is now the religious centre of all the Armenians in the world. It is now home to the Supreme Catholicos of the Armenian Apostolic Orthodox faith. The main **Cathedral** was founded by St. Gregory in 303 B.C and sits on a former pagan shrine. (Holy Mass in Echmiadzin Cathedral).

Visit to **Zvartnots** (Temple of angels), founded by Catholicos Nerses.

Lunch in a restaurant in Yerevan.

Later visit to “**Ararat**” **Brandy Factory**, tour and degustation of 3 types of cognac.

At 20:00 dinner in a restaurant.

Later proceed to “**Poplovok**” open-air café, dessert menu.

#### **Day 6: Yerevan, Hovhannavank, Amberd**

Breakfast at hotel.

Proceed to **Ashtarak**, visit to the **Hovhannavank Monastery**, possibility to arrange a religious concert at the church. Later visit to **Amberd fortress** and castle.

Back to Ashtarak. Lunch at one of the local houses, where you can learn how to prepare traditional Armenian dishes, such as “Tolma” etc.

Return to Yerevan and visit to “Vernissage”, open air market of souvenirs and art works.

At 20:00 dinner in a restaurant with folkloric music.

#### **Day 7: Yerevan, Lake Sevan, Matenadaran, “NOY” Wine Factory**

Breakfast at hotel. Tour to **Lake Sevan**-the highest mountainous Lake 2000 m. above sea level, visiting churches of the peninsula (St.Astvatsatsin and St.Arakelots).

Lunch in “Ashot Yerkat” restaurant, fish menu.

Return to Yerevan and visit to **Matenadaran Museum**, which houses a unique collection of ancient manuscripts covering such lofty topics as philosophy, law, mathematics, medicine and geography.

Later visit to the “**Noy**” **wine factory**, degustation of 2 types of wine.

20:00 Dinner in a restaurant.

#### **Day 8: Departure flight.**