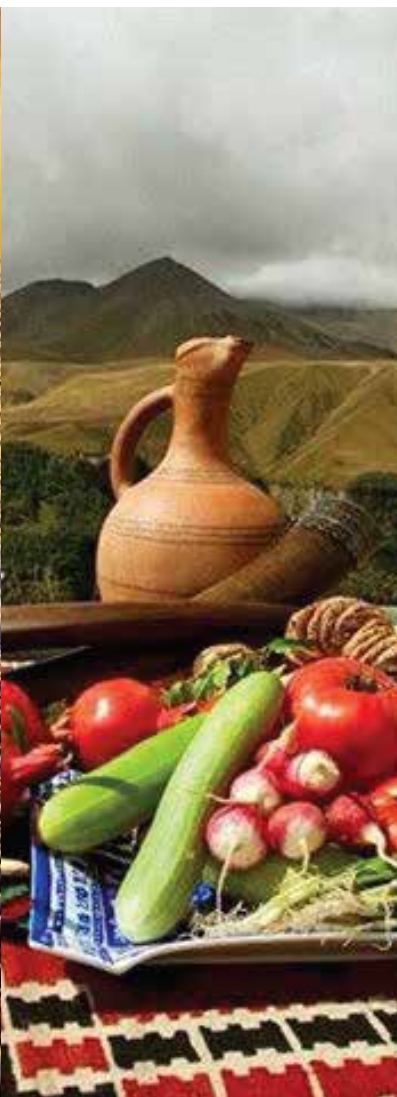


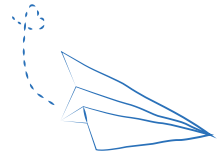


# TEP

GEORGIA







## **14 DAYS OF FAMILY HOLIDAY PACKAGE IN ABASTUMANI A RESORT BETWEEN STARS AND PINES**

The fast pace of modern life can make it hard to find the time to really appreciate your loved ones. Travel can be an enlightening and eye-opening experience for children of all ages: but at the same time it can be tricky finding the perfect holiday that offers something for everyone in the family. So we will tell you why Abastumani is one of the best family spot in Georgia for affordable healthy holiday. It's a great opportunity to re-energise and focus on your health and well-being, enjoy the breathtaking natural landmarks and beautiful landscapes, cross-country trails, horseback tours, spas da mineral waters, or simply take long walks through the beautiful pine forests with your children. We feature our best value wellness holidays and retreats. Experience the benefits of personalized health programmes which include healthy cuisine, specialized treatments and facilities equipped to help you reach your goals.

Abastumani – mountainous balneoclimatic resort, located in southwest part the Eastern Georgia, 1250-1450 m above sea level. There is no extremely cold winter, or sweltering heat in summer here. Average temperature of the coldest month January is  $-6^{\circ}\text{C}$ , and warmest month July  $+19^{\circ}\text{C}$ .

Diversity of flora in the region creates breathtaking beauty, turning Abastumani in to a great park. Spruce, fir, pine, birch, oak, aspen, alder, maple, rowan, bird cherry, pear, apple, lime, currant, dog-wood, rose, juniper, and many others provide clean mountain air with healing properties and save it from dust and pollution. Lack of the bird species is also local characteristic, which is connected to the rarity of insects here.

Abastumani offers stunning panoramic views, noisy mountains springs, amazing places in the forest for family picnic beautiful landscapes and challenging trails you won't easily forget.

It's a great chance to visit Abastumani Observatory and look at the stars at night thru telescope, isn't it interesting for every curious child? – Abastumani alpine astrophysical observatory was founded in 1932. It is located on Mount Khanobili, at an altitude of 1700 meters above the sea level.

Unique features of moderately humid climate of Abastumani are also coming from, geographical position, character of relief, altitude, whereby total solar radiation, particularly ultraviolet is at the high levels.



Nowadays, it is scientifically proven that the unique climate of Abastumani, combined with the healing properties of mineral water, results in the treatment and rehabilitation of people.

## INDICATIONS FOR TREATMENT

- Clinical forms of tuberculosis in a compensated or sub-compensated process (primary complex in the infiltration phase, decay or seeding, bronchoadenitis in active form, chronic disseminated tuberculosis, focal pulmonary tuberculosis in all phases of the process, infiltrative tuberculosis, chronic chronic fibro-cavernous in all phases at near advanced process, moderately severe intoxication and a slight restriction of the respiratory surface, subacute and chronic pneumopleuritis, pulmonary tuberculosis with effective and ineffective pneumothorax without hypoxemia and disorders in the cardiovascular system, laryngeal tuberculosis of infiltrative form without severe dysphagia and shortness of breath, laryngeal tuberculosis of the ulcers without dysphagia and only in the summer months).
- Respiratory diseases (chronic forms).
- Metabolic diseases (initial stage of diabetes, impaired glucose tolerance, gout).
- With reduced immunity, loss of strength and exhaustion after previous infections.
- Diseases of the digestive system.
- Bronchial asthma.
- Functional diseases of the nervous system.
- Secondary anemia.
- Rickets.



## CHILDREN'S FAVORITE ACTIVITIES

- Roam the countryside on horseback
- Cycling - do not miss the chance to check Abasumani's beautiful trails on two wheels.
- Picking berries and mushrooms in the forest, walks in fresh, crisp air, through the hills of Georgia's countryside that is teeming with wildlife, where you can find endemic plants that can't be found elsewhere in the world.

## 14 DAYS / 13 NIGHTS FAMILY HOLIDAY PACKAGE FROM \$ 750 PER PERSON

Price includes:

- Comfy round transfers
- 13 nights' accommodation at Hotel Abastumani Residence
- Meal Plan: HB

We are here, for those who have little time available but want to capture as much as possible of good family holiday, those who want to get to know a place they've never seen or go back to place visited before, those who love adventures and are keen to new experiences, but want to rely on punctual and timely assistance. Our qualified team is at your disposal with plenty of tips and exhaustive information to enable you to enjoy every minute of your holiday and make it unforgettable.

**CONTACT US  
TO CHECK IF THERE IS AVAILABILITY  
FOR THE NUMBER OF PLACES YOU REQUIRE.**

**BUDGET AND PRECISE CALCULATION OF THE PRICE,  
WILL BE PLACED AFTER ORDERING THE ACTIVITY.**

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