

ROMANIA, land that keeps ancient tradition of bee medicine alive

Apitherapy Romania Tour

with Alina Varadi, expert on Api-nutrition

Romania the land of Apitherapy, endless nature, castles and a home land of famous Drakula. It is a country full of surprises, folklore and exciting places that leave long lasting impressions in visitors' minds. It has one of the happiest cemeteries on Earth, 7 UNESCO World Heritage Sites, it is Europe's richest country in gold resources and has the largest population of brown bears in Europe. Romania is the country where apitherapy is practiced by Doctors for them and their patients. It is an old tradition with many benefits for our health and without side effects. The country with the richest range of bee products, with a spontaneous flora that ensures clean bee products with high value, perfect for apitherapy.



Day 01 Arrival – Cluj Napoca – Apitherapy – Turda salt mine – Cluj Napoca

Visit to an apiary where we do experiment treatment for bees with essential oils. Afternoon visit to the Turda salt mine, a veritable history museum of salt mining. Salina Turda is ranked 22 among the most spectacular tourist destinations in the world. Since 1992, Salina Turda has been a halotherapy center and a popular tourist attraction. Halotherapy is a form of alternative medicine which makes use of salt. Afterword drive back to Cluj Napoca and visit to Botanical garden. Dinner and overnight in Cluj Napoca.

Day 02 Sightseeing in Cluj – Visit to Apilab – Natural area Apuseni – Pollen harvesting – Cluj Napoca

Sightseeing of Cluj Napoca the second most populous city in Romania after the national capital Bucharest. The city is considered the unofficial capital to the historical province of Transylvania. A city has a vibrant arts scene that embraces both the traditional and the progressive. After visit to Apilab - USAMV in Cluj-Napoca. Afternoon drive to famous waterfall Rachitelle, lake Belis in natural area Apuseni and at the end we visit beekeeper where we learn about pollen harvesting. Dinner and overnight in hotel.

Day 03 Queen rearing – Apitherapy (bee stings, micro bee stings, honey massage) – Cluj Napoca

In the morning visit to beekeeper specialized in queen rearing. Afternoon demonstration on emerging kit for bee stings, micro bee sting, honey massage, honey in eyes, api nutrition, ... Dinner and overnight in hotel.

Day 04 Bio beekeeper – Api air therapy – Apitourism – Bee products – Cluj Napoca

Drive to Capusul Mare where we meet BIO beekeeper who will introduce us harvesting of apilarnil, explain benefits of air hive and the use of pollen. Afternoon visit to another BIO beekeeper who introduce his method of harvesting pollen, api air therapy and api tourism. We also have tasting of pollen and mixtures of bee products for men and women. Dinner and overnight in hotel.

Day 05 Merry cemetery – Meeting with beekeepers – Wooden church – Cluj Napoca

Starting a day with visit to merry cemetery. It is famous for its colourful tombstones with naïve paintings describing, in an original and poetic manner, the persons who are buried there as well as scenes from their lives. The place became an open-air museum and a national tourist attraction. Drive to Sighetul Marmatiei city in west-north of Romania. Meeting with beekeepers and option to exchange experienc. Afterwards visit to the ancient beekeeping where we see beekeeping with skeps. Finally we visit one of famous wooden churches in Desesti. Saint Parascheva Church is a Romania Orthodox church built in 1770. It is one of eight buildings that make up the wooden churches of Maramureş UNESCO World Heritage Site. Dinner and overnight in hotel.

Day 06 Barsana monastery – Cluj Napoca – Meeting with apitherapist doctors – Cluj Napoca

In the morning visit to Barsana monastery. The Church of the Presentation of the Virgin in the temple is part of the wooden churches of Maramureş world heritage site. It features some of the most representative baroque indoor murals in Maramureş. The church has a collection of icons painted on glass and old religious books. Drive to Cluj Napoca. Visit to old town. After we visit CasaBIO where we have meeting with two apitherapeutic doctors. Dinner and overnight in hotel.

Day 07 Bratca village & bee bread production – Apitherapy clinic (lecture on naturopathy) – Cluj Napoca

Visit to Village Bratca where we meet a beekeeper who produce bee bread, royal jelly, pollen. Afternoon we visit Apitherpy clinic where we learn about use of pollen, royal jelly, bee bread, propolis,... we have a lecture with the best naturopath doctor in Romania. Dinner and overnight in hotel.

Day 08 Alba Iulia – Blaj village & Centre of beekeeping equipment – Cluj Napoca

Sightseing of Alba Iulia a city located on the Mureş River in Alba County Transylvania. Since the High Middle Ages, the city has been the seat of Transylvania's Roman Catholic diocese. Between 1541 and 1690 it was the capital of the Eastern Hungarian Kingdom and the latter Principality of Transylvania. Alba Iulia is historically important for Hungarian, Romanian and Transylvanian Saxons. Next we visit Village Blaj – centre of beekeeping equipment and honey processing manufactory. There we also have a meeting with beekeepers to exchange experience. Drive back to Cluj Napoca. Dinner and overnight in hotel.

Day 09 Departure

Breakfast and departure.

** Final price depends on the number of passengers, on the confirmed date, hotels and services.*

Have a great Api Tour!