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DEVELOPMENT OF TOURISTIC ROUTES IN THE SOUTH-EAST REGION

Project “Development of Sustainable Cultural Tourism in the Black Sea Basin - CULTOUR-BSB”, eMS code BSB -117



Project funded by
EUROPEAN UNION



**DEVELOPMENT OF TOURISTIC ROUTES IN THE
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RECREATIONAL
ROADS OF
ROMANIA AND
UKRAINE

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Recreational roads of Romania and Ukraine

Recreational tourism represents a certain type of tourism, which is having the main target function - the restoration of the physical and mental strength of a person by means of tourism. The main effect for which recreational tourism is used is an increase in a person's working capacity, which is subjectively expressed in the form of relieving fatigue, the appearance of a feeling of cheerfulness and a surge of strength, and objectively - in improving the functional state of the body. It is active recreation and health tourism, which is why it is often called health tourism.

Unlike other types of physical culture in physical recreation, the most significant are not generally accepted components of physical activity, but subjective sensations associated with the performance of certain actions that are more enjoyable, rather than exhausting. It is the pleasure principle that is one of the main distinctive principles of physical recreation.

Technical features:

Administrative geography/counties included: Ukraine, Romania

Duration: 14 days

Season: spring, summer, autumn

Transport accessibility: car, bike, boat, bus, train.

Main goals:

- promotion of local recreational resources and cultural heritage
- strengthening the image and recognition of the region
- promoting sustainable health tourism

Sector 1:

Bucharest – Braila – Galati – Tulcea – Murighiol – Constanta.

Time 7 days with overnights.

Sector 2:

Bolgrad – Bilyaivka – Odesa – Koblevo – Ochakiv – Obloi – Gola Ptystan – Hryhorivka – Berdyansk.

Time 7 days with overnights.





Keywords:

- medical tourism
- spa
- wellness tourism
- diversification
- resort destination
- health tourism
- spa-tourism
- wellness-tourism

Site types:

Recreational resources
Fishing
Mud showers
Sanatoriums
Resorts
Healing sources
fishing villages
main cities
natural reserves
water/hiking trails



Sector 1

Start point: Bucharest

Stop-point: Braila, Galati, Tulcea, Murighiol

End point: Constanta

Bucharest – Braila – Galati – Tulcea – Murighiol – Constanta.

Targeted types of tourists: adventurer/wildlife enthusiast, cultural tourist

Main targeted country markets: United States of America, Republic of Moldova, Israel

The route tempts visitors to take a journey through different settlements (both big and small) along the Danube River and its Delta and to get accustomed to one of the oldest activities in the region - fishing. Expanding over 3 counties, the tours offer a unique experience, by both land and sea/stream. Tourists have the possibility to accompany locals on their fishing trips, to learn how to cook traditional dishes from the region, to master different related crafts (such a traditional boat making, pottery and textile workshops, and so on) and also to explore the vernacular architecture specific for this region.



Activities and designated places:



scenic views



recreational facilities

Sector 2

Start point: Bolgrad

Stop-point: Bilyaivka, Odesa, Koblevo, Ochakiv, Obloi, Gola Ptystan, Hryhorivka

End point: Berdyansk

Bolgrad – Bilyaivka – Odesa – Koblevo – Ochakiv – Obloi – Gola Ptystan – Hryhorivka – Berdyansk.

Target categories of tourists: people of different age categories, mainly 20 -60 years old (more than half of the total number of tourists), average age.

Main target markets of the countries: USA, Republic of Moldova, Republic of Belarus, Russian Federation, Italy, Poland, Czech Republic, France.

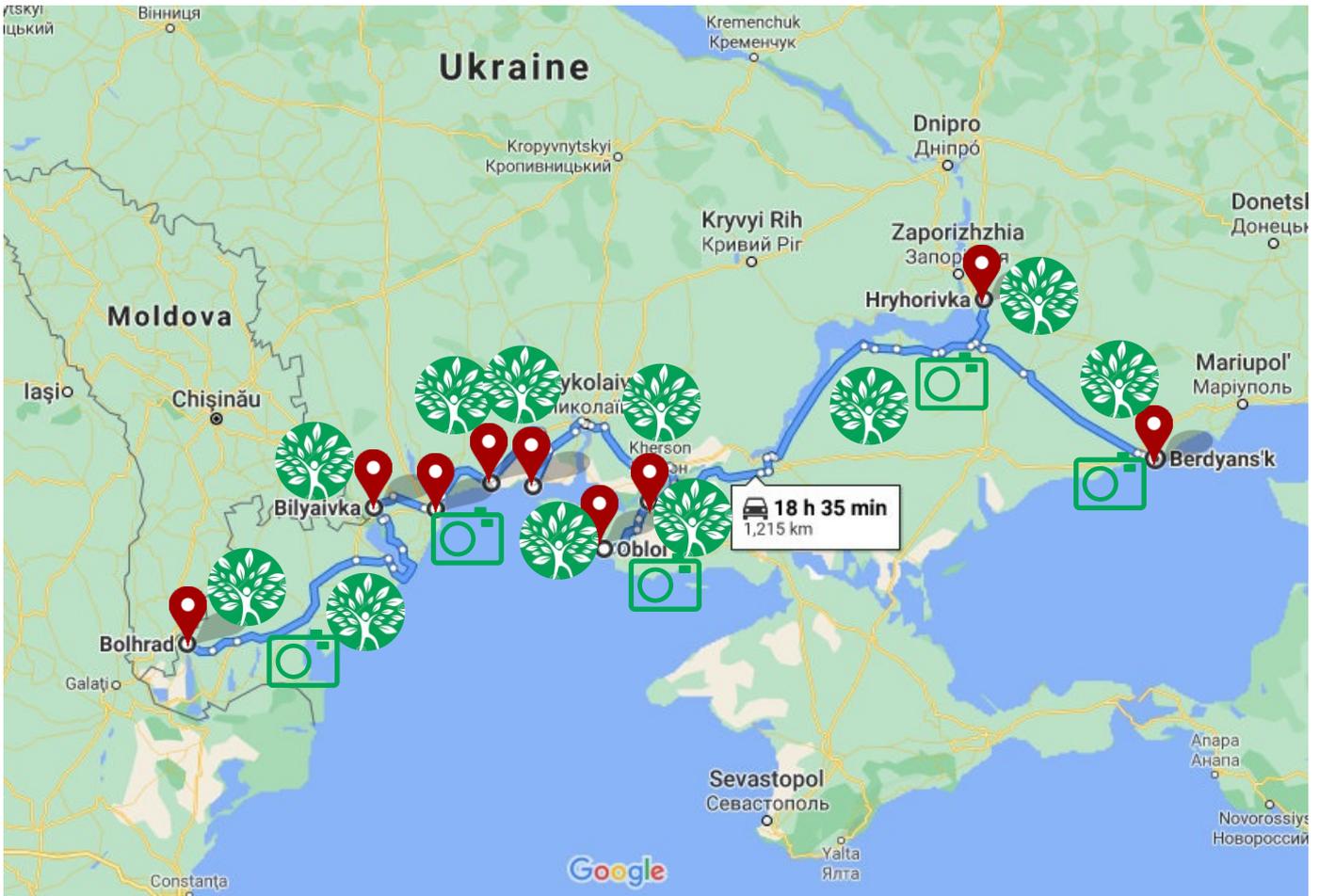
People began to deliberately travel for the purpose of recreation only in 1841, in fact, since that time we can talk about the emergence of a new form of leisure - tourist and recreational. Tourism satisfies people's need for relaxation through a change of scenery. People began to specially walk and go to places where they can relax, rest, escape from the usual hustle and bustle. This is how recreational tourism appeared. This is a special form of activity, during which a person recovers his resources and heals at the physical or psychological levels.

The south of Ukraine is popular for its mud healing resorts, which in terms of quality of services are not inferior to the Dead Sea of Israel.

The healing properties of each mud are proven in laboratory studies, and each mud has a different effect on how and under what conditions it is used. Despite the fact that many mud lakes are generally accessible, you cannot take mud procedures on your own - this can harm your own body. To achieve a healing result, it is necessary to undergo a course of treatment in specialized mud sanatoriums.

We offer you a route through the recreational resources of the Odesa, Mykolaiv, Kherson and Zaporizhzhya regions.





Activities and designated places:



scenic views



recreational facilities





**Balta Mică
a Brăilei Nature Reserve**



BALTA MICĂ A BRĂILEI NATURE RESERVE

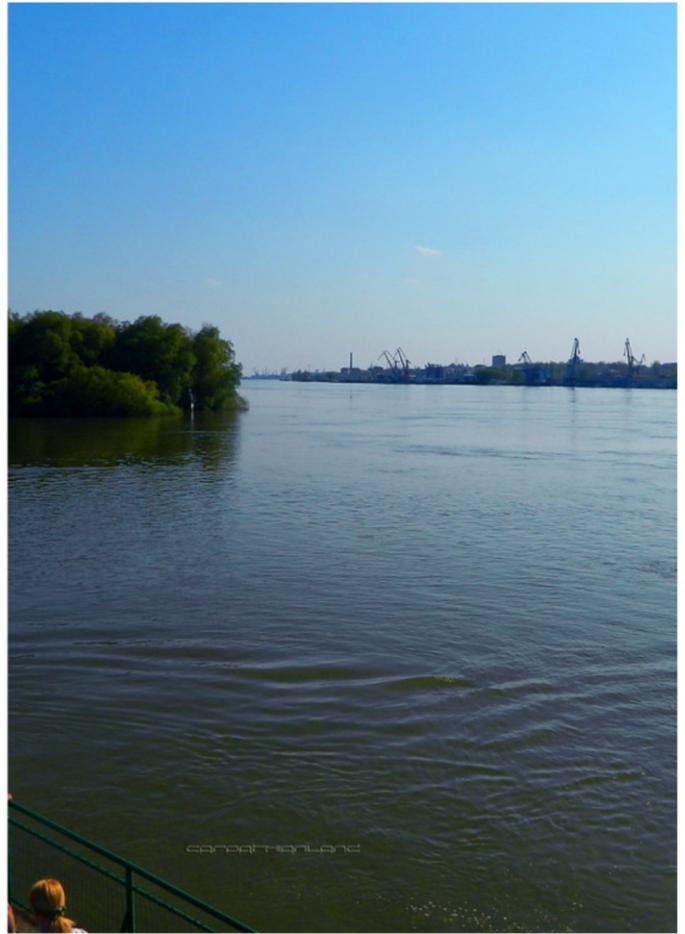
Balta Mică a Brăilei Natural Park is a protected area which occupies a 62 km segment of the Lower Danube Course. Access to the park can only be done by crossing the Danube by ferry or other boats through 3 main entry points: (1) through Giurgeni, on the European road E 60 towards the “Egreta” integral protection area, (2) through Brăila, from the Nautical Base, upstream to the area of full protection “Fundu Mare” or (3) through Gropeni, after crossing by ferry to the Big Island of Brăila. Accommodation possibilities include 2 rustic campsites, a small number of cottages / pensions and a total of 14 households in the area adjacent to the park. Among the activities that tourists can engage in are bird watching, canoeing - practiced in individual boats (canoe or kayak type), or paddling, from Giurgeni (upstream) to Brăila (downstream) on the navigable arms of the Danube. In addition, recreational fishing is also allowed in certain areas of the park. The main touristic trails in the Balta Mică a Brăilei were detailed in the first sector of this brochure - The main North- South Route (which covers the whole park) and the Northern Route (which begins in the Gropeni Pass and goes along the islets to Brăila Municipality).

useful information

access: Giurgeni, Brăila (Nautical Base), Gropeni



**Brăila and the Danube
Riverfront**



BRĂILA AND THE DANUBE RIVER FRONT

The city of Brăila, located on the banks of the Danube River, captivates tourists through its impressive belle époque architecture and also its industrial heritage. The city still retains some of its 19th century grandeur when the city's investors made fortunes in the shipping business and built elegant villas, some of which have been fully restored. Among them are the recently revamped building of the former River Station (Gara Fluvială), serving at the time hundreds of passengers travelling on board of steam ships, and the Violattos Mill, one of the largest steam-powered mills in Eastern Europe when it opened. Apart from its impressive buildings, tourists can also take a stroll along its famous riverfront park, which covers the city's South-Eastern part.

useful information

note: tourists can contact the National Centre for Tourism Promotion - Brăila (Centrul National de Informare si Promovare Turistică Brăila)

