

BIKING ARMENIA

Character:

Exciting off-road trails, national parks, dramatic mountain scenery, detailed route maps, a combination sure to make an ideal mountain bike exploration!

Duration:

9 days / 9 nights

Accommodation:

Superior hotels and guesthouses

Meals:

9 breakfasts

Mode of travel:

Bikes, full support by 4WD vehicles

Tour support:

AdvenTour tour leader /driver, biking guide optional

Included:

Accommodation for 9 nights

Meals as specified in the itinerary

AdvenTour tour leader/driver, biking guide optional

All activities as per itinerary

All transfers in comfortable 4WD vehicles

Travel permits in protected areas

Luggage handling

Biking in Armenia information kit

Excluded:

Optional activities

Itinerary

Day 1

Blue Sevan

The tour starts in Yerevan with a pre-tour biking briefing with organiser and other tour participants. Set off from Yerevan to transfer to the heart of Armenia, scenic Gegharkunik where Lake Sevan is located at 2,000 m above sea level. Free day to swim and boat, relax at lovely Marak Tsapatagh Hotel, assemble the bikes and prepare for your first ride tomorrow.

Overnight: *Hotel at Lake Sevan*

Meal plan: *Breakfast*

Day 2

Martuni Trail

After catching an early breakfast we get on our mountain bikes for the ride of Martuni trail (biking distance 30 km). We'll start the bike day on a winding dirt road through traditional villages of Martuni. Today's ride is a trial biking and easy introduction to prepare us for the days to come. We enjoy the scenic trail along the shores of the lake and the deep turquoise color of the water. Later rejoin the highway where our 4WD vehicle awaits us to transfer through awesome Selim Pass (2,400 m) with an ancient Caravanserai, an important trading post on the Great Silk Road. Continue to reach Yeghegnadzor where we spend overnight in a small guesthouse.

Overnight: *Guesthouse in Yeghegnadzor*

Meal plan: *Breakfast*

Day 3

Mosrov Trail

This morning we transfer to Arpi Wine Market and get on the bikes to begin Mozrov trail biking. This is a real adventure for adrenaline seekers. We start by sections of sweeping single track through the beautiful landscape. After riding for several kilometers the track becomes less defined and rocky and we come to a spectacular plateau where the entrance of mystique Mozrov Cave is found. Continue to Mozrov village to meet the locals for a friendly chat and an optional lunch at a village home. There is time to admire the views and contemplate the two climbs before our final fast downhill (total off-road biking 15 km). Rejoining the main road we cycle for the last few kilometres to our guesthouse in Yeghegnadzor.

Overnight: *Guesthouse in Yeghegnadzor*

Meal plan: *Breakfast*

Day 4

Her-Her Trail

Wake up to the aroma of coffee and hot breakfast while the support vehicle is being loaded. We start early to beat the heat of the day. Today's ride follows a spectacular route of Her-Her trail. It starts with non-technical gravel tracks across high altitude plains and remote villages, is followed by hard climbs but the thrill of visiting this land of rugged beauty is ample reward. This is a hard but rewarding trip, with extended periods at high altitudes (biking distance 25 km), a real extreme biking day. Descent to the valley of Her-Her river and transfer to Sisian. Rest and overnight at friendly hotel in Sisian.

Overnight: *Hotel in Sisian*

Meal plan: *Breakfast*

Day 5

Painting on Rice and Hair

Breakfast and a relaxing day at this cosy town. You can choose a leisurely walk in the town to visit Sisavan Church and see the unique microscopic paintings on rice and hair! For those with energy to burn we offer a short hike to explore graceful Shaki Waterfall nearby. Spend the evening sharing a superb home-cooked meal at the hotel.

Overnight: *Hotel in Sisian*

Meal plan: *Breakfast*

Day 6

Camel Mount

Early breakfast and short transfer by Land Cruiser to the base of Camel Mount (3,300m). Start the 15 km mountain bike trail through the extraordinary boulder strewn moonscape to the 7-thousand year-old rock paintings. This is a long climb through landscape that contrasts so

dramatically with what we saw on previous days and the ride offers unrivalled off-road adventure. As a reward we reach the Sev Lake and get to see more than 2,000 rock paintings. After a while we start the downhill ride through wild and varied scenery. Transfer to Sisian from the foot of Camel Mount.

Overnight: *Hotel in Sisian*

Meal plan: *Breakfast*

Day 7

Tatev Trail

Early breakfast and drive about 40 km from Sisian to the start of today's biking. Start the Tatev trail, with a superb winding road through the spectacular scenery as we ride through cornfields and restful pastoral scenery en route to Tatev Monastery. We can have a short rest at the Devil's Bridge where locals come to bathe in the healing mineral water. Overall this is an excellent day's ride with a healthy mix of ups and downs. Most biking is on non-technical jeep tracks, rough and stony in places.

