

A PILGRIMAGE TO HOLY ARMENIA

with Bishop Hovakim Manukyan and Bishop Christopher Chessun
for Anglican and Eastern Churches Association

24 September—2 October 2018



A 9 day pilgrimage featuring monasteries,
mountains, and remarkable bird life



McCabe
PILGRIMAGES



A PILGRIMAGE JOURNEY THROUGH ARMENIA

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In 301, when St Gregory the Illuminator converted King Trdat III to the faith, Armenia became the first country in the world to adopt Christianity as its state religion. The Armenian Church is called Apostolic because the country had been evangelised by two of the Twelve Apostles, Thaddeus and Bartholomew.

Armenians claim descent from Noah's great-great-grandson Haik, from whom their name for their country, Hayastan, derives. Armenia is symbolised by the looming snow-capped peak of Mount Ararat, where Noah's Ark landed, now over the Turkish border. Historically often much larger in area, the Republic of Armenia which emerged out of the breakup of the Soviet Union in 1991, is about the same size as Belgium.

Highlights of our tour will include Echmiadzin, the spiritual centre of the nation, Sevan, one of the world's largest fresh-water mountain lakes, and the capital Yerevan. We shall visit monuments from the earliest days of Christianity, together with jewels from the Middle Ages.

In addition to seeing many living churches and inhabited monasteries, we will enjoy the wonderful and varied landscapes, flora and fauna of the country – especially the bird life, for which Armenia is justly famous.

TOUR INFORMATION

The cost of this 9-day tour is £1,345 per person sharing twin-bedded accommodation. We will be staying at locally graded three star hotels, all rooms having private facilities.

Flights are with Aeroflot Airlines via Moscow to Yerevan.

Travel through Aeroflot is by air-conditioned coach accompanied by a local guide.

All entrance fees are included as are gratuities to guide, driver and hotel staff. We also include all meals (breakfast, lunch and dinner daily).

British and EU passport holders no longer require a visa to visit Armenia.

The travel insurance premium is £49 to age 74 and £74 if older (and no

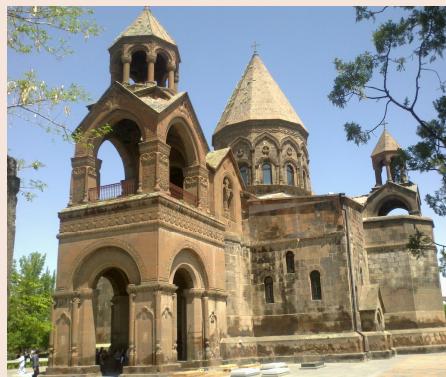
medical screening is required). Travel insurance is essential but you may have annual or another suitable insurance.

Single rooms are available at an extra charge of £295. Please, however, see our note 'Travelling Alone' overleaf.

Any special diets should be printed on the Booking Form.

A deposit is payable now with the balance due eight weeks prior to departure.

Your final travel documents will be sent to you two weeks before departure and will contain final flight times and hotel contact details.



TO MAKE A RESERVATION

To reserve your place on this tour please complete the enclosed booking form and send it with a deposit of £200 plus the insurance premium (£49/£74) to the tour leader. Please make cheques payable to 'McCabe Pilgrimages'.

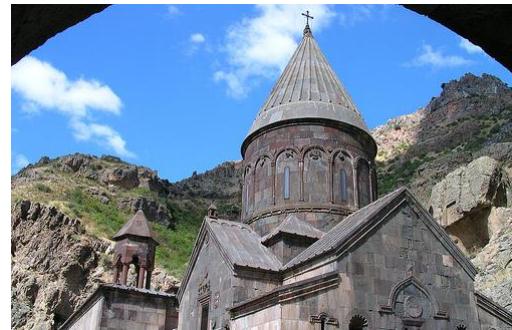
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DAILY PROGRAMME



Monday 24 Sept | Travel to Yerevan

Aeroflot Airlines flight from London Heathrow. Flight SU2579 departs at 1325 and arrives at 1905. Connecting flight SU1868 departs at 2040 and arrives in Yerevan at 0030. **Two night stay in Yerevan at the three star Avitrans Hotel in the centre of Yerevan.**

Tuesday | Yerevan

After breakfast we have a city tour of Yerevan, the capital of Armenia, beginning at the Mother Armenia monument, which provides a panoramic view of the city. We visit Erebuni, the fortress of the ancient Urartu kingdom. After lunch we visit the Genocide Memorial Complex, ending the day at the famous Matenadaran which holds a fantastic collection of ancient Armenian manuscripts.

Wednesday | Garni and Geghard

We drive south to Khor Virab, with wonderful views of Mount Ararat. We see the cave which served as a prison for St Gregory the Illuminator. We drive on south to Norovank, a particularly arid and isolated region with beautiful pink rock. The church we visit is built on two levels, with an outside stone staircase ascending to the upper level. We cross the Selim Pass (over 7,000 feet) stopping at the Selim caravanseri before continuing on to Lake Sevan for an overnight stay beside the lake at the Blue Sevan hotel.

Thursday | Lake Sevan

Lake Sevan is the largest mountainous lake in the world. We visit the churches on the peninsula as well as the Seminary where Bishop Hovakim studied. We will pass through the spa town Dilidjan where many famous artists including Benjamin Britten and Mstislav Rostropovich stayed at the holiday retreat for musicians. We also visit Makaravank Monastery, situated in the midst of a forest on Mount Paytatar. We change to local mini buses to ascend the rough, winding road leading to the monastery, situated spectacularly in a clearing in the midst of the trees. **We then drive to Dzoraget in Lori province to stay for two nights at the Dzoraget Hotel**

Friday | Haghpat and Sanahin

Our highlight today will be the visit to two UNESCO sites – Sanahin and Haghpat monasteries located on either side of Debed River canyon.