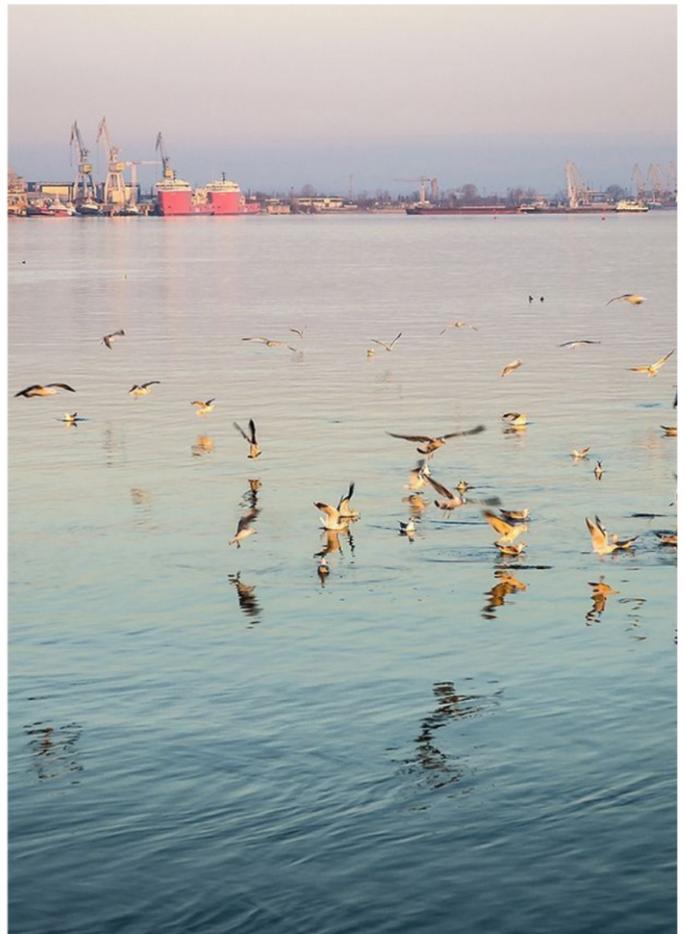
adress: 4A, Edmond Nicolau Street, Brăila

contact: +4 0786 478 494

schedule: Monday - Sunday - 10:00 - 17:00



**Galati and the Danube
Riverfront**



GALAȚI AND THE DANUBE RIVER FRONT

The main attraction of the city is the Danube Shoreline, a true backbone of tourism in Galați. With a length of 4 km, arranged in 2 steps - the upper cliff and the lower cliff, it is considered the longest in Europe, on the Danube. Along the shoreline you will encounter metal sculptures made in the 70's, which contribute to enriching visitors' aesthetic experience. The Danube Shoreline is an integral part of the city, being the outdoor sports ground for lovers of sport, but also an inspiration for amateur or professional photography. The Shoreline is accessible in any season and occasionally here various events are organised: concerts, exhibitions, sporting competitions. Tourists can also embark on trips along the Danube. The main river trips available are: (1) Galați on the Danube - Cliff, Siret overflow, Shipyard and Return, 2 hours ; (2) Galați - Flush Prut and return, 4 hours; (3) Galați - Măcin Canal entrance and return, 5 hours; (4) Galați - Tulcea and return, 11 hours

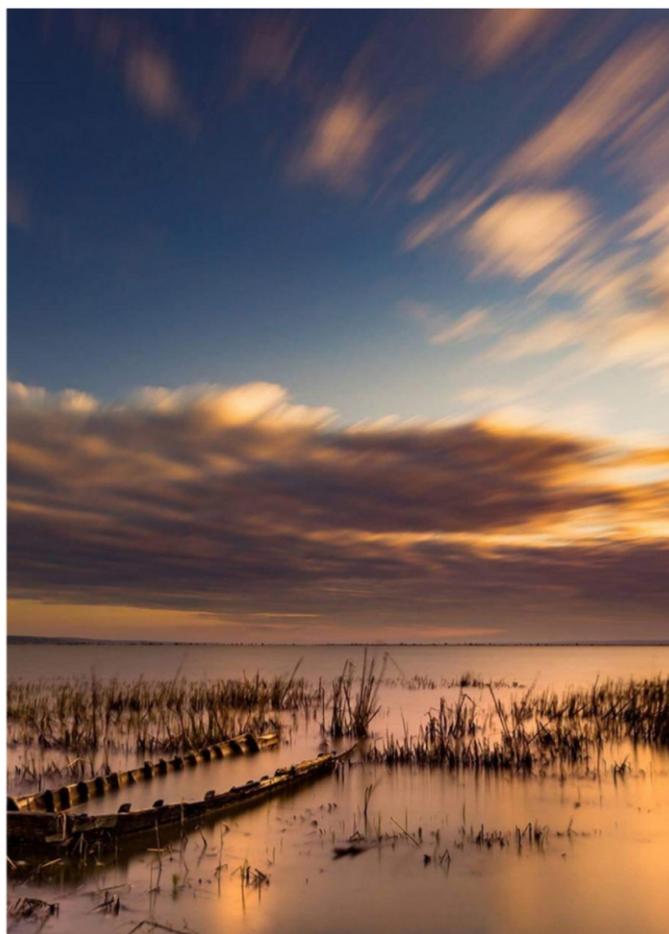
useful information

note: tourists can use the Galați City App (available on the App Store or on Google Play) for information regarding cultural events, gastronomy, accommodation, transportation, and so on.

<https://galaticityapp.ro>



Lake Brateş



LAKE BRATEȘ - GALAȚI

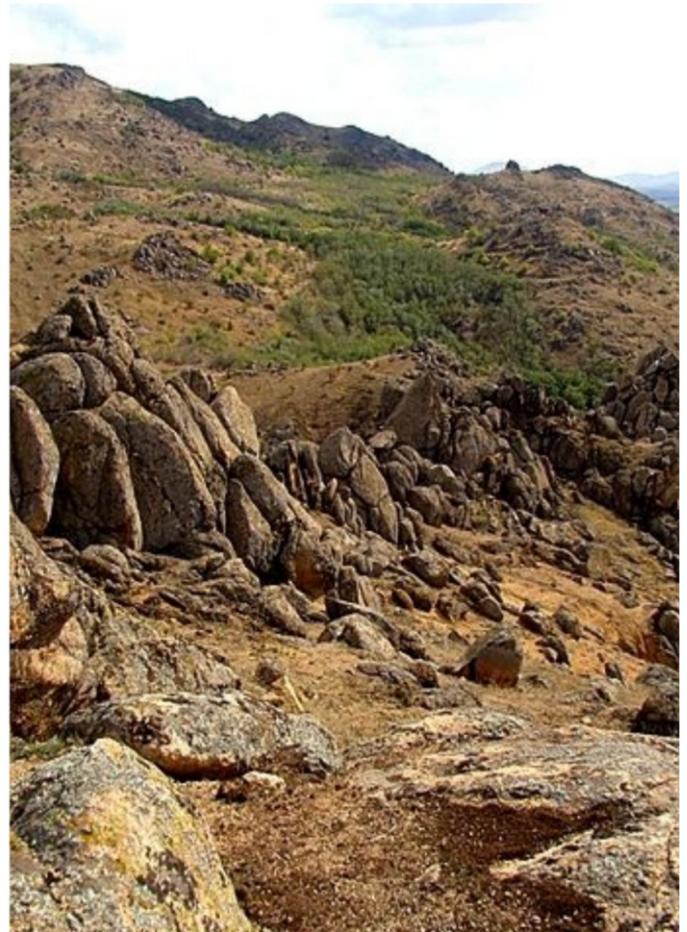
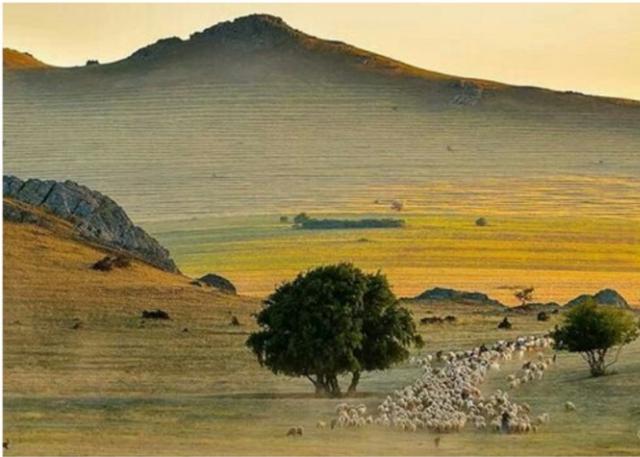
Lake Brateș, located at the confluence of the Prut River and the Danube, is one of the largest lakes in Romania, it is an important fishing base and one of the tourist attractions from Galați County. Also dubbed “The Balaton of Romania”, Lake Brateș was part of the small delta made by the Prut River inflow, which lined the lake and ponds on both sides of the river. In 2011, Lake Brateș was declared a Special Protection Area for birds. The site consists of 3 natural habitats: fresh continental waters (stagnant and running waters), extensive cereal-growing crops (including rotational crops with stubble ploughing) and caducefoliated forests (mixture of indigenous white willow with white poplar and black poplar). Among the avifaunistic species encountered here, we mention: the great white pelican, the whiskered tern, the black tern, red footed falcon, the red-breasted goose, the greater white-fronted goose, the Eurasian wigeon, the mallard, the common teal, the Eurasian coot, the little egret and the lesser spotted woodpecker.

useful information

access: from Galați, via Macului Street



**Măcin Mountains
National Park**



MĂCIN MOUNTAINS NATIONAL PARK

Măcin Mountains are of remarkable importance in the country's mountains, being the oldest mountains in Romania. Due to the numerous historical vestiges, the researchers' interest is focused on the archaeological excavations and equally on the research of existing vast natural treasure here – geological, botanical and zoological. Măcin Mountains National Park's available natural potential is making it accessible to a wide range of tourists, interested in hiking, landscapes, flora, local fauna, studies and documentaries (documentations). On different levels of vegetation, between 7 and 467 m - Țuțuiatu Peak, we meet the unique steppe landscapes on the slopes, followed by forests with oak, flowering ash, hornbeam and downy oak, leading to bushes on the peaks and cliffs, and steppe-looking alpine meadows. Tourists can enter the park through Luncavița, Nifon or Niculițel communes, in the Northern and Eastern part of the park.

useful information

address (Northern and Eastern part): Luncavița, Nifon, Niculițel communes

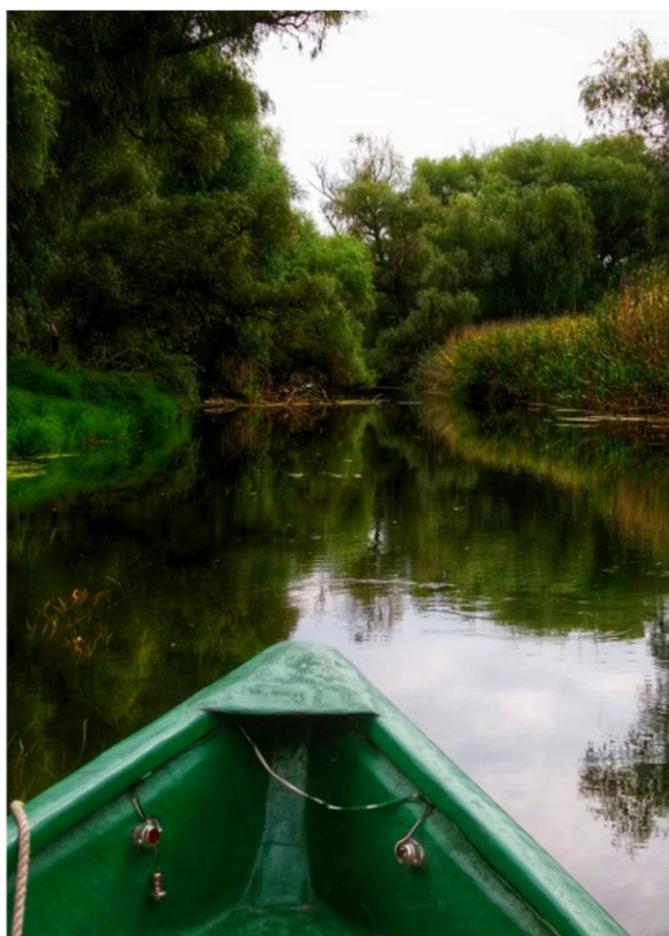
tel/fax : +4 0240 517 718

e-mail: parcmacin@gmail.com

website: <http://www.parcmacin.ro/en>



**Fishing villages
- Mila 23**



MILA 23

Among the most sought-out destinations in the Danube Delta, the Mila 23 village is located at approximately 40 km from Tulcea Municipality, accessible only by waterways. Having a unique and picturesque appearance, Mila 23 was founded by the Lipovans, on the old course of the Danube, more than 200 years ago. Nowadays, the traditions and customs of the Lipovans, but also the gastronomy and traditional architecture make the village stand out among tourist destinations. The reed roof houses, with windows painted in shades of blue, known as *sinilie*, are specific to this village. The fishing enthusiasts can test their skills on the Old Danube, Eracle Canal, Şontea, Obertin Lake, Trei Iezere Lake and so on. The village has its own unconventional museum, known as the Floating Museum, built around the traditional danubian *lotca* - a boat used by fishermen to travel between different villages. The museum exhibitions are formed around the traditions and stories from fishing communities such as Mila 23, Crişan and Caraorman.

useful information

note: tourists can access the Mila 23 fishing village from Tulcea, Murighiol and Crişan, only by boat.