Overnight: *Hotel in Sisian*

Meal plan: *Breakfast*

Day 8

Vedi Trail

Transfer to Karakhach village to begin the ultimate off-road trail and a fitting finale to this Bike Adventure! We ride through weird and wonderful landscape, home to endangered Mongolian Trumpeter Finch, very remote and accessed by only a handful of locals. Some tracks are rough, rocky and steep in sections. Ascend on a dirt road to a pass at 2,400 meters, then down on single track to the road leading to Ararat Valley. At Vedi crossroads we load the bikes onto the Land Cruisers and drive to Yerevan. Enjoy the distant magnificence of biblical Mount Ararat as we drive Yerevan highway.

Overnight: *Hotel in Yerevan*

Meal plan: *Breakfast*

Day 9

Highlights of Yerevan

Free day in Yerevan. The day can be spent exploring the highlights of Yerevan, new and old, spend time at Vernisage, huge arts and crafts market. You may wish to crown the day with a visit to Yerevan Brandy Company or relax in one of the cafes, enjoying the atmosphere of this vibrant city.

Overnight: *Hotel in Yerevan*

Meal plan: *Breakfast*

Tour Notes

1. Special notes

The information in these Special Notes covers the average range of conditions likely to be found on this trip. In remote destinations unexpected conditions can prevail at any time, and all adventurous holidays can therefore be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

2. Travel health and insurance

No vaccination is required for traveling in Armenia. The country's climate is very pleasant, with no health risks. Water in Armenia is very clean and safe. However, travelers usually prefer bottled spring and mineral water, which can be found in shops and supermarkets. There are registered pharmacies in all cities and towns with all basic medications. Travelers with special needs are advised to take a supply of those medications that they are likely to require. Medical facilities are numerous with many qualified doctors practicing in all specialties. Doctors and hospitals often expect cash payment for their services. Travelers are advised to consult their medical insurance company prior to traveling to confirm whether their policy applies overseas and covers emergency expenses such as medical evacuation. Also please ascertain whether payment will be made to the overseas healthcare provider or if you will be reimbursed later for expenses incurred. When selecting a travel insurance policy we require that it cover medical expenses including emergency repatriation and personal liability. We also strongly recommend that the policy cover loss of luggage and personal effects.

3. Biking grade

This trip is classified "Off-road", grade B, 7 days of biking, average 20km/day, 100% vehicle support.

Grade B - tough

For fit and experienced bikers, with some technically demanding single track ascents and descents and sections where we may have to push or carry our bikes. Biking in remote areas, support vehicle (4WD) is always available.

4. Money

You will need to allow enough money for meals as well as optional activities. An average meal in

a restaurant should cost between EUR8-10. Tipping is customized and not compulsory. You should be aware that Armenia is still a cash-only economy and credit cards are not accepted in the majority of shops and restaurants. There are several ATM machines in Yerevan and other cities where you can obtain cash. 10 000 Armenian Drams (approximately EUR 26) is charged as a departure tax on exiting Armenia by air.

Please note: we do not charge sightseeing fees in advance allowing you to choose whether or not you visit sites, depending upon your interests.

5. Communication during the tour

If you need to be contacted while traveling we recommend that you set up an email address that can be accessed on the road. Email cafes are common and are the preferred way for our leaders and travelers to stay in touch.

If someone wishes to contact you in an emergency while you are on an AdvenTour trip we recommend that they contact our operator by phone + 374 91 42 67 45 or E-mail: adventour@netsys.am.

6. Accommodation

We choose facilities that combine high level of comfort and service with unique design and appreciation of the natural beauty of a region. The emphasis is on location, practicality and reasonable degree of comfort.

Hotel/Guesthouse

Accommodation is generally in same sex twin rooms. If you are sharing with another single no supplement is necessary. Our costs are generally based on 3 star properties. If you want higher-class accommodation you can request an upgrade at the time of booking.

Single Supplement

Should you want more privacy during your trip, you can upgrade by the requesting your own room, often at a little extra cost.

Pre / Post-Tour Accommodation

If you require additional accommodation either before or after the trip, we can book this for you provided you notify us at the time of booking. Please contact AdvenTour for current prices. Payment for this must be made to AdvenTour. Please note that AMD 5,000 booking fee is added to the cost.

7. Transport and private transfers

The mode of transport we use is chosen to suit the environmental aspects and local infrastructure. During these tours we use comfortable 4WD vehicles as well as some local transport that is well-maintained and supplied with a first-aid kit. The vehicle carries all your bags from hotel to hotel, so you can cycle unencumbered. It is loaded in the morning and follows the bikers - occasionally it may be necessary for the vehicle to make a detour around some of the tracks. The only things you need to carry on your bike are cameras, waterproofs and sun cream.

Airport transfers are not included in the cost of the trip. Please, let us know at the time of booking if you would like us to arrange a private transfer for you.

