



# ARABATSKA STRILKA

*Have a great rest!*

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Publisher: Shchaslyvtseve Village Council,  
75580, Ukraine, Kherson region, Henichesky district,  
village Shchaslyvtseve, Myra St., 26, tel.: +38 05534 5 85 07  
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Print: IE Trykaziuk Svitlana; Order 12, Copies 500  
2018 year



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## Arabat Arrow

The Arabat Arrow is a unique sandy spit in the south of Ukraine.

A narrow strip of land, the maximum width of which is 12,5 km and the minimum - 250 m, is 112 km long, it separates the Sea of Azov and Lake Syvash.

The Arabat Arrow has a long and interesting history. For thousands of years it was inhabited by Arians, Cimmerians, Goths, Sarmatians, Scythians, Greeks, and other nationalities. Archaeological sites, burial mounds and remains of settlements, are proofs of their existence.

Since ancient times, The Arabat Arrow has attracted by its rich fish stocks and large deposits of salt. The famous Chumatsky Way passed through its steppes.

Its unique landscapes inspire poets, artists and photographers.

Mud and water of Lake Syvash are famous for their healing properties.

At the beginning of the 20th century, the era of building a seaside sanatorium for family holidays began on the territory of the Arabat Arrow.

A unique combination of sandy beaches and steppe grasslands, seawater and hot springs, curative mud and an environmentally friendly environment give it a special attraction.

The tender warm water of the Sea of Azov, the healing properties of Lake Syvash and the thermal springs create the ideal conditions for a healthy rest and recovery.

There are the villages of Henicheskaya Gorka, Priozerne, Shchaslyvtsevo and Strelkove on the territory of the Arabat Arrow in Kherson region.

We are always glad to welcome tourists and holidaymakers!

The Arabat Arrow is a healthy rest!

So let's get to know each other!



## Spa Therapeutic Resources

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### ***Sea of Azov***

The Sea of Azov is the shallowest in the world. Its average depth is 8 m, the maximum depth is 14 m. That is why in summer the sea warms up to 25 - 30°C. The swimming season here lasts from mid-May to the first half of September.

Children and parents love the Sea of Azov for its safe sloping sandy bottom, its warmth and purity.

### ***112 Kilometers of Sea Beach***

The Arabat Arrow is the mildest and longest sandy beach in Europe!

The beaches extend for almost 112 km and consist of soft sand and small shellfish. It is a wonderful place to take sunshine and sand baths, relax or do physical exercises.

### ***Curative Mud, Salt and Brine***

Curative mud, salt and brine of Lake

Sivash are valued for their saturation of potassium, magnesium, bromine and iodine.

They are used in healing and prevention of hypertension, cardiovascular diseases, chronic bronchitis, dermatological diseases, musculoskeletal system diseases, gynecological diseases, many other diseases and cosmetology.

The therapeutic effect is obtained due to the application of the special health-improving technique.

### ***Thermal Springs***

The Arabat Arrow has thermal springs, which due to their mineralization, chemical composition and the presence of biologically active substances such as iodine, bromine, silicic acid and others, have balneological value. By their



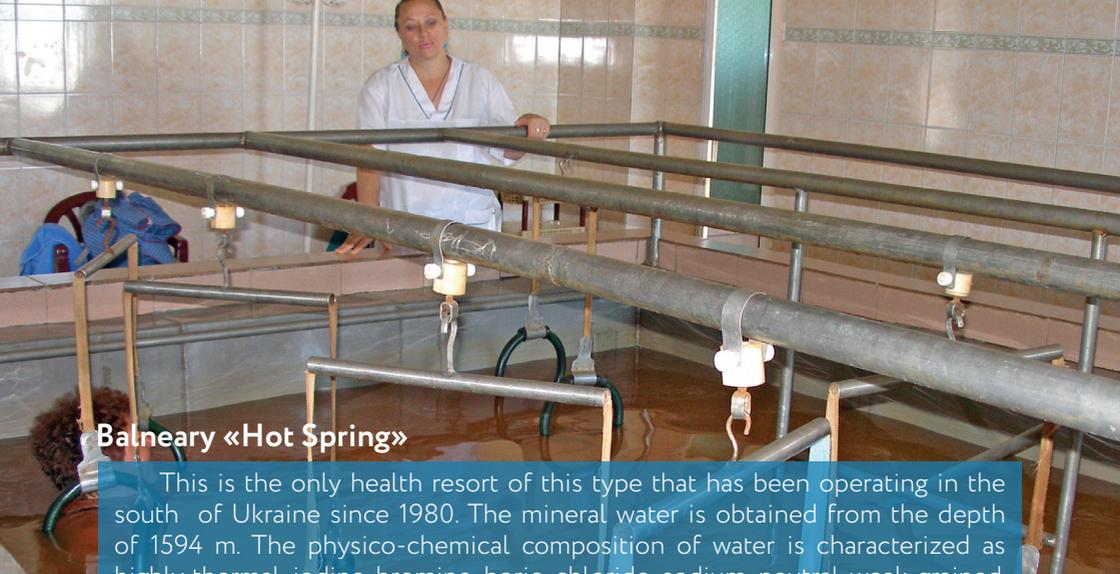
uniqueness they are equal to Hungarian baths «Secheni», Blue Lagoon in Iceland, baths in Baden-Baden.