Fishing villages - Crişan



CRIȘAN

Crișan was first certified in 1880. Described as a fishing village, it was originally populated almost entirely by Ukrainians. This is the place where most of the getaways in the Danube Delta branch off. Being a fishing village at its origins, Crișan has experienced a rapid development precisely because of its privileged position on the most circulated channel - Sulina, frequented by commercial vessels as well as those of tourism and leisure. 3 great meanders of the river unite here, also being the access routes to some of the most original sites of the Delta. To the South stretches Caraorman, Lake Puiu and Lake Roșu, and to the North, on the bank between the arms of the old Danube, towards Mila 23 or towards the village and the Letea forest. Tourists can visit the Information Center of the ARBDD, a small museum of the Danube Delta, which contains detailed models with parts of ecosystems in the Danube Delta and an impressive grass with a large variety of plants located in the Reserve. Nature lovers can engage in activities such as birdwatching, while tourists interested in the gastronomy of the region, can taste certain kinds of fish, prepared in a variety of recipes, most of which are full of secret ingredients that give a special taste to the dishes.

useful information

note: tourists can access the Crișan fishing village from Tulcea, only by boat



**Fishing villages
- Chilia Veche**



CHILIA VECHÉ

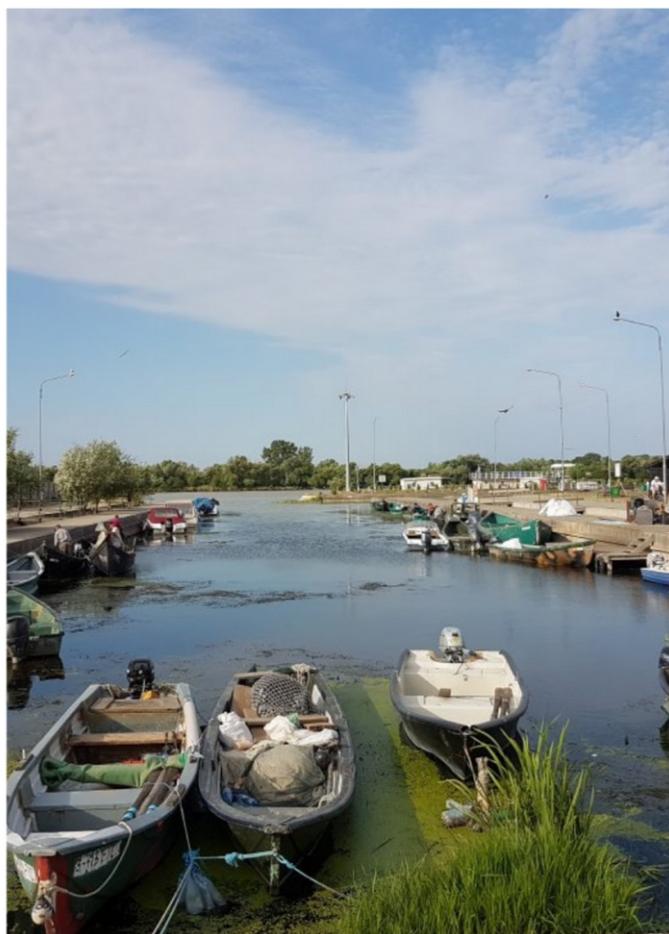
Founded by the Greek Byzantines, it was given its name after the word for “granaries” recorded earliest in 1241 in the works of Persian chronicler Rashid al-Din. The small lake town is isolated between the waters, so that the tourist looking for accommodation in Chilia Veche discovers that he can reach this ancient place only by two means; and both involve crossing large areas of water. This is also the reason why many accommodation units in Chilia Veche offer guests the option of a boat transfer from Tulcea to the destination. The road is about 60 km long and the pensions often provide an experienced navigator with a guiding role. Tourists can embark in different sub-trips from Chilia Veche to see the largest colony of white pelicans in Europe in the Roşca Lake or the wild horses from Letea.

useful information

note: tourists can access Chilia Veche fishing village from Tulcea, by boat, or by road (includes passing the Danube by ferry)



**Fishing Villages
- Saint George**



SFÂNTU GHEORGHE (SAINT GEORGE)

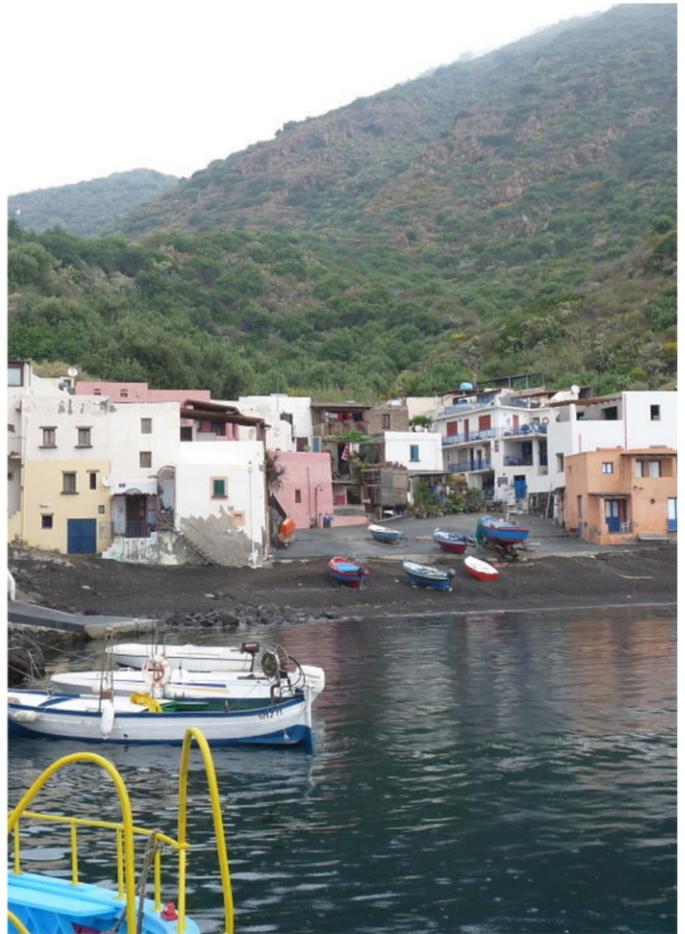
Sfântu Gheorghe (Saint George) fishing village, located at the Eastern part of the Danube Delta, is a unique locality in terms of tourism. There, tourists can relax on beaches where exotic birds stop and wild horses run free. Near the village, tourists can take a trip to the island of Sahalin in the perimeter of which hundreds of rare species of birds find their shelter each year. Moreover, the Erenciuc Channel, which is the only black alder resin of Europe, but also the area where the codalb eagle is sheltering. Saint George, a traditional Lipovan village on the edge of the Danube Delta is the ideal choice for those who want to escape the daily stress and to try the famous Ukrainian Lipovan gastronomy, while experiencing the local crafts and rites. The main points of tourist interest in Saint George are: wild beach with fine sands, Sahalin Nature Reserve, Lakes Sărătura I, II, III, Sărăturile refuge and the Uzlina refuge.

useful information

note: tourists can access Sfântu Gheorghe (Saint George) fishing village from Tulcea, Mahmudia, Murighiol, only by boat



Fishing Villages - Sulina



SULINA

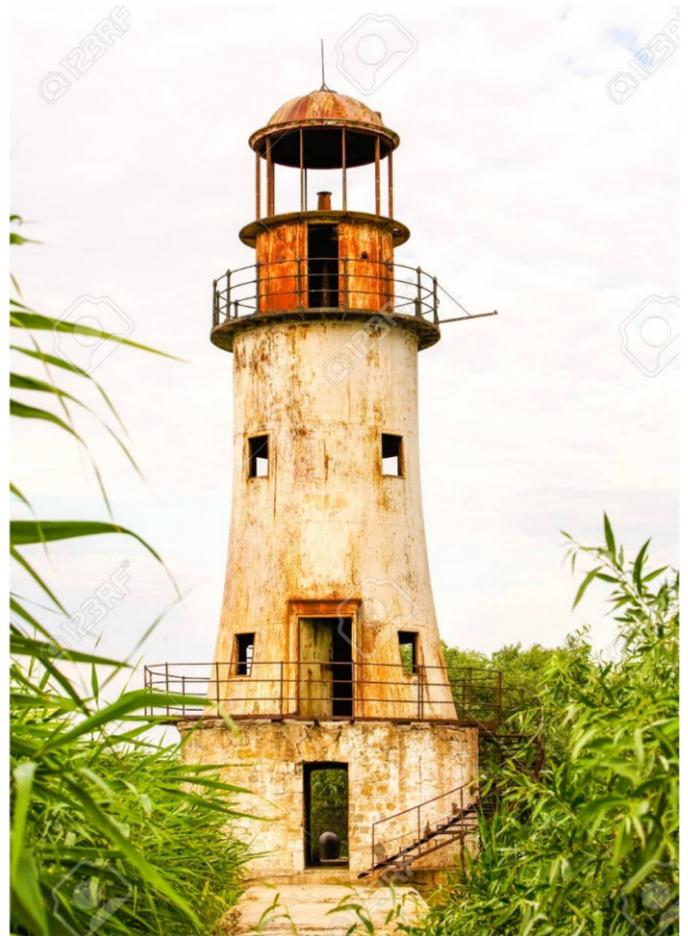
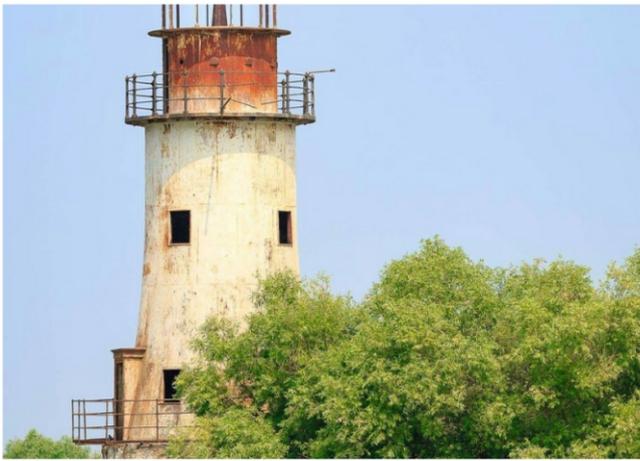
By the middle of the 19th century, Sulina was the most important port on the Western coast of the Black Sea and in 1870 was the first Porto Franco (free port) of Romania. This is where most of the goods came in and out of the country. At the end of the century, the city was already cosmopolitan, with a majority population consisting of Greeks, an influence that is still visible in the ruins of the buildings in Sulina. Tourists can observe a pattern of old historical buildings, new houses and living blocks, guesthouses and restaurants, aligned on streets that run parallel or perpendicular to the Danube's Branch. Among the main touristic attractions are the variety of churches (Roman-Catholic, Orthodox, Greek etc), the city cemetery (which is believed to be the only maritime cemetery in the Eastern part of Europe). The cemetery, apart from being a multiethnic one, is believed to have amongst its grounds a pirate tomb - recognizable by the symbol of the skull with crossbones, the old lighthouse and the picturesque wild sandy beach, located at a 30 min walk from the city.

useful information

note: tourists can access Sulina from Tulcea, only by boat



The Old Lighthouse



THE OLD LIGHTHOUSE - SULINA

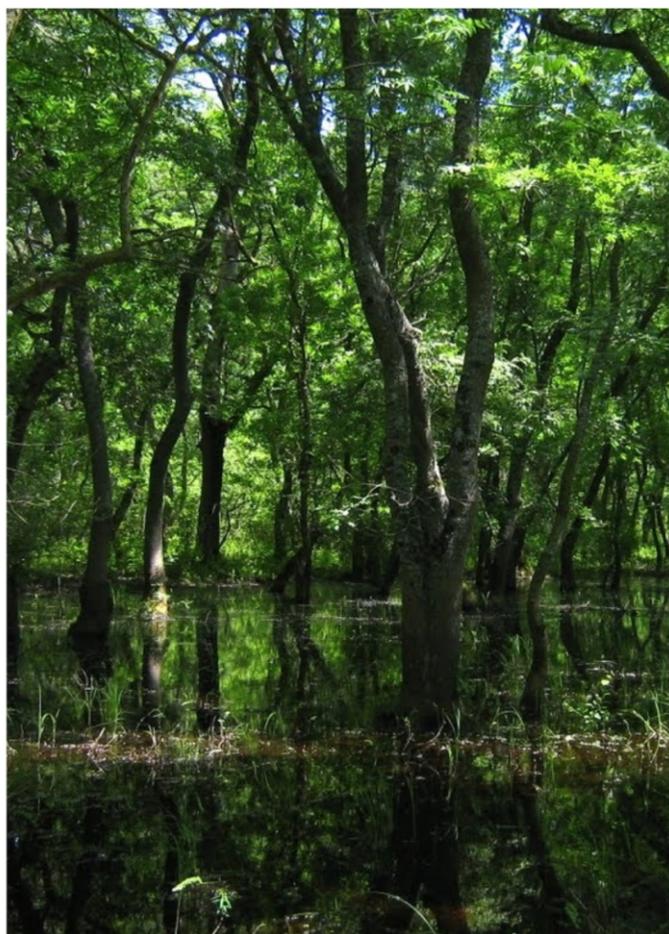
The Old Sulina lighthouse is a historical monument built downstream from the town of Sulina, on the left bank of the Danube (the North dam of the Sulina Canal), close to the point where the river flows into the Black Sea. Built at the beginning of the 19th century by the Ottoman authorities and administered between 1897 -1939 by the European Danube Commission, the Old Sulina Lighthouse became a museum in 2003. The exhibition presents, through documents and photographs, the history of Sulina during the European Danube Commission and the life of 2 prominent personalities related to the city: the director George Georgescu and the writer Jean Bart. Unfortunately, the museum is undergoing restorations, therefore according to the information provided by ICeM Tulcea, it will remain closed to the public until March 2022.

useful information

address: 43, Street no. 2, Sulina



Letea Forest



LETEA FOREST - C.A. ROSETTI COMMUNE

Letea Forest is the oldest natural reservation in Romania, located North of the C.A. Rosetti commune. Starting from the village of Letea, tourists can also experience part of the journey on horseback. The Letea forest has developed in the form of broad strips developed in the spaces between the sand dunes, the so called strips being made of oak, moss oak, white poplar, white ash, white lime ash. A characteristic of the forest is the abundance of climbing plants such as hops, woodpeckers and not least Greek liana (*Periploca graeca*), which gives the forest a Mediterranean appearance. At the same time, over 2,000 species of insects have been identified, the sand viper (*Vipera ursinii*), the codalb eagle (*Haliaeetus albicilla*) - which nest here, 3 species of hawthorn, the raven, etc. Many tourists who come to Letea Forest want to see, besides dunes and secular trees, the famous wild horses, approximately 2,000 at number. They were abandoned by the locals during the communist period, either because they had nothing to feed them, or after the “infectious anemia” was declared, a condition that caused many horse owners to abandon their animals. They have multiplied over the years and now it is estimated that there are between 3,000 and 5,000 horses throughout the reserve and almost 2,000 in the Letea area.