8. Staff and support

This is a fully supported biking trip which means that the support vehicle follows the group all the way through the trip. As well as enabling you to ride with only your usual day-ride kit, this also means that you can hitch a ride if you find the going too tough. There will be a tour leader/ driver to assist, advise and coordinate all aspects of your trip. He is in charge of general organization of your trip making sure that you have a most enjoyable time. He has general knowledge of the places visited.

GPS rental

GPS rental with detailed route maps of all trails is optional. You can choose to bring your own device if you want. In this case we will send you detailed route maps of your trip prior to arrival.

Biking guide

No biking guide is provided for this tour. However, you can request one at the time of booking.

Luggage handling

All your gear is carried for you on this tour; you carry only a daypack.

9. Meals

The tour cost includes bed and breakfast in the hotels and guesthouses. Meals, when included, will feature local cuisine. For other meals, you are left to choose what and where to eat, though your leader will be on hand to suggest venues and arrange where necessary. This can be one of the great joys of this trip as the food in Armenia

is superb. Vegetarians should have no problems on this tour.

10. Laundry

Facilities are offered by all hotels for a charge.

11. Visas

To obtain a tourist visa for traveling to Armenia, you should apply to the Embassy of the Republic of Armenia in your country or online at

<http://www.armeniaforeignministry.com/eVisa/>.

Another option is to obtain your visa upon arrival at Zvartnots International Airport. Visa regulations can and do change without notice. Please check the current regulations in good time to obtain a visa if one is required.

12. Essential Equipment and Clothing

Pack small and light. From early May to late October weather is generally warm and pleasant with some hot days in July - August. Sometimes it can get cool in the mountains so we recommend taking a couple of warm sweaters.

Bring with you: biking helmets, gloves and shorts, eye protection/sunglasses, water bottles and spare inner tube (unless hiring a bike), waterproof jacket, sun cream and lip salve, warm jacket for evenings, small day sack and favorite energy snacks.

Local Bike Hire

Bikes are available for hire in Armenia and should be requested at the time of booking.

Bringing your own bike

Many people choose to bring their own bikes. If you wish to bring your own bike, please note that we cannot guarantee against small scratches and paintwork damage involved in the loading and unloading from support vehicles.

13. Safety

Armenia is a very safe country. Anyway we always recommend the use of a neck wallet or money belt while traveling, for the safe keeping of your passport, air tickets, cash and other valuable items. All the hotels we use have safety deposit boxes, which can be used to store your valuables.

Please note that helmets must be worn when riding off-road. Biking gloves are recommended.

14. Responsible tourism

Tourism can be a real help to local communities providing income, positive cultural exchanges and the financial incentive to protect the natural environment. Our trips are designed to use family-based guesthouses in the regions, buy local food, hire local guides, drivers and rent trucks to ensure that as much money as possible is retained within the local economies.

15. Feedback

After your travel, we would like to hear from you. Within two weeks after your departure we will send you a feedback form to complete.

Information in this document has been compiled with care and is provided in good faith. However it is subject to change and does not form part of the contract between the client and AdvenTour.

	AdvenTour Booking Form	
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Title / First Name / Surname	Nationality	Passport No.	Issue Date	Exp. Date	Date of Birth
Lead contact name					
Group members					
2.					
3.					
4.					
5.					
6.					

Address	Emergency Contact Details
Lead contact	Name Relationship Tel. No. (home) E-mail
Tel. No. (home):	
Tel. No. (work):	
E-mail:	

Travel Insurance:	On all of our tours it is compulsory that you have travel insurance. Please fill in your policy details below.				
	Policy Issuer		Policy Number		Emergency Phone No:

TOUR CODE	TOUR NAME	Start Date
Room Type	Double ----	Twin -----
		Single -----
		Triple -----
Extra nights/transfers/rentals, etc. (if required)		
Special Requests (diet, food allergies, etc.)		
Inbound Flight No.	Arrival Date	Arrival Time
Outbound Flight No.	Departure Date	Departure Time

Tour Cost per person	€
Single supplement (if applicable)	+ €
Extra nights/transfers/rentals, etc. (if required)	+ €
Total Cost per person	€
Number in Group	X
Total Group cost	= €

How did you hear about us? (internet, magazine, friend etc) – please specify	
Do you wish to receive periodic news and product information via your e-mail? Yes No	
Declaration: I have read, understood, and accept the booking conditions provided on AdvenTour or associated website, on behalf of all members of my party, by whom I am authorised to make this agreement. I enclose the deposit (as detailed above), which is non-refundable in the event of my cancellation.	
----- Signature	----- Date

Deposit: €200 per person. Balance due now, payment by Visa, Master or Amex (please add 0.5% for Amex). Full amount is payable if your departure is in less than 45 days.

Final Balance: Balance due 45 days prior to departure. Final balance is payable by bank transfer. We will send you the invoice and our bank details.