The water, with the temperature of 55-65°C, is obtained from the wells which are 1,5 km deep.

Bathing in thermal springs is recommended for the treatment and prevention of diseases of the musculoskeletal system, genitourinary

organs, the cardiovascular system, diseases of the endocrine system and metabolism, peripheral and autonomic nervous systems, gynecological, skin and other diseases.

Today there are three thermal springs on the Arabat Arrow.



## Balneary «Hot Spring»

This is the only health resort of this type that has been operating in the south of Ukraine since 1980. The mineral water is obtained from the depth of 1594 m. The physico-chemical composition of water is characterized as highly thermal, iodine-bromine, boric, chloride, sodium, neutral-weak-grained. Mineralization is high: 29,0 – 35,0 g/dm<sup>3</sup>.

Treatment is carried out with water 40 - 42°C after medical consultation and under the supervision of physicians. The medical bath is in the village of Henicheska Gorka. Patients can take procedures from May to October.

## Shchaslyvtseve Thermal Spring



The medical spring is located on the territory of the International Renewable Therapy Clinic, which is still under construction. The temperature of water is 50°C. It has boric, iodine-boric, chloride, sodium and weakly alkaline thermal water.

The open-air spring can be used all year round. One can bath without any medical support.

## Thermal Spring in the village of Strilkove

The temperature of water in this spring is about 60°C. The depth of well is 1670 m.

There is no medical support. The spring works all year round.





## Nature. Incredible views

### **Lake Genicheske or «Pink»**

Lake Genicheske is famous for the fact that in 1840 one of the greatest salt productions was started here. The salt, produced on Lake Syvash, was of such high quality, that the famous chemist Dmitry Mendeleev once said: «To salt food with Syvash salt, it is like to salt with gold.»

Today the lake is not used for salt production. But it is still popular among residents and tourists because of its balneological properties. After all, sea salt and brine are rich in magnesium, iodine, bromine, potassium and other organic and biologically active substances, which are useful for health.

In addition, there are incredible landscapes! In summer, due to the large amount of the algae *Dunaliella salina*, which is the source of natural beta-carotene, the lake becomes fantastic pink! This is one of the 4 places in the

world where you can get natural beta-carotene.

Location: Priozernye

### **Zyablivske Lake**

The shores of the lake are covered with salt, which looks like snow. The salt naturally occurs here due to evaporation of saline water in the sun.

It is nice to stroll around the lake, go barefoot on the layers of salt, breathe clean iodized air, not to hurry anywhere, dream and enjoy life.

Location: Shchaslyvtseve.





### **Syvash**

Syvash is a large shallow bay of the Sea of Azov with many wonderful capes and islands. Its length from north to south is 117 km, and from west to east - 160 km. It is known for its curative mud and brine. Syvash is a very salty lake, the concentration of salt in which sometimes reaches 150-200 g/l! There are only 3 of its analogues in the world: the Gulf of Kara-Bogaz-Gol in Turkmenistan, the Great Salty Lake in the USA and the Dead Sea in Israel.

The Syvash coast is inhabited by more than 30 species of mammals. The most numerous of its inhabitants are birds, 255 species of birds are registered here. The total number of nesting birds is about 30.000 pairs. And almost 1 million birds gather here in winter during migrations!

In addition, 20 species of birds from the Red Data Book of Ukraine and 8 from the European Red List can be found on Syvash. For example, a white-tailed eagle, a bustard, a steppe crane, and others.

