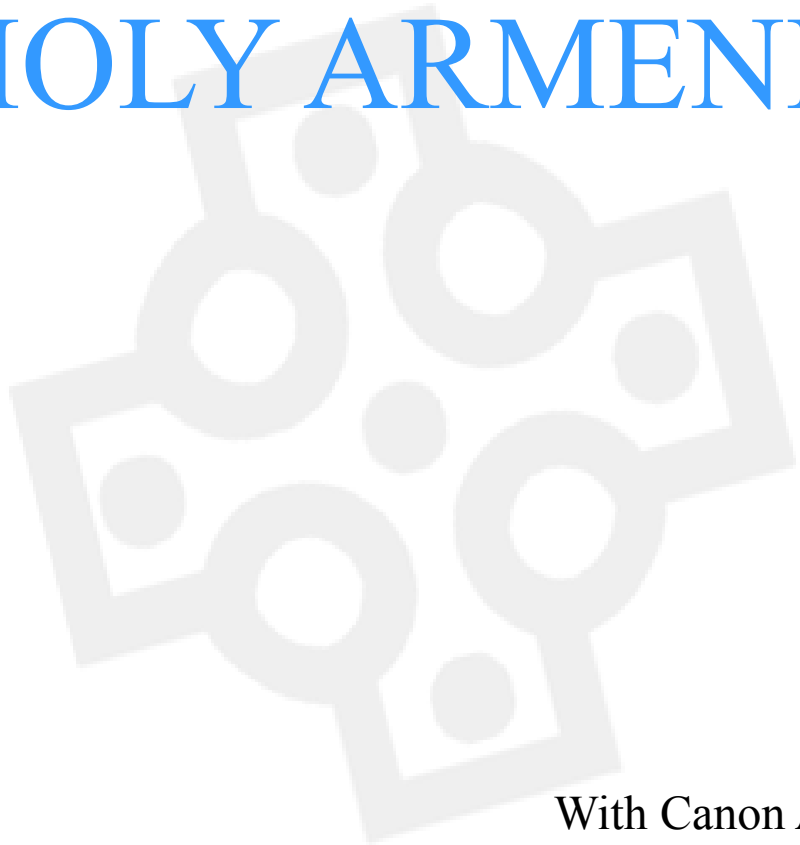


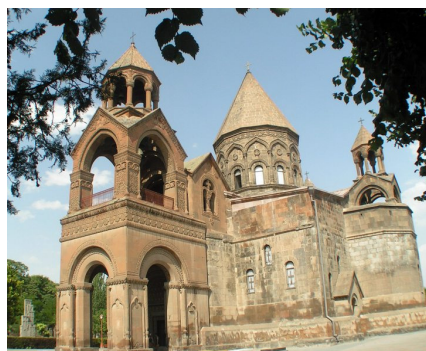
McCabe
Pilgrimages



HOLY ARMENIA



With Canon Andrew Nunn
21—29 October 2011



A 9 day pilgrimage including Yerevan and Lake Servan



A pilgrim journey through Armenia

with Southwark Cathedral
21—29 October 2011

Armenia is acknowledged as one of the cradles of civilisation and was the first country in the world to adopt Christianity as its state religion in AD 301. The Armenian Church is known as an Apostolic church because the country was visited by two of the Twelve Apostles, Thaddeus and Bartholomew, spreading the message of Christ's resurrection. Three centuries later, the Armenians were converted to Christianity by Gregory the Illuminator.

A pilgrimage through Armenia is a study of centuries-old drama which remind us of the biblical account of Noah, whose Ark stopped on Mount Ararat. The Armenians claim descent from Noah's great-grandson Haik, from whom their name of the country, Hayastan, derives. Hayastan, known as a mountainous country, is symbolised by the looming snow-capped heights of the majestic, volcanic Mount Ararat where Noah's Ark first landed after the Great Flood.

Highlights of our visit include joining the liturgy on Sunday at Echmiadzin (the spiritual centre for Armenians), Lake Sevan, the largest mountainous lake in the world as well as Yerevan, the capital



with its rich collection of museums. During the course of our itinerary, there will be opportunities for some walks to enjoy the wonderful and varied landscapes.

You will also visit monuments both from the earliest Christian times in Armenia, such as Khor Virap where Gregory the Illuminator was imprisoned, together with jewels from the Middle Ages including Haghpat and Sanahin. The pagan temple at Garni pre-dates Christianity in Armenia.

Arrangements will be made to celebrate the Eucharist during our pilgrimage.

TOUR INFORMATION

The cost of this 9-day tour is £1,375 per person sharing twin-bedded accommodation on a full board basis (lunch, dinner and breakfast each day). We will be staying at locally graded three star hotels, all rooms having private facilities. Our journey is by air with BRITISH MIDLAND AIRWAYS flights from Heathrow to Yerevan and back. Travel through Armenia is by coach accompanied by a local guide. All entrance fees are included.

The only extras that will be added to your invoice are the insurance premium of £49, if required. The Armenian visa fee included in the tour cost. However; you should also budget on an amount of approximately £40 for a group gratuity fund, to be collected by the Tour Leader. A few single rooms are available at an extra charge of £185. 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. Full flight/accommodation details will be sent out 2 weeks before departure.