Saturday | Khachkars

Today we drive back to Yerevan, stopping in Vanadzor at a Khachkar maker's studio, where we will learn about this important Armenian tradition. We will also visit the Park of Letters, dedicated to the 1600th anniversary of the creation of the Armenian alphabet. **We continue on to Yerevan for our final three nights at Avitrans Hotel.**

Sunday | Echmiadzin

Today we visit the centre of religious life in Armenia, Echmiadzin, meaning "Only Begotten, Descended" because here St Gregory founded a church on the spot where he had a vision of the Holy Ghost descending. We will attend the liturgy in the Cathedral this morning. Visits will also include Hripsime Church, the Cathedral Complex, and the remains of the 7th century circular cathedral at Zvartnots. We end the day at the State History Museum. Bishop Hovakim hopes to arrange a visit to the Armenian Catholicos today.

Monday | Garni and Geghard

We drive east and visit Garni's pagan Temple of the Sun, the only site of a Hellenistic monument not to have had a church built over it. It was destroyed in 1679 by an earthquake but restored in the 1970s using original stones. Nearby are the remains of Roman baths. From here we drive on to Geghard Monastery, famous for the tradition that the spear which pierced Christ's side rested here. This evening Bishop Hovakim will arrange supper and a performance at the Yerevan Youth Centre.

Tuesday 2 October | Homeward bound

After a free morning we transfer to the airport. Aeroflot Airlines flight SU1861 departs Yerevan at 1445 arriving Moscow at 1645. Connecting flight SU2584 departs at 1925 and arrives into Heathrow 2125.



OUR PILGRIMAGE

The McCabe Educational Trust

The McCabe Educational Trust is an independent registered charity with the aim of helping inspiring people we meet on pilgrimage. On your pilgrimage you will meet some inspiring people doing great Christian work. As 'the haves' encounter the 'have nots' the Trust has become a practical tool for one to help the other.

McCabe Pilgrimages invite all travellers to become partners in this work. A £15 voluntary donation to the Trust's work is added to every pilgrim's invoice and all money raised in this way is given in full to the projects the Trust supports. This scheme is voluntary and confidential with nobody put under any pressure to participate.

TRAVELLING ALONE

Many of our passengers travel alone and object to expensive single room supplements. McCabe Pilgrimages will accept individual bookings on a 'guaranteed share' basis. We charge the basic price and accommodate you with a person of the same sex also requesting shared accommodation. If we do not find someone to share with you, you will be accommodated in a single room at only 50% of the usual single room supplement. For single travellers who do require single accommodation this should be requested when booking and, if available, the normal supplement will be payable.



PASSPORTS, VISAS AND HEALTH

Please ensure that your passport is valid for at least six months after the time of this pilgrimage. If you need a new passport apply early as there can be considerable backlogs at the passport offices. A visa is issued free of charge on entering Armenia. If you are holding a non-British passport, or require further advice, please consult the McCabe office. No inoculations are required but we advise you to consult your doctor regarding your own personal requirements.

TRAVEL INSURANCE

Travel insurance is arranged by **Global Travel Insurance Services Ltd** for **McCabe Travel Ltd** who are an Appointed Representative of Global Travel Insurance Services Ltd, authorised and regulated by the Financial Conduct Authority. Our status can be checked on the FCA Register by visiting www.fca.org.uk or by contacting the FCA on 0845 606 9966. This Insurance is underwritten by ERV. ERV is authorised by the Bundesanstalt für Finanzdienstleistungsaufsicht (BAFIN – www.bafin.de) and the Prudential Regulation Authority and subject to limited regulation by the Financial Conduct Authority and Prudential Regulation Authority.

It has been specifically designed so that it covers all McCabe holidays; protecting you in full if you have to cancel and providing you with the very best and most effective protection if you are unfortunate enough to require medical attention whilst away.

A unique feature of the policy is that you will not need to call a medical help line to discuss health issues. Most pre-existing health conditions are covered as long as your doctor agrees that you are fit to travel.

Standard exclusions apply and are listed on the summary document. Please check that you are not affected by the Main Health Exclusions. You will not be covered for any ongoing tests or treatment of an undiagnosed condition, or for any terminal illness, or if you claim as a result of a condition arising within the past twelve months.

Note that you will pay an excess of £1,000 on any claim that results directly from a pre-existing medical condition. In our experience a very few claims result from pre-existing medical conditions. With this policy you are covered with no declaration of health required.

A full policy wording will be sent to you with confirmation of your booking, or ask us and we will send you a copy now. Full details are also on our website. If you would like more information or are unsure of any details, please call Global Travel Insurance Services Ltd for further advice on 01903 235042. This insurance is only available to persons who are permanently resident in the UK.

AITO Quality Statement

McCabe Pilgrimages is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators and encourages high standards of quality and service. McCabe abides by the Association's Code of Conduct and adheres to the AITO Quality Charter which can be viewed on www.aito.co.uk.

Visit the website to find out more about the Association or call 020 8744 9280.

This pilgrimage is ATOL protected by the Civil Aviation Authority.

The McCabe ATOL number is 2920.