**Fishing Villages
- Jurilovca**



JURILOVCA

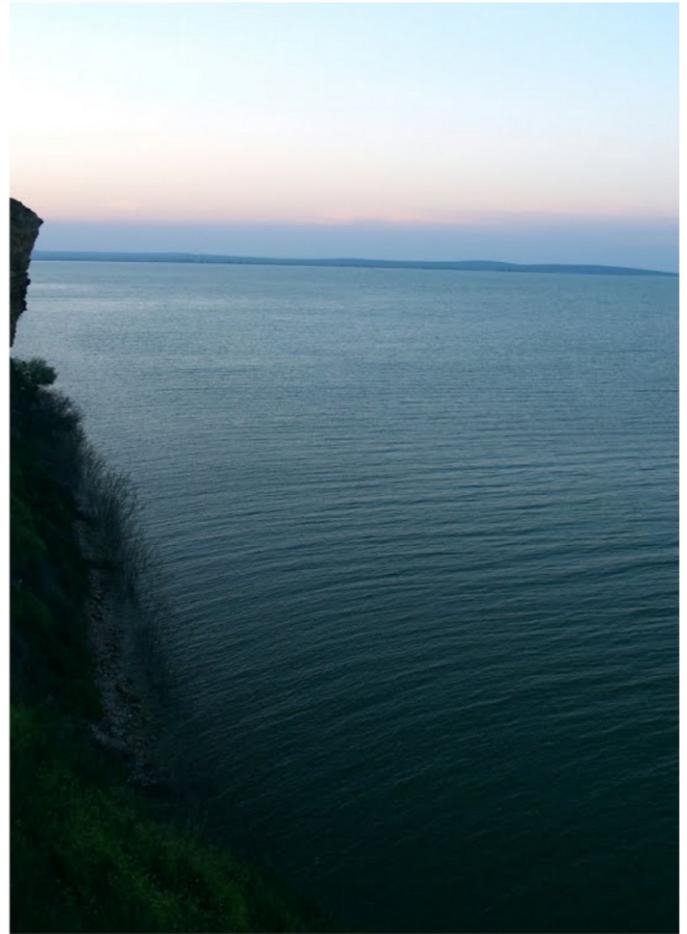
Jurilovca commune was founded by Lipovans at the end of the 19th century, the first documentary attestation dating from 1826. Although at the beginning it was a small hamlet, the settlement developed into an important fishing center in the Delta Area. Nowadays it is the largest fishing community in the Delta, a center for fish collection and processing, as well as a tourist attraction. The rites and customs of the community are closely linked to its location on the shore of the RazimSinoe lagoon complex and to the Lipovan traditions. The community celebrates religious holidays according to the Julian calendar, which is offset by 14 days from the Gregorian calendar (for example, the New Year is celebrated on January 14). The houses of the RussiansLipovans also have some peculiarities, the colors of the facade being generally white and blue, and the roof is made of reed. The Lipovan bath is a traditional installation - a construction separate from the actual house; the traditional bath or before the big holidays was almost a ritual. From Jurilovca tourists can reach Gura Portiței, a holiday village situated on the narrow strip of land between Lake Golovița and the Black Sea, by boat. The area is part of the Danube Delta Biosphere Reserve.

useful information

access: via DJ 223A Road and DJ222 Road, from Babadag city



**Doloşman Cape
National Park**



DOLOȘMAN CAPE NATIONAL PARK - JURILOVCA

Doloșman Cape is a protected area of national interest, located in the Eastern side of the Jurilovca commune. The name is Ottoman, coming from the words “dolaș”, meaning obstacle or “dolașma”, meaning place of passage. A place with a truly unique geological structure, and a wild variety of flora and fauna species. The limestone rocks host the archaeological site OrgameArgamum Fortress. The reserve harbors and provides feeding and nesting conditions for migratory, passing or sedentary birds, with species of: black stone, black shark, ogre’s bird, rock stalk or Bărăgan’s mackerel. The presence of a mammal is noted in the area of the reservation: the spotted duck, as well as several species of reptiles (turtles, lizards, snakes) and frogs. Tourists can visit the natural park, along with the ancient fortress, by taking the 229P Road, from Jurilovca.

useful information

accessible by car, via 229P Road, from
Jurilovca commune



**Sinoe - Nuntași
- Istria Lakes**



SINOE - NUNTAȘI - ISTRIA LAKES

Sinoe is a lake in the Razim-Sinoe lake complex in Dobrudja. Due to its position within the complex, being far away from the mouths of the Dunavăț and Dranov canals (which bring fresh water), Lake Sinoe has a high salinic concentration. The most important islands that can be found in the perimeter of the lake complex are Popina Island, Church Island and Grădiștea Island. On the shores of Lake Sinoe, in the Northern part of the present-day Istria peninsula, the ruins of the famous fortress of Histria, founded by Greek seafarers and merchants, dominates the surroundings. Tourists can practice sport fishing in certain areas of the lake and at the same time, for nature enthusiasts, the region offers beautiful landscapes from which various birds can be observed. Carp, catfish, bream, perch, pike etc. are among the main species of fish found in its waters .

useful information

accessible by car, via DJ226 Road



Taşaul Lake



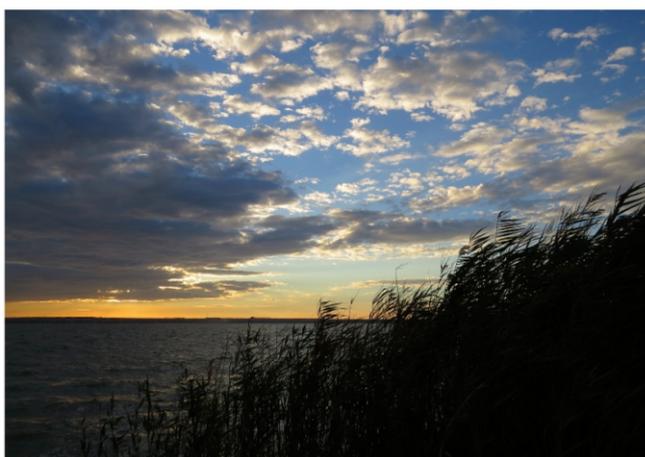
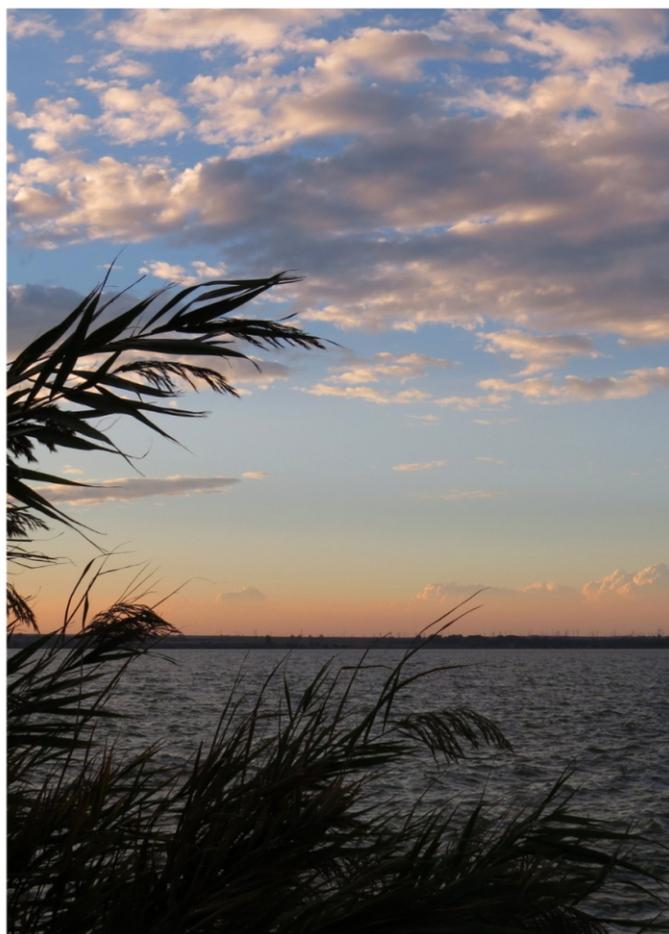
TAŞAUL LAKE - NĂVODARI

Lake Taşaul is a lake in Northern Dobrudja, Romania. Formerly an open salt water coastal lagoon, connected with the Black Sea, it was transformed into a freshwater lake in the 1920s. Taşaul Lake has been used mainly for aquaculture and fish production. The crucian is among the most common species of fish found in its waters. The lake is also a stopping point and refuge for the migratory birds. The birds that nest in the Danube Delta, spend the spring and autumn over this lake or hide in its reeds.

useful information
accessible by car, via DC86 Road



Siutghiol Lake



SIUTGHIOL LAKE - CONSTANȚA

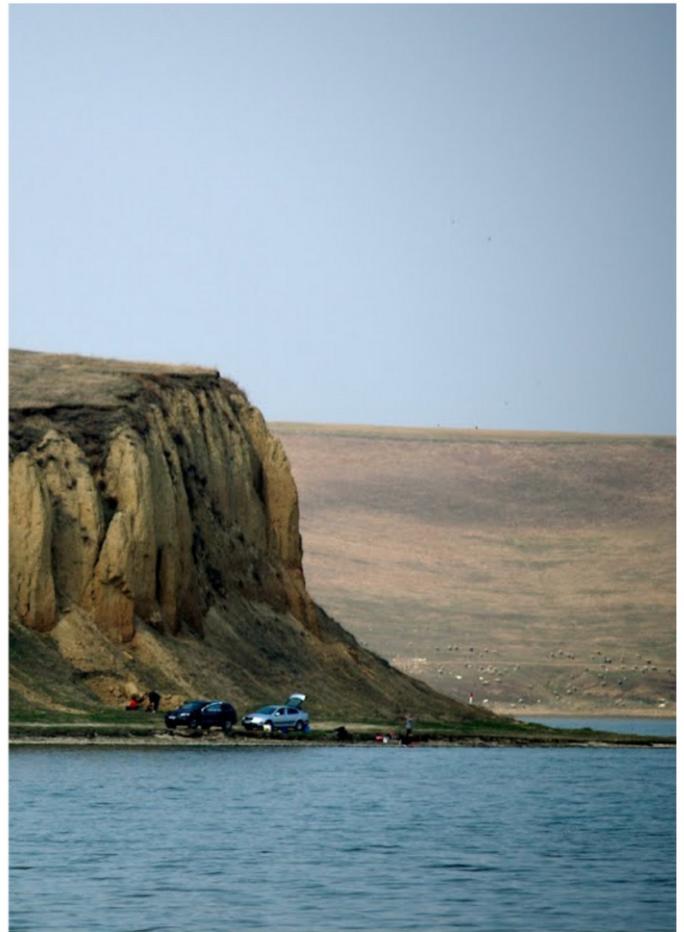
Siutghiol Lake is located in the Northern part of the city of Constanța, limited by the Mamaia resort on its right bank. On its 1,900 hectares tourists can practice sports fishing or water sports such as water skiing or yachting. The lake has a limestone island, Ovidiu, with an area of 2 ha. Crucian carp, bream, perch etc. are among the main species of fish found in its waters.

useful information

accessible by car, via Mamaia Boulevard or E87 Road



Bugeac Lake



BUGEAC LAKE - OSTROV

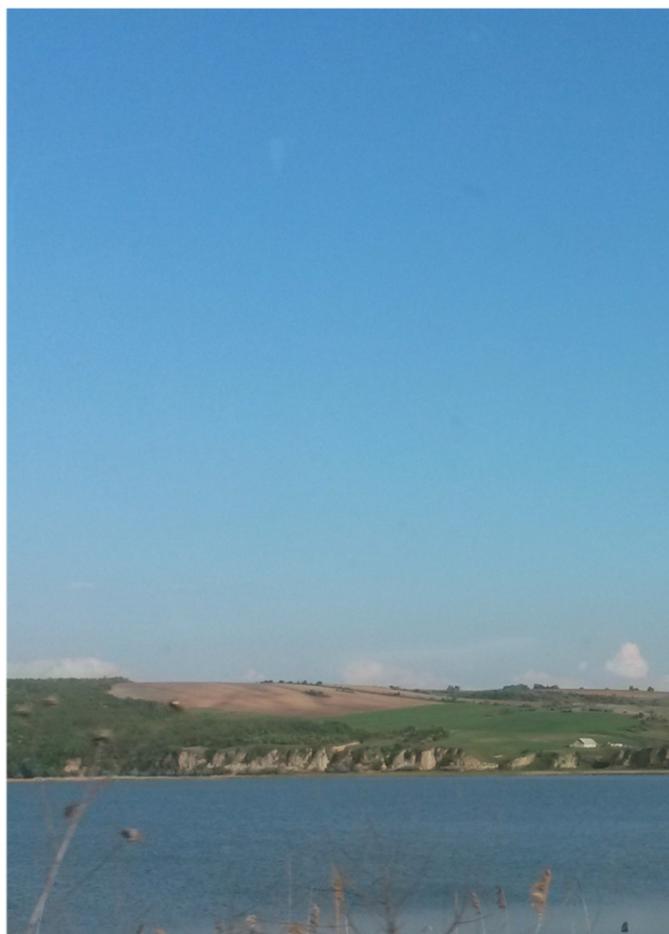
Lake Bugeac, also known as Lake Gârlița, is situated in the South-Western part of Dobrudja, Romania, near the Romanian-Bulgarian border. The lake is located in a calcareous depression near the Danube, the water exchange with the latter being regulated by a weir. Because the lake is an overwintering region located on an important migration route for aquatic birds (the most important being the dalmatian pelican), lake Buceag and the surrounding area have been declared a nature reserve. On certain areas of the lake, sports fishing is permitted. The Common carp, the Prussian carp, the perch and the zander, are among the species of fish that can be found in its waters.

