Armenia's Trekking Highlights

Trip Code: ATH

Version:

WALK & TREK	GUIDED GROUP	5 MODERATE



HIGHLIGHTS

- Hike to the Southern summit (3,888m) of Aragats (4,090m), the highest peak in Armenia
- Look out for petroglyphs on a 4 day trek though the unspoilt Geghama Mountains
- Visit the Khor Virap monastery, for views across the Ararat plain to Mt Ararat
- Stay on the shores of Lake Sevan, one of the largest alpine lakes in Eurasia
- Discover Armenia's monasteries including Geghard, which is partly hewn from solid rock

AT A GLANCE

- 8 days trekking
- Max altitude 3,890m
- Join at Yerevan

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Armenia is one of Europe's most mountainous countries and this walking holiday in Armenia promises a veritable kaleidoscope of culture, history and great trekking. We start our excellent itinerary with a visit to several medieval monasteries, hiking on rugged trails between these fine examples of Armenian architecture and stopping off at mountain villages and on the shore of the vast Lake Sevan. After this splendid cultural introduction, we cross the Geghama Mountains on a 4-day trek that sees us hiking through flower-spangled meadows to the volcanic crater lakes on the summit of Mount Azhdahak (3597m). Then, transferring to a high camp on Mount Aragats, the high point of the country, where the views extend to Mount Ararat in the nearby Turkey. We climb to the southern summit on a long days walk, before return to Yerevan for our last night. This holiday includes a good selection of walks and seeing some of the many Christian churches that the country is famous for.

LOOKING to Extend your HOLIDAY?

Fancy the ultimate Caucasus walking and cultural experience? For a complete experience, why not combine KE's Armenia's Trekking Highlights Trekking Holiday with Trekking in Georgia and the High Caucasus.

Is this holiday for you?

Armenia is a relatively new trekking destination that also has a great deal of cultural interest. We spend several days travelling through the country and stopping off to make short hikes. This provides us with a bit of fitness training ahead of our 4-day Geghama Mountains hike which involves three 6-hour walking days and one shorter day up to a maximum elevation of 2500 metres and with 2 camps at around 3000 metres. This preparation means that we are in good condition and well acclimatised before setting off on the single toughest day of the trip, the ascent of the dormant volcano, Mount Aragats. This walking holiday is suitable for regular weekend hillwalkers.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed transfers on arrival and departure
- All land transport required by the itinerary
- All accommodation as described
- Meals as detailed in the Meal Plan
- Full service camping on trek including all camping equipment
- Baggage transfer by 4WD as required during the trekking
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What's not Included

- Travel insurance
- Armenia Visa
- Yerevan Airport transfers (other than single timed transfer)
- Tips
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Yerevan.

A single timed airport transfers is provided.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 8 lunches and 7 dinners are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

When staying in hotels and guesthouses, breakfasts are taken at the overnight accommodation and typically consist of tea and coffee, cereals, bread, jam, cheese, cold meat and eggs (omelette). Dinner will be taken either at our accommodation or in a nearby restaurant. Local fare predominates, but you can also expect such staples as pizza and pasta dishes. Varied and filling breakfasts are provided by the cook when camping. Picnic lunches are provided on most days and these will usually be bread, cheese, tomatoes, cucumber, olives, ham or other dried meats, fruit and biscuits. Dinners at camp are traditional Armenian fare consisting of 2 or 3 courses.

Accommodation

We will spend 4 nights at a comfortable hotel in Yerevan. There will also be a night at a guesthouse or hotel in Dzoraget and 1 night in a hotel at Sevan Lake.

There will be 4 nights camping, sleeping in 2 man tents. There will also be a communal mess tent, camp kitchen, toilet tent, chairs, camping tables etc. Whilst camping, you may be expected to assist with putting up and taking down your own tent as the crew set up the mess tent and prepare the rest of "base-camp".

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single hotel rooms and/or single tents are available for a supplementary cost. If you are planning to extend your holiday additional nights are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. There will also be one or more drivers, and when camping there will be a cook. A second guide will accompany groups of 10 persons and more.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

We estimate that £150 will cover your personal spending, including the 3 meals that you will pay for directly (allow a total of £20). This will also cover the paying of a reasonable tip to the local guide, trekking crew and other staff. Do not try to obtain any local currency (Armenian Dram) before you arrive in the country. You can withdraw cash from ATM's at Yerevan Airport and in Yerevan itself, using a credit card or a debit card.

Guidance on Tipping

Tipping is the accepted way of saying ‘thank you’ to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group. We recommend about £30-40 per person.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffle bag and a daypack. During the Geghama Mountains trek your main baggage will be transported in a 4WD support vehicle, there is a finite amount of space. Please keep the weight of your main luggage to no more than 15kgs / 33 lbs. For international flights pleace check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Armenia

UK passport holders do not require a visa for short stays. Other nationals should see Ministry of Foreign Affairs of the Republic of Armenia.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Armenia is the Armenian Dram.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Running, cyclying and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The height of the summer is perfect for a trekking holiday in Armenia. We run our trips in July and August when we can expect the daytime temperatures in Yerevan to be around 25-30°C, dropping at night to 15°C / 59°F. At our highest camps, we can expect daytime temperatures to be no higher than 15°C / 59°F (although it may well feel hotter than this) and nighttime temperatures will fall to 5°C / 41°F. At this time of year, we will be unlucky to experience significant amounts of rain.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Maps

Armenia - Roskartografia. 1:500,000

Attractive map of the country, showing physical relief and communication information - roads, railways, canals. Intermediate driving distances on roads are marked. General relief is shown through hill shading and elevation tinting. Other detail: national parks, administrative boundaries, irrigation channels, marshes, seasonal rivers, mountain peaks, names of mountain ranges. All text is in cyrillic only.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You SHOULD bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Base layer shirts (2 short sleeve, 2 long sleeve)
- T-shirts or casual shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Fleece hat
- Sunglasses
- Thermal or fleece gloves
- Daypack 30 litres
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sleeping bag (comfort rated -5°C)

- Washbag and toiletries
- Travel towel
- Antibacterial handwash
- Selection of dry bags (to keep kit bag contents dry)
- Basic First Aid Kit, consisting of the following: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) painkillers, plasters and blister treatment, Insect repellent (DEET), and re-hydration salts (Dioralite).

The following items are optional:

- Trainers or sandals for camp
- Spare laces
- Shorts
- Thermal baselayer - leggings
- Sleeping bag liner
- Insect repellant (DEET)
- Trekking poles
- Camera
- Swimwear
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Travel clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Yerevan. A single transfer is included from/to Yerevan Airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights are based on Air France flights from London (Heathrow) to Yerevan. The flight departs the UK in the morning and arrives late evening of day 1. The return flight departs in the morning on the last day and arrives later that afternoon in the UK. The Air France flights have been chosen for this trip as the schedule, whilst not the cheapest, is the most convenient for the itinerary. Alternative cheaper flights may be available but these will involve a very early morning transfer on the return flight home. Please contact us for more information on alternative flight schedules.

Why Choose KE

Why KE

Only a select number of UK companies offer a good walking itinerary in Armenia. It is often overlooked as a walking destination - but it is packed full of tourist-free countryside and stunning mountains which are just asking to be walked through!

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change