There are 250 plant species in Syvash. Such plants from the Red Data Book of Ukraine as Shrenk Tulip, Lessing and Ukrainian feather grass, Kermek Churyuski, Scythian Onion and others can be found here.

There are 4 types of amphibians, 6 species of reptiles and about 30-45 species of fish in Syvash. There are also a lot of interesting and rare insects – aurora white (*Euchloe ausonia*), giant peacock moth (*Saturnia pyri*) and others.

Syvash attracts by the majestic beauty of its wonderful shores and the carpets of dry grass. Beaches with white, gentle sand, gray waves, fragrant wormwood, silence and singing of birds in the grass...

It's worth seeing and feeling.

### **Papanin Island**

Papanin Island (the old name is Koyanli) is one of the largest islands of Syvash. Its area is more than 1200 hectares. The vegetable world of the island is formed mainly by drought-tolerant and salt-resistant perennial



grasses and half-shrubs (Crimean wormwood). In Soviet times, the lands of the island were used by the state farm. Today, it is almost deserted. Its only inhabitants are insects, animals and numerous birds. They nest or stay on the island during spring and autumn migrations.

The island was named after Ivan Papanin, a famous explorer of the Arctic.

Tourists come here to admire the «wild» nature.

### ***Salt Lakes***

Do you want to know how not to drown in the water? Then you should definitely visit salt lakes in the village

of Schaslytseve. In front of the International Clinic of Rehabilitation, there are two artificial salt lakes which are filled with the brine from Syvash. Due to high concentration of salt, the body can hold on to the surface of the water. That is why these lakes are compared with the Israeli Dead Sea. Bathing in the lakes will not only cure, but it will be remembered for a long time.

Near the salt lakes, you can also buy or collect curative mud, take cascading showers, massage, a session of apitherapy or healing dream on the hives with bees.

Location: Shchaslytseve.





## Entertainments

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### ***Dolphinarium «Oscar»***

When you want something exciting and impressive, visit the Dolphinarium «Oscar». Kind dolphins and sea cats will give you a good mood and good memories of the holiday at the seaside.

You can not only watch the show, but also swim with these nice sea animals.

Location: Genicheska Hirka.

### ***Water Park «Oasis»***

After a relaxing rest on the beach, you can have fun in the modern water entertainment complex - the water park «Oasis». For you, there are 13 water slides. The length of some of them reaches 180 meters, it is so breathtaking, it's for sure!

Tired of water slides and splash pads? Relax, because there are two sea pools on the territory of the water park. Are you hungry You can order food and drinks at the cafe.

Your little children will actively

spend time on children, safe for their age, attractions.

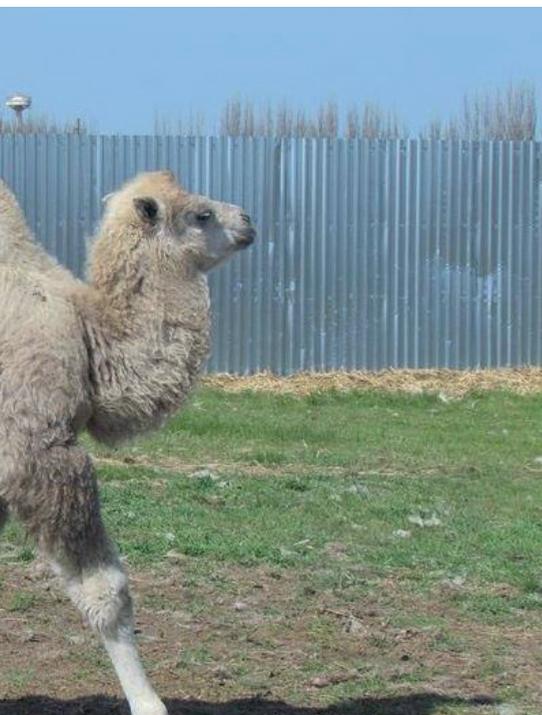
Location: Genicheska Hirka.





### ***Safari Park***

Do you want to scratch the little lionesses behind the ears or have fun with funny monkeys? All this is possible



at the Safari Park Zoo. It contains nearly 100 species of animals and birds. They can not only be well seen, but also fed, and even played with.

Location: Shchaslyvtseve

### ***Recreation and Entertainment park***

The park in the village of Schaslyvtseve has become a favorite place for residents and guests of the