useful information

accessible via DN3 Road, from Bugeac commune, or from the DC42 Road



Oltina Lake



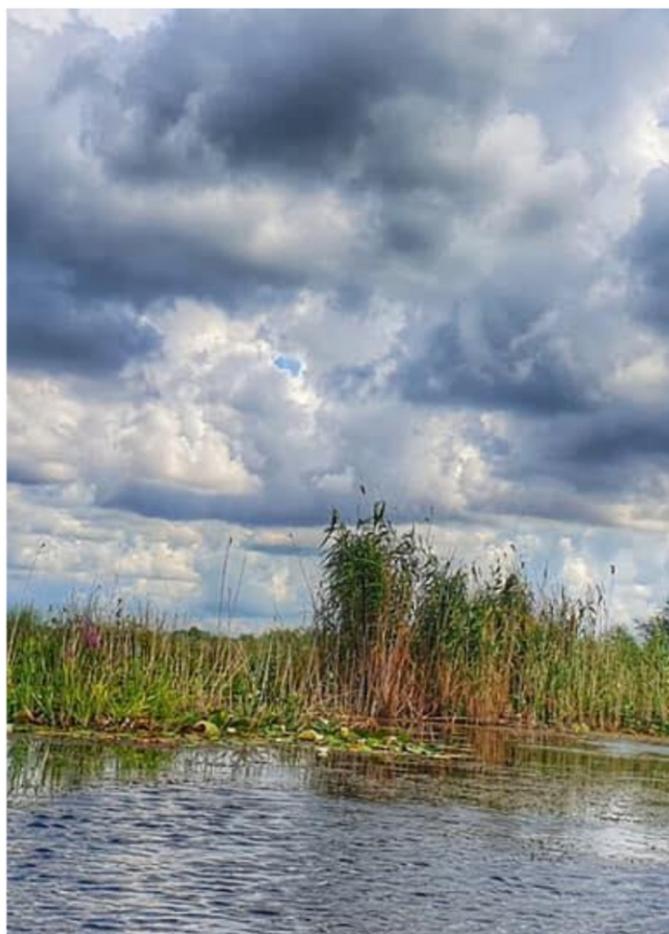
OLTINA LAKE - LIPNIȚA AND OLTINA COMMUNES

A Natura 2000 Site for more than a decade, Lake Oltina covers an area of about 1,900 hectares. It's a must-see destination for fishing enthusiasts and also for nature lovers. The rugged banks, sometimes over 20 meters high, offer breathtaking views. The lake houses dozens of extraordinary bird species, both migratory and sedentary. Oltina is the home of the red cauliflower, the codalb eagle, the dwarf cormorants, pelicans of various kinds and so on.

useful information
accessible via DN3 Road, on the route Ostrov- Lipnița



**Dunăreni
Nature Reserve**



DUNĂRENI NATURE RESERVE - DUNĂRENI

The Dunăreni Nature Reserve has an area of 704 ha and represents a still water area, bordered by bogs and arable land, which houses and hosts protected species of migratory birds, as well as species of wintering birds in the area. Sport fishing on the lake is possible in 2 locations (basins): basin no. 1 - ideal for family recreational fishing or training track for professionals and basin no. 2 - ideal for sport fishing or training for professionals. The Common carp, the Silver carp, the Gras carp, the zander, the Catfish perch, the Common bream and the Common roach are among the species of fish that can be found in its waters . For more information, regarding the permissions and prohibitions for fishermen on the Dunăreni Lake, tourists should consult the natural reserve's website.

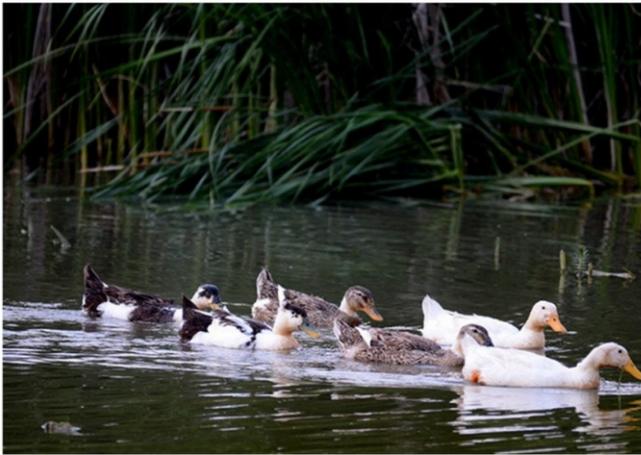
useful information accessible from Dunăreni village

contact: +4 0720 063 066

website: <http://pescuit-sportiv-dunareni-constantia.ro>



Vederoasa Lake



VEDEROASA LAKE - ALIMAN

Vederoasa Lake is a protected area located in the North-West of the Dobrudja Region. The site is included in the nature reserve (paleontological type) - Aliman fossiliferous site. Vederoasa is a meadow lake with a high degree of meandering, 80% of the vegetation being reed. The reef creates a suitable place for nesting, resting and wintering migratory waterfowl. The lake is the perfect place for nature enthusiasts, especially for tourists interested in birdwatching activities.

useful information

accessible by car, via DJ 223 Road, Vlahii village



Baciu Pond



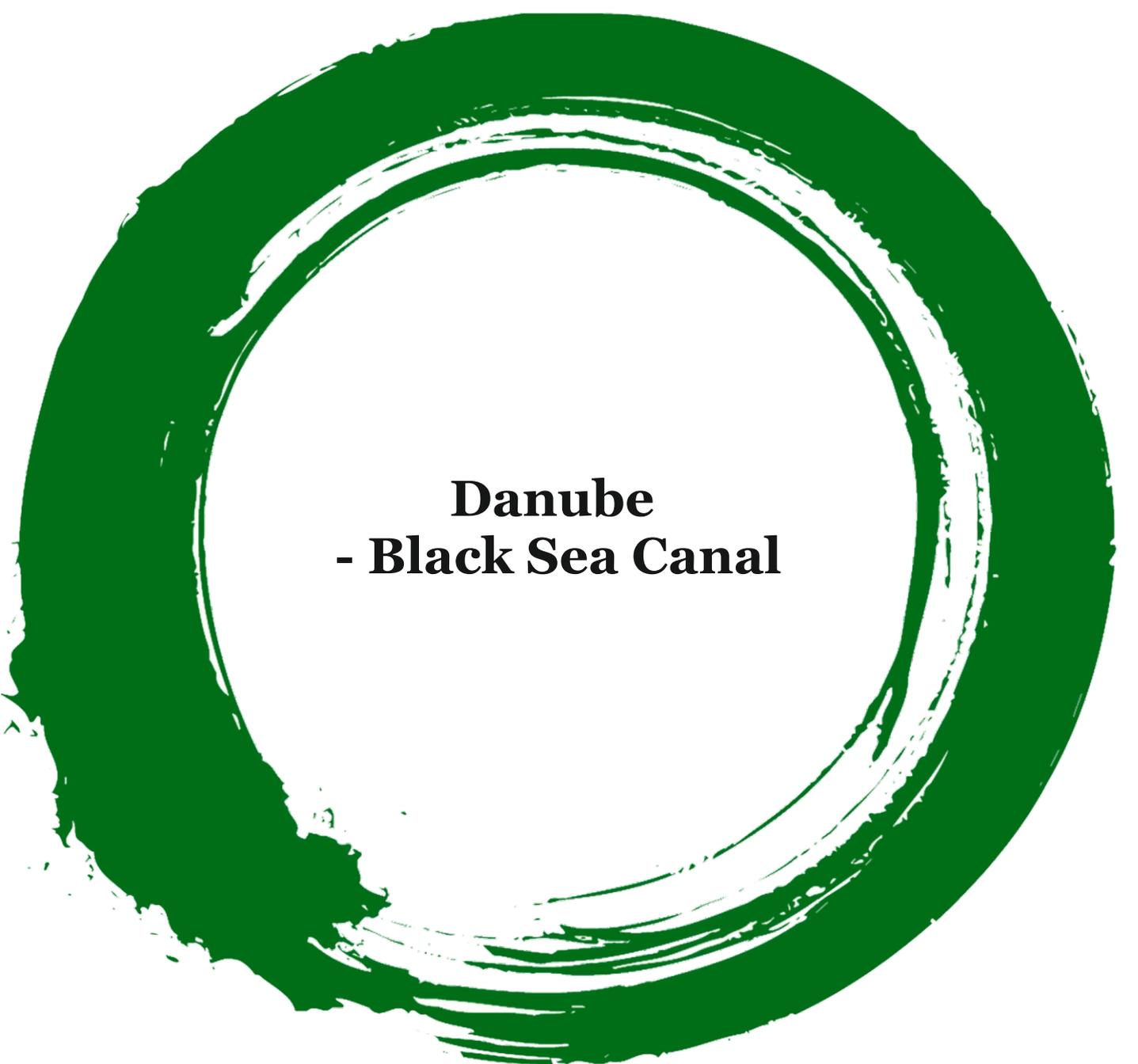
BACIU POND - RASOVA

Baciu Pond is located on the Eastern brinks of the Danube, near the village of Rasova, 20 km from Cernavodă, Constanța County. The pond is especially sought out for the crucian catches. In addition to the wonderful landscape and abundant vegetation, Baciu pond is well known among fishermen for its crucians, which are among the largest in the country. Carp and pike are among the other species of fish that can be found in its waters.

useful information

accessible by car, via DJ 223 Road, between
the Rasova commune and Vlahii village

fishing tax: 100 lei/12h



**Danube
- Black Sea Canal**



DANUBE - BLACK SEA CANAL

The Danube–Black Sea Canal is a navigable canal in Romania, which runs from Cernavodă, on the Danube river, to Constanța (Southern arm, the main branch), and to Năvodari (Northern arm), on the Black Sea. The flood gates at Năvodari and at Poarta Albă are among the regions advertised for sport fishing on different fishing sites, such as povestipescaresi.ro, pescuitul.ro. However, there are no official fishing areas along the canal and tourists interested in practicing sport fishing should consider other options available in the region.

useful information

note: there are no official fishing areas along the canal



**All-season sports and
recreation complex "Action city"**



All-season sports and recreation complex "Action city"

Acton City is a year-round health complex, the only ski resort in the Odessa region. Here we offer you to spend your time cheerfully, and most importantly - usefully. This is the only ski resort in the Odesa region. They also offer to enjoy apitherapy. Make sure you are not allergic to honey before the procedure.

Apitherapy

What is Apitherapy? This term refers to the use of a wide variety of beekeeping products for health purposes. For example, honey and propolis (a substance produced by bees from tree resin and subsequently used for cementation in hives) have antibacterial and antiseptic properties. Bee pollen is especially high in vitamins and minerals. Royal jelly contains a huge supply of all kinds of nutrients. This remedy is known to excite and stimulate the body's hormone production. And, perhaps, the most incredible is the information that bee venom is an analgesic and when injected into the body, or directly through a bee sting, can significantly reduce pain provoked by chronic diseases and the symptoms of the disease.

useful information:

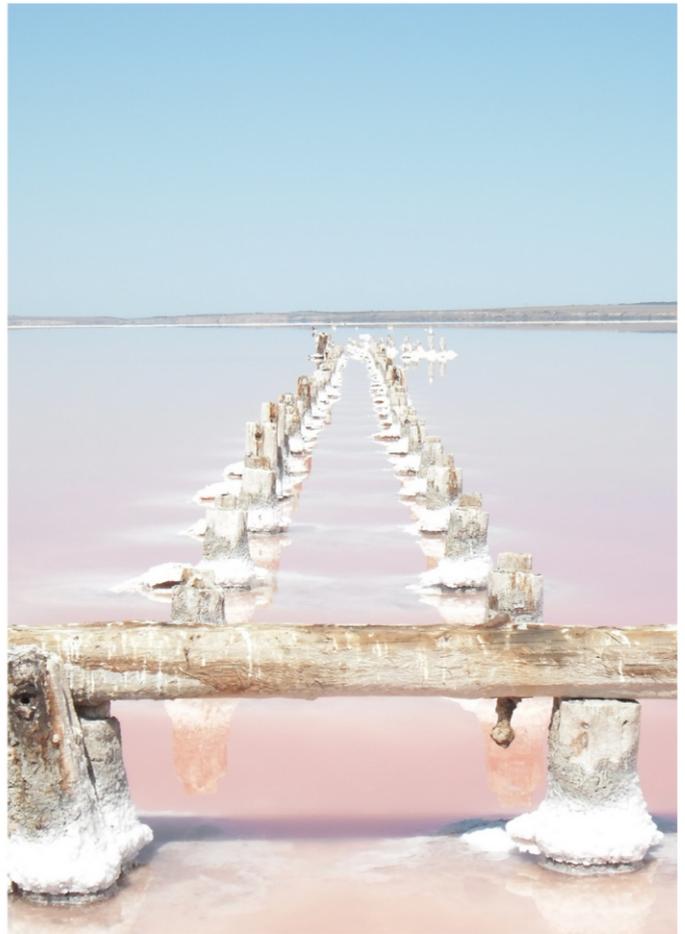
Adress: Berezivka village, Odesa

+380 (96) 147-95-32, +38 (068) 048 00 08

<https://action-city.od.ua/>



Kuyalnitsky estuary



Kuyalnik, Odesa region

Kuyalnik is a unique estuary for its healing properties. Its mud and salt water (brine) have been helping people to improve their health for many decades. Kuyalnik estuary was formed in the process of vertical tectonic fluctuations of the land and changes in the level of the Black Sea. The wide estuary of the Kuyalnik River was gradually separated from the sea by sand and silt deposits and gradually turned into a salt lake, the water level in which is always 1–6 m below sea level, and the concentration of table salt reaches 80–300 ppm (depending on the season).