TO MAKE A RESERVATION

To reserve your place on this tour please complete the enclosed Booking Form and send it with a deposit of £100 plus the insurance premium of £49 (if required) to:

Mr Mark Charlton
Southwark Cathedral
London Bridge
London SE1 9DA
Tel: 07961 322930

Email: mark.charlton@southwark.anglican.org



Daily Programme

Friday 21 October Travel to Yerevan

Our journey begins as we leave Heathrow to fly to Yerevan. Our flight BD 965 departs at 16.05 hours and arrives at 01.05. On arrival we transfer to the three star Hotel Regineh which overlooks Mount Ararat.

Saturday Yerevan

A city tour of Yerevan, the capital of Armenia, beginning at the Mother Armenia monument, which provides a panoramic view of the city. We then drive to the famous Matenadaran which holds a fantastic collection of ancient Armenian manuscripts. After lunch we visit the Genocide Memorial Complex with the museum.

Sunday Sunday Worship

Today we visit the centre of religious life in Armenia, Echmiadzin, meaning “Only Begotten, Descended” because St Gregory founded a church on the spot where he saw the Holy Ghost descend in a vision. Visits today will include Hripsime Church as well as the Cathedral Complex. We join the liturgy at the cathedral. After having lunch we end the day at the State History Museum.



Monday Amberd

Today we drive out to Mount Aragats, an extinct volcano which is the highest mountain in modern Armenia. We start the day at Tegher Monastery. We drive on passing by some Kurdish yurts to the Amberd Fortress with its church which dates back to the eleventh century. Situated at an altitude of over 2,000 metres, we enjoy spectacular views over Mount Ararat. Before returning to Yerevan we stop at Saghmos Monastery with its remains of frescoes, which are very unusual in Armenian churches.



Tuesday Khor Virap

We drive south to Khor Virap, past wonderful views of Mount Ararat. Here in the complex we can 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 main church is built on two levels, with an outside stone staircase ascending to the upper level. We drive on across the Selim Pass, stopping at the Selim caravanseri (2400 meters) and on to Lake Sevan where we stay beside the lake at the Blue Sevan Hotel for one night.

Wednesday Lake Servan

Lake Servan is the largest mountainous lake in the world. We visit the churches on the peninsula. Then we continue our way to north. We will pass through the spa town Dilidjan, an inspiration of many famous artists including Benjamin Britten and Mstislav Rostropovich who stayed here 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 Lori province to stay overnight at Dzoraget Hotel



Thursday Haghbat and Sanahin

Our highlight today will be the visit to two UNESCO sites – Sanahin and Haghbat monasteries located on either side of Debed River canyon. After having lunch at a local restaurant which has the best barbeque in Armenia we return to Yerevan for our final two nights at Regineh Hotel.

Friday Garni and Geghard

We drive east and visit Garni, 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 where possible. Nearby are the remains of Roman baths. From here we drive on to Geghard, famous for the tradition that the spear which pierced Christ's side rested here. We arrive back to Yerevan mid afternoon and have some free time for shopping



Saturday 29 October Homeward bound

After breakfast we transfer to the airport for our return flight BD 966 which departs Yerevan at 11.20 and arrives into Heathrow at 13.05. *(flight times shown are local)*

PRACTICAL INFORMATION

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. Visas are issued on arrival at Yerevan Airport. If you are holding a non-British passport, or require further advice, please consult the McCabe office. Inoculations are not generally required. We, however, do advise you to consult your doctor regarding your own personal requirements.

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.

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**.

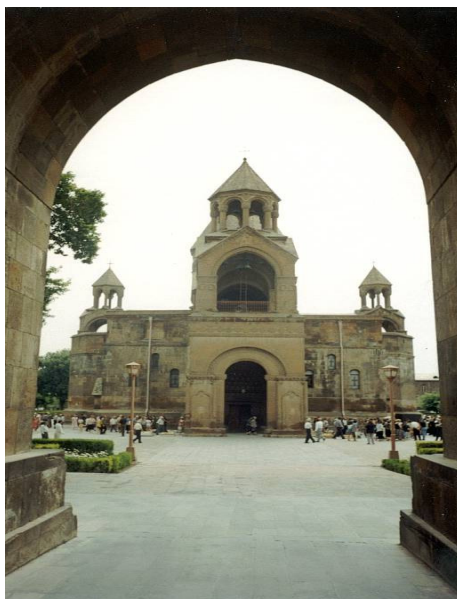
This pilgrimage is ATOL protected by the Civil Aviation Authority. The McCabe ATOL number is 2920.

TRAVEL INSURANCE

McCabe will arrange comprehensive travel insurance cover for each passenger unless otherwise indicated on the booking form. We have negotiated the premium (see 'Tour Information' section inside for rate) which as well as offering full medical and baggage cover also gives cover against loss of deposits. Cover is arranged by Preferential Insurance Services Ltd and is underwritten by Optimum Underwriting Limited as underwriting agents for Groupama Insurance Company Limited – each aforementioned organisation is authorised and regulated by The Financial Services Authority (FSA). The policy wording sets out full details of cover and will be sent to you with your confirmation invoice. This document also acts as your insurance certificate so that your booking reference number is also your insurance policy number.

A special feature of the McCabe insurance is that there is no age limit. Please, however, note it is a requirement that all insured persons must adhere to the Medical Health Requirements section on page 5 of the Policy wording document (which we will send you with your confirmation invoice). If you answer yes to any of the questions asked within this section you must contact the [HELPLINE 0871 527 1282](tel:08715271282). This is a confidential service that will decide whether or not this insurance is appropriate for you. If they decline to offer cover, or if you are unhappy with any aspect of the cover, you can return the policy within 14 days of issue and receive a full refund.

In cases of difficulty, we have specialist insurers we can introduce you to.



McCabe Pilgrimages

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