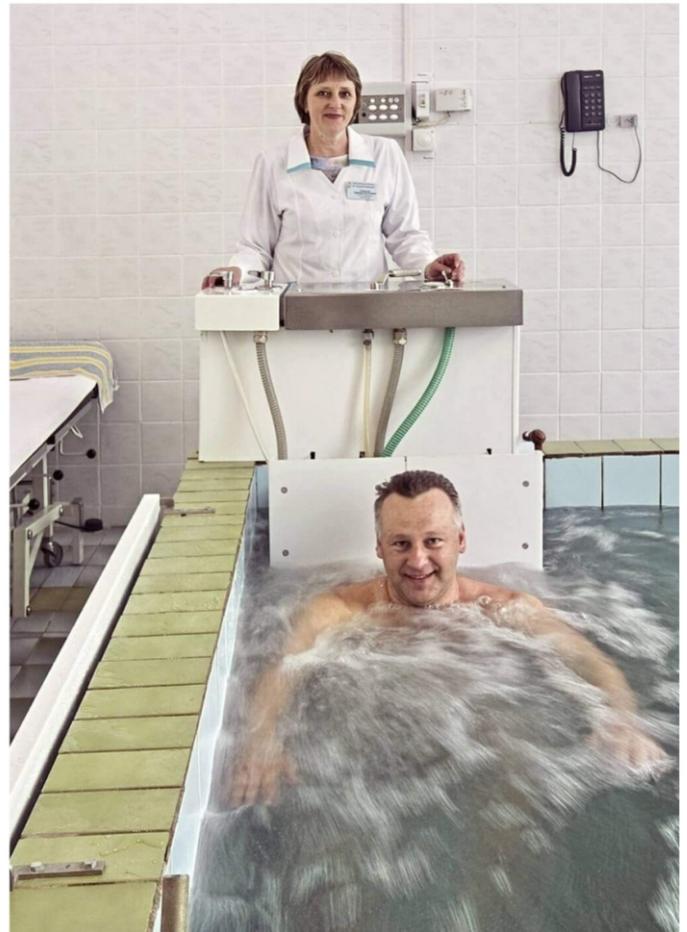
useful information:

Address: Odesa, more exact coordinates:

46 ° 34'29 " north latitude 30 ° 44'27 " east longitude.



Sanatorium "Kuyalnik"



Sanatorium "Kuyalnik"

Sanatorium "Kuyalnik" (Clinical sanatorium named after Pirogov) was founded in 1833, in 1894 the largest mechanized mud bath was built here. Today the sanatorium "Kuyalnik" is one of the most popular mud baths in Ukraine thanks to the vast experience of doctors and a wide range of services. The sanatorium has a gym for exercise therapy, a pool with brine, a massage, physiotherapy and other treatment rooms. Mud therapy is carried out all year round, there is also a bath and a sauna.

useful information:

Address: 65013, Odesa, st. Limannaya, 170

0 800 750 905, +38 (048) 700-97-37

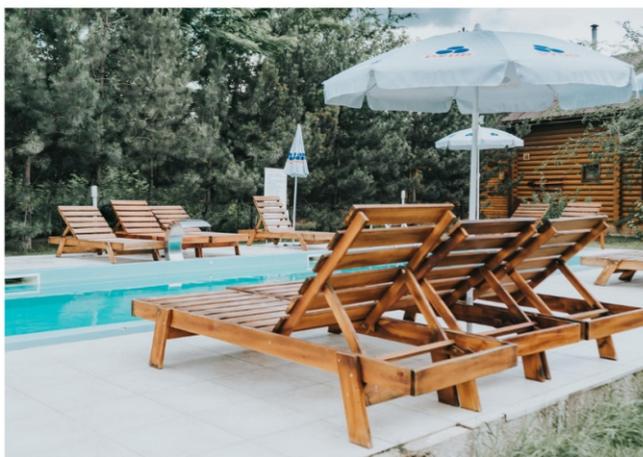
Guest care department:

+38 (094) 953-27-37

booking@kuyalnik.com



**Recreation complex
"Three crucians"**



Recreational complex “Three crucians”

The complex is located in the Belyaevsky district of the Odesa region, an hour's drive from the city of Odesa and a five-minute drive from the regional center - Belyaevka.

On the territory there are: 6 cottages. For true lovers of fishing, the complex includes - 19 fisherman's houses. For fishing from the shore - 31 platforms are equipped. Bath complex with rest rooms, swimming pool, children's and sports grounds, petting zoo, bathing vat.

The water is flowing, the average depth is 2-3 m. The bottom is sandy and rocky. In the fishing area, the bottom is clean.

On the territory of the complex there is a restaurant, a bar, a summer restaurant area and three summer gazebos with a total capacity of 200 people, which allows you to hold banquets, weddings, corporate parties, business events - seminars and trainings, children's wellness outing themed events, as well as organize complex meals for vacationers ...

useful information:

Address: Odesa region., Belyaevsky district, 45 km from Odesa and 1 km from Belyaevka

<http://3karasya.com.ua/>

+380 48 702 4545, +38 (095) 702-45-45



Budak estuary



Budak estuary

The Sergeevka sanatorium is located on the shores of the Budak estuary. This is one of the largest seaside balneo-mud resorts in the Odesa region. A wide strip of sandy spit separates the Budak estuary from the Black Sea. There is a pedestrian bridge across the mouth, and small boats also ply. Sergeevka has a special healing climate, which is influenced by iodine sea air combined with steppe winds. The forest park area approaching the resort from the north forms an oasis that does not allow dust to pass through and allows you to breathe clean sea air. There are excellent white sand beaches, inexpensive rest and the opportunity to get medical treatment, which invariably attracts tourists from Ukraine, Belarus and Moldova.

Sanatorium "Zolotaya Niva". Accommodation in 1-, 2- and 3-bed rooms with all conveniences, as well as in suites. Prices in September-October with meals: 2–3-bed room - 515 UAH / day. (rest), 715 UAH / day - rest + treatment; Single room - 615 UAH / day (rest), 815 UAH / day - rest + treatment; suite - 715 UAH / day (rest), 915 UAH / day - rest + treatment.



Burnas estuary



Lebedevka resort

There is something to do for those who like fishing. Off the coast of the Lebedevka resort you can catch sea goby, flounder, shrimp, mussels, and rapana.

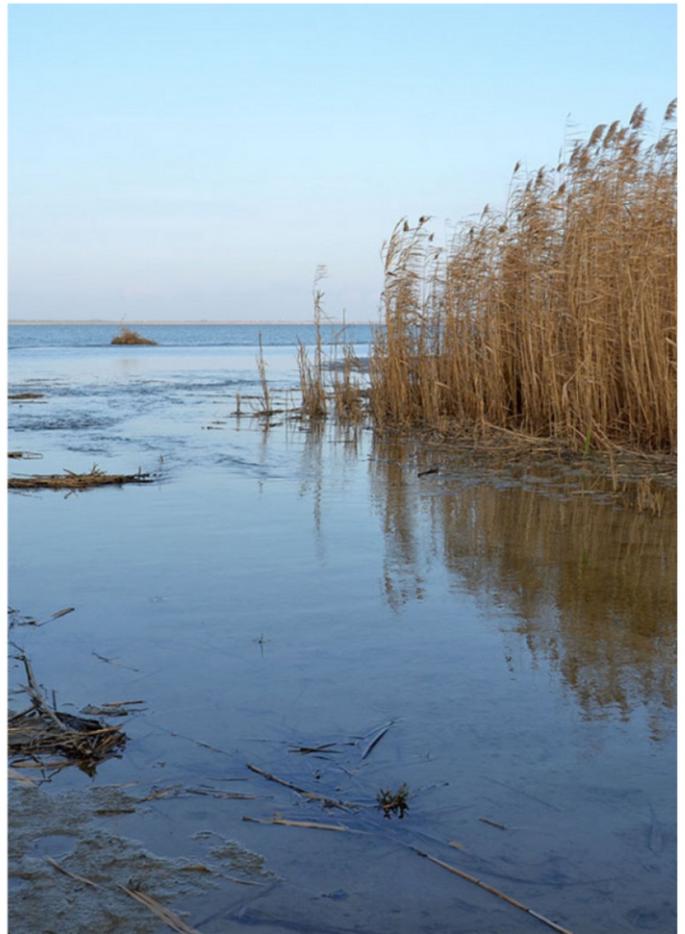
Salt estuary Burnas brought great fame to the Lebedevka resort. Back in the 20s of the last century, in this quiet and peaceful place, where Lebedevka is now located, famous and famous people rested and stayed for treatment, for example, Mihai - the king of Romania, Piłsudski - the head of Poland with his family and many others. At that time this place was called the Bad Burnas resort, from the name of the Burnas estuary. Even then, the therapeutic mud and carbon baths of the Lebedevka estuary were famous. The mud is therapeutic. They help with diseases of the musculoskeletal system, nervous system, and skin.

The central Lebedevka beach, located on a spit with a length of more than 9 kilometers, is especially suitable for relaxing at sea for people who like to relax in quiet, peaceful places. Here in Lebedevka you can always find a deserted corner of the "own" coast.

The coastal sea is very shallow and clean, so vacationing with children on the sea here is comfortable and safe. Convenient for vacationers on the Black Sea in Lebedevka and the availability of travel along the spit. Here you can park your car not far from the seaside vacation spot, even settle in a camping tent right next to the seashore.



Yalpug lake



Lake Yalpug

Interesting nearby: Danube lakes (Cahul, Kartal, Kugurlui, etc.), Pushkin's park with an oak, which was planted by Alexander Sergeevich

With a length of 25 km and a width of 7, Yalpug holds the lead in Ukraine as the largest freshwater lake. These figures are also impressive on a European scale: here the reservoir is second only to Lake Ladoga in size. Standing near the water, you will not see the opposite bank; instead, there is endless water. Nature itself seems to hint that it is best to meet sunsets and sunrises here. At dusk, you can see the sun's disk sink into the horizon, leaving a trail of crimson reflections on the water. And right after sunset it will be possible to go for the night crayfish fishing - they are found here in abundance. A whole company of Danube lakes is located near Yalpug. They were formed as the flooded estuaries of the Danube - and are also remarkable for their "scope".

There are many fish in Yalpug Lake. These are silver carp and grass carp acclimatized from the Far East, mirror carp, silver and bony bream, charming king, predatory pike and pike perch. The soul overflows with joy when suddenly a handsome carp starts to lead the float ... The bucket is slowly and surely filled with fish. The Internet is full of videos about fishing on Lake Yalpug, you can watch these videos for hours and admire the dexterous movements of local fishermen.



Tiligul estuary



Tiligul estuary

Koblevo is one of the largest Black Sea resorts in Ukraine. The resort with sandy beaches and surrounded by a pine forest has a well-developed base of hotels, boarding houses, holiday homes, private sector. Here is one of the largest water parks in the South of Ukraine. And Koblevo is closely adjacent to the Tiligulsky estuary. It is famous for its curative mud.

Rest in Koblevo has long been associated with tourists not only with entertainment, but also with health improvement. Vacationers from different parts of the country come to the Black Sea resort every year to put their health in order and replenish their energy. The territory of the Tiligul estuary in Koblevo is rich in natural medicines, such as therapeutic mud. Locals call it a natural spa.

The reservoir here is deep enough, however, the main ones are therapeutic mud. They have a dense, oily consistency and, thanks to their properties, improve the condition of the skin, strengthen bones and soothe the nerves. The amount of healing mud is practically unlimited, more than 13 million tons. It is advised to apply it as a mask, 10 minutes is enough for the mud to release its healing properties. Often tourists collect it in order to use it at home.

A large, textured green brushstroke graphic, resembling a thick stroke of paint, centered on the page. The color is a vibrant teal or turquoise, with visible brush marks and some darker green undertones. The stroke is roughly rectangular but has irregular, feathered edges.

Lake Solonets-Tuzly



Solonets-Tuzly lake, Rybakivka

Solonets-Tuzly lake is famous for its curative mud. However, in hot summers it sometimes dries up, leaving a layer of salt at the bottom. Interestingly, the salt has two layers of white and pink. The healing properties of the mud and salt of the lake were confirmed by the Ukrainian Research Institute.

Salt lake Solonets-Tuzla today

Today it is a source of curative mud, which is used by local and tourists in Rybakovka for health improvement. Many are smeared from head to toe with black mud, some take home full buckets and boxes of this mud.

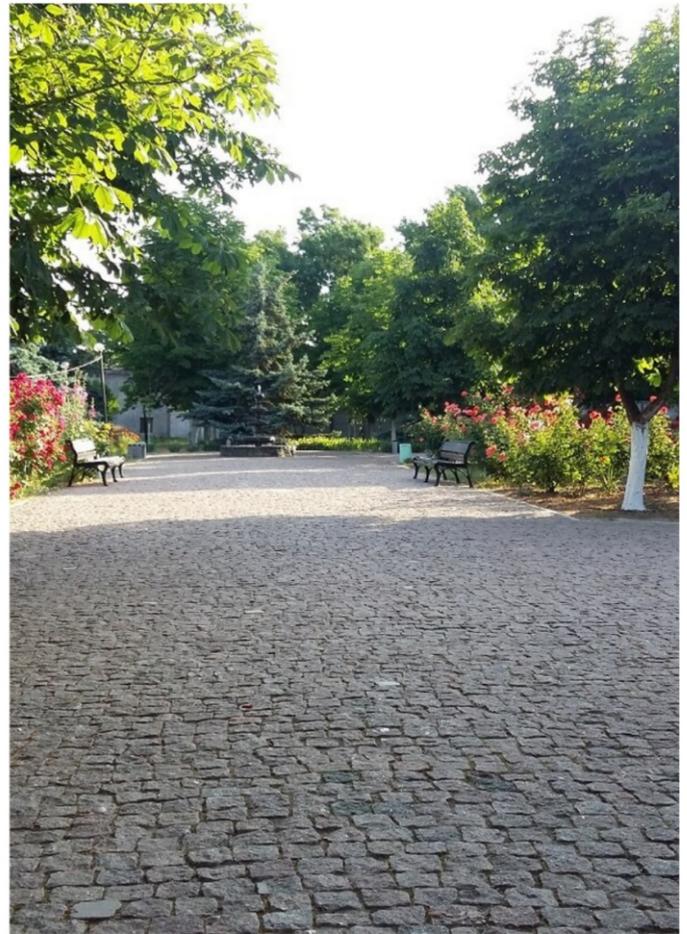
During dry periods, the lake dries up and then dirt is almost invisible, only a thick layer of salt with a pinkish tint remains. A myriad of different birds nest around. An ornithological paradise!

If you are planning a trip to the Tuzla salt lake, be sure to take a bottle of water with you to wash your feet and hands after contact with salt and mud.

Ochakov is the richest resort in the Mykolaiv region with mineral water springs and deposits of curative mud, ideal for families with children, since the beaches of this resort have a sandy and gently sloping bottom. The coast of the resort is interesting for its unique natural objects - sand spits, picturesque cliffs, gullies, shallow bays, lakes and salt marshes.

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Sanatorium Ochakov



Sanatorium "Ochakov"

Complex "Ochakov" is a sanatorium in Ukraine with treatment of the whole organism. This speaks of the breadth of the profile and the opportunities for the citizens of the country. Among the key areas, special attention is paid to:

1. The nervous system.
2. Cardiovascular system.
3. Diseases of the respiratory system and respiratory tract are always well treated at seaside resorts.

You should also visit the resort for general strengthening of the immune system. The air ionized with iodine, swimming activity, sunbathing have a positive effect on improving overall health.

The sanatorium is located directly on the seashore in a beautiful landscape park.

useful information:

Address: 29, st. Kurortnaya, Ochakov

Phone: +38 (05154) 3-00-26, +38 (05154) 3-00-27



**Healing mud of
the Kinburska Spit**



Healing mud of the Kinburska Spit

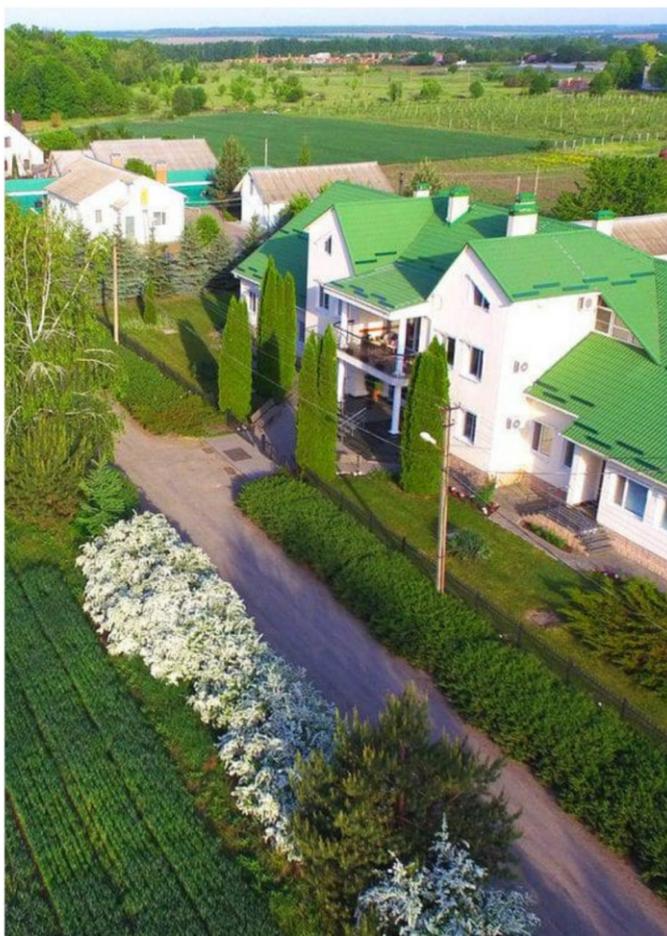
There are lakes with therapeutic mud on the Kinburska Spit. On hot July and August days, people who need treatment for osteochondrosis are drawn to these lakes. Here you can meet guests not only from Ukraine, but also from Belarus and Russia. Putting a green pillow of algae under your head, you can throw your head back and calmly languish in the heated mud. Dark water reflects the sky like a mirror. In addition, the water in the lakes can keep the body on the surface like in the Dead Sea. A unique microclimate reigns on the Kinburn Spit. In total, there are about 400 salt and freshwater lakes of various sizes on the Kinburn Peninsula. Among them are lakes with therapeutic mud. Procedures using water and clay from reservoirs contribute to the treatment of joint diseases and osteochondrosis.

The formation of mud occurs under the influence of microorganisms, the number of which can reach 1 billion or more per 1 g of dry mud. As a result of biochemical processes taking place with their participation, therapeutic muds are enriched with so-called biogenic components (compounds of carbon, nitrogen, sulfur, iron, etc.), many of which (for example, hydrogen sulfide) exhibit high therapeutic activity.

The physical properties of mud are close to the properties of peloid-like substances (paraffin, ozokerite), which are used according to thermotherapy methods similar to mud therapy.

A large, textured teal brushstroke graphic, resembling a thick application of paint with visible brush marks and some white highlights, centered on the page.

Sanatorium "New Life"



Sanatorium «Novaya Zhizn»

In the spring of 2000, the Novaya Zhizn sanatorium opened for the first eight people. It was the first Adventist sanatorium in the former Soviet Union. Immediately after the opening, the center began to enjoy popularity. A wide field of activity opened up for missionary work. Several people from the village were baptized and a community was formed. After visiting the sanatorium, many church members organized cooking classes in their communities and taught health lessons using simple healing methods.

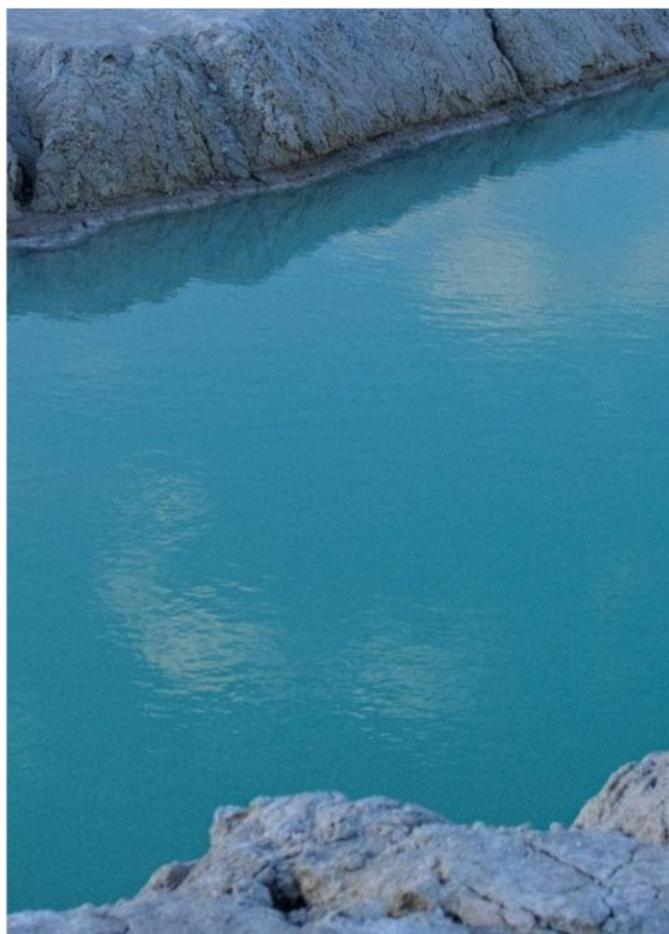
The work on creating the sanatorium is a joint work of Ukrainian and American Adventists. But the main inspirer and leader, of course, was and remains our Lord. It was the Holy Spirit who inspired many people to devote their time, energy and resources to the organization of a health center.

Today the health center " Novaya Zhizn " receives about 20 people every 2 weeks. On the territory of the sanatorium there are already 2 buildings for vacationers, the construction of the third building and the arrangement of houses for workers are continuing. This center has existed for a little more than ten years; not only residents of Ukraine, but also of Russia, Moldova, Belarus and some European countries come here.

useful information:
Address: Kiryakovka, Mykolaiv region



Blue (azure) lake



Blue (azure) lake

The flooded quarry was discovered literally this year. Earlier, kaolin, white clay, was mined in the specified place, so the banks of the quarry are snow-white, and the lake water is bright blue due to a chemical reaction.

Of course, there are no fish in the lake - the high concentration of minerals and clay makes the reservoir unsuitable for fauna. However, this does not stop tourists and locals from visiting the new location. The new lake has quickly gained fame on social media as a scenic location for photo shoots.

In connection with the increasing flow of tourists, the area was gradually improved. First, information stands and signs appeared, allowing you to conveniently navigate the territory, followed by elements of recreation: hotels, boarding houses, shops, souvenir shops and the like. Today, there are plenty of options for recreation. For example, you can go rock climbing, feeling like in real mountains.

In summer, you can swim and sunbathe, have picnics, set up tents, play with children, ride horses, or just walk, explore the surrounding area and admire the landscapes! It has all the amenities for travelers: parking, benches, gazebos, introductory and information stands. For those who want to take photographs, there is an art object on the territory, but the most beautiful photos will undoubtedly come out against the background of nature itself!



Salt Lake



Частный сектор санаторий Голыя Пристань.com.ua



Lake Salt, Golaya Pristan

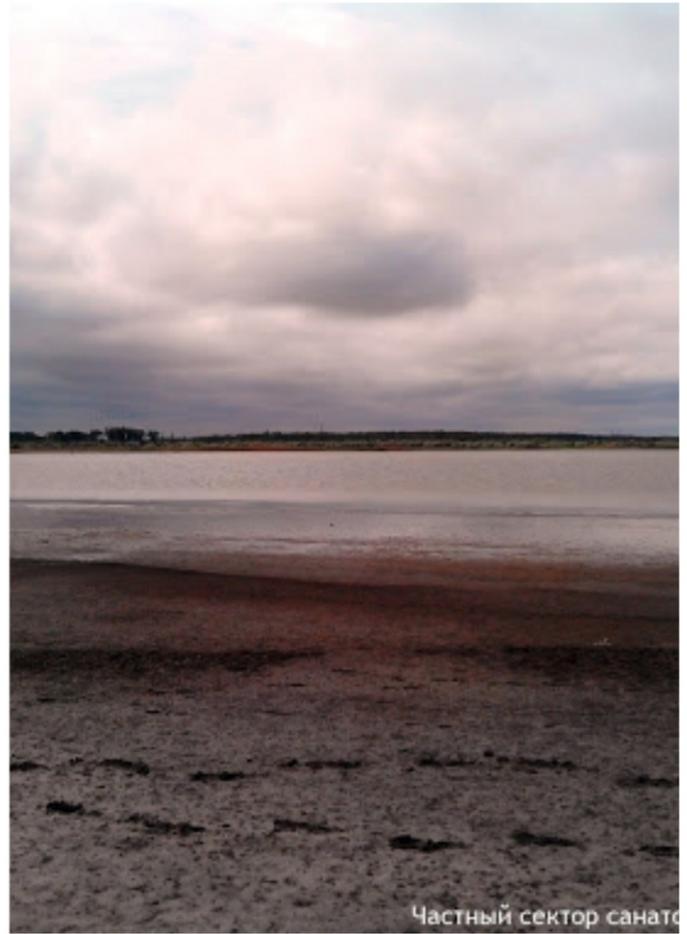
Golaya Pristan is a city surrounded by the floods of the Dnieper estuary and the Kherson steppes. The abundance of deciduous trees, natural reservoirs and the purest air filled with alkaline compounds, iodine and bromine ions have created a unique microclimate that helps cleanse the respiratory system and regenerate body cells. Thousands of tourists come to this small town to improve their health on Lake Salt - the water in it is chloride-hydrocarbonate, salty with soda impurities. The unique properties of the water of the Salt Lake became known in the 18th century, and in 1889 a mud bath was founded on its shores.

Mud type

Lake Salt contains sulphide-silt mud and sodium chloride brine. The mud contains salts, hydrogen sulfide, carotene, folliculin-like and penicillin-like substances, hormones. Sodium chloride brine, which is also involved in the medical procedures of the sanatorium, provides an antibacterial effect. According to the conclusion of scientific research institutes, the mud of the Salt Lake is superior in composition to the mud of the Dead Sea in Israel.

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Sanatorium "Gopri"



Sanatorium "Gopri"

In the center of Golaya Pristan, in the heart of the flourishing steppe region, there is a sanatorium "Gopri" is one of the most famous and oldest health resorts in Ukraine. The sanatorium has a powerful and modern medical and diagnostic base. Here, everyone who is not indifferent to nature recovery and treatment are met by attentive, caring and experienced staff.

Gopri Resort offers effective treatment for people with diseases of the joints and spine, nervous, endocrine system, skin, urological, gynecological problems.

Healing Lake Salt, on which the sanatorium is located, is famous for its sulphide-silt mud and sodium chloride brine. The mineral composition of the lake's rapi differs from that of the Khadzhibeyevsky and Kuyalnitsky estuaries in a higher concentration of carbonates, which are of great therapeutic value. Significant plasticity, minimal contamination, perfect crystalline skeleton are the main features of the healing mud of the lake in Gola Pristan, and this also increases its healing properties. Due to the unique natural factors, treatment at the Gopri resort is becoming preferable for many Ukrainians and residents of other countries.

useful information:

Address: 72g, st. Sanatorium, Gola Pristan

Phone: +38 (093) 005 3225

Website: <http://sanatoriy-gopri.com.ua/>



**Curative geyser
"Goryachy Klyuch"**



Healing geyser " Goryachy Klyuch "

Today's geyser of the Kherson region consists of three baths with healing water and mud. According to its mineral component, it is classified as iodine-bromide (not counting the lower concentrations of boron, potassium, calcium, etc.). And, therefore, it is recommended for diseases of the thyroid gland, respiratory tract, diseases of the joints, kidneys and nervous system.

The water is brown (if you go swimming - leave your bikini "haute couture" at home, spoil it without options), very salty and dense, pushes to the surface. In the geyser itself, you can burn yourself - as much as 65 ° C, in the pool the water temperature is slightly lower - about 50 ° C. There are changing cabins and a massage room nearby. It is recommended to swim no more than 2-3 times a week: there is still a great load on the body.

In general, if you are not spoiled by luxury rest exclusively in multi-star hotels and you are not afraid of the rather spartan local conditions - come to the Kherson region for good health and good mood, try the healing properties of a unique geyser.

useful information:

Location: 90 km north-west of the village. Lazurnoe, Golopristsansky district, near the village of Obloi.

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Lake Panskoe



Panskoe Lake

Lake Panskoe is shrouded in secrets and legends, so every year it attracts thousands of tourists from all over the world.

This is a small reservoir located near the village of Hryhorivka, Zaporizhzhya region. It is artificial, but no one remembers when it appeared. The shores of the lake are lined with stone, so it looks more like a pool. It is believed that the water in the lake is holy and healing. According to legend, the source helps to get rid of chronic diseases, heals not only the body, but also the spirit. Thanks to 25 underground springs, the water temperature in the lake is above + 13 ° C all year round.

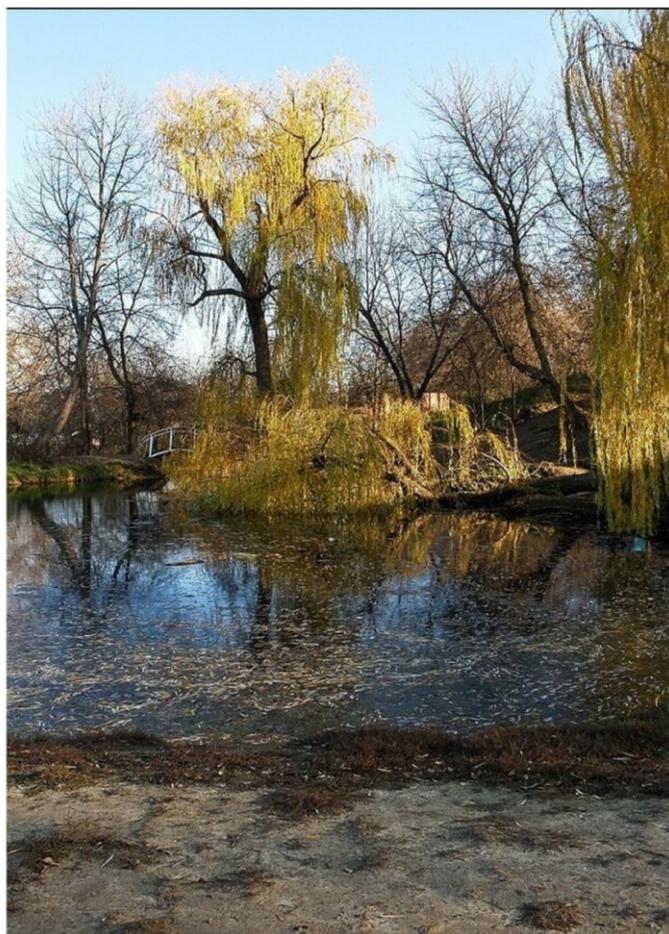
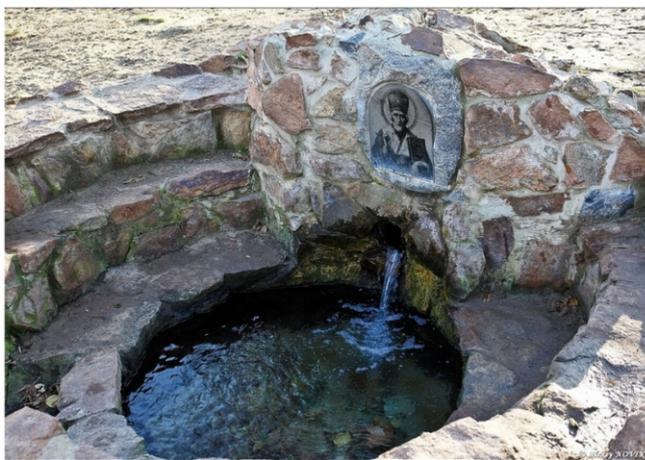
useful information:

Location: Hryhorivka village, Zaporizhzhya region.

Cost: free.

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Terpensky springs

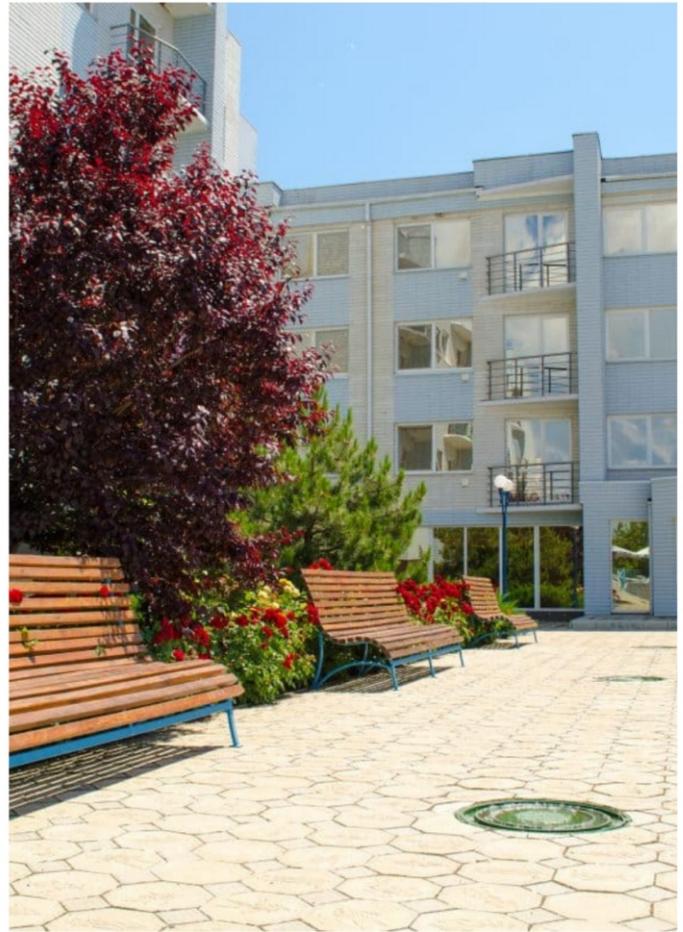


Healing Terpenievsky springs

Healing springs are reservoirs little known to the general public in the small village of Terpenye, near Melitopol in the Zaporizhzhya region. Many people come here because of the healing properties of the water, as well as the incredible atmosphere of the place itself. What to see in Terpenie Five healing springs are located in a small park of the same name on a hill. But locals mark three main ones: One of them was named in honor of Nicholas the Wonderworker. Its water is called dead, because the saint, according to the locals, "kills" all diseases. The water from this spring has a salty taste, is able to heal diseases of the bones and legs, promotes rapid healing of wounds and provides the sick with strength. The second is the source of the Virgin. Water is considered alive in it, as it "revives" health, especially mental health. Most powerful. The third is Saint Panteleimon. Water from this source is able to treat diseases of the digestive system, kidneys, liver. Due to the content of silver ions, the local water does not deteriorate, retains its healing properties for a long time, as well as a unique mineral composition in each of the springs. So, in one it is calcium chloride, in the other - sodium sulfate. The central object of the "Healing Springs" park is the lake, into which water flows from all five reservoirs. In winter, it becomes almost black, and in summer it becomes blue and green.



Resort Berdyansk



Resort Berdyansk

Berdyansk is a resort on the Azov Sea, which, in addition to its beaches, is famous for its sanatoriums with curative mud. Here the sea and the steppe unite, forming a unique healing climate filled with salt ions, iodine and the aromas of steppe herbs. Where does the dirt come from in Berdyansk? The reason is the same as in other seaside resorts: a long sandy spit separated estuaries from the sea, at the bottom of which silt accumulated. Under the influence of time and pressure, beneficial microorganisms and elements accumulated in the sludge, which today form the basis of mud therapy. In Berdyansk there is a chain of lakes containing healing mud: Dolgoe, Srednee, Krugloye, Mazankovoe, Krasnoperoe, Long, Bolshoe and Krasnoe.

Mud type

The healing properties of the Berdyan mud were mentioned in the treatises of Herodotus (5th century BC). Their chemical structure contains the entire periodic table. Sulfide-silt mud of Berdyansk lakes contains biologically active substances, vitamins, hormones and lipids. Silt mud of Berdyansk estuaries is characterized by high heat capacity, low thermal conductivity and high bactericidal properties, which contributes to the restoration of bone tissue after injuries, elimination of scars and acceleration of regeneration processes.



Sanatoriums

On the territory of the sanatorium "Berdyansk" there are three therapeutic mud lakes and three springs with mineral water: two wells with chloride-bromine and one with iodine-bromine mineral water, which are used both for external and internal use. Using therapeutic mud and mineral water in the complex, doctors achieve great success in the treatment and rehabilitation of patients. The sanatorium is located on the seashore, there is a private beach with white fine sand.

Sanatorium "Arktika" is located in the center of the Berdyansk Spit. Consists of a medical building, four dormitories and a two-story dining room. There is a park on the territory, there is a modern playground, a parking lot. Accommodation in standard and suite rooms.

Leisure during treatment and rest

Berdyansk is one of the sunniest cities in Ukraine, the swimming season here lasts until the end of September. There are sandy clean beaches on the Berdyansk Spit, in September the water is clear, warm and clean. The main attraction of the Berdyansk Spit is the old operating lighthouse, 23 meters high, located on the Dalnaya Spit.

But the main entertainment is not on the spit, but in Berdyansk itself. The center of tourist life is concentrated on the city waterfront, where locals and tourists stroll. There are also many original monuments: "Breeder Goby" - dedicated to the main fish of Azov; monument "Toad"; funny bike - a monument to a happy childhood; a monument to the "Fisherman Boy" demonstrating his catch. There is also a monument to the Plumber, which amusingly crawls out of the water hatch. There is also a monument to the "Komar-bell", thanks to which healing mud was formed in the Berdyansk lakes.

TYPES OF TARGET CLIENTS

Origin

local
national
internationalal

Age

20-60 years old

Budget

Medium Budget
High Budgett

USA, Republic of Moldova,
Israel, Republic of Belarus,
Russian Federation, Italy,
Greece

TRAVELER PROFILE

- motivated cultural tourist
- significant interest in architecture / art / history
- significant interest in culture
- significant interest in social and environmental
- interested in improving and strengthening the immune system
- desire to get rid of physical ailments



MARKETING STRATEGY

ONLINE

1. Promotion on the website and in social networks.
2. Social media influencer integration and support local population and local tourism participants
3. Promotion and partnership with digital tourism newspapers and travel blogs
4. PDF guide and mobile app.

OFFLINE

1. Promotion through brochures in hotels and restaurants, partnership with tourist offices
2. Establishing partnerships with tour operators and local travel providers

NEW PRODUCTS / SERVICES RECOMMENDED

Establishing routes to specific recreational areas based on architecture, art, culture, et c., which complement each other medical, health-improving routes.

The tour offers opportunities for two main groups of tourists, namely: travelers who prefer sanatorium rest and treatment / rehabilitation and tourists who strengthen their immunity, who are interested in the architecture and culture of the region. Recommended: take into account the tourism aspect of the sphere (excursions to sanatoriums (like an open day, when you can try one or a number of services for free) . Include an advertising component using online and offline tools; use local elements and promote your own culture and traditions; involve to the promo campaign of bloggers and professional experts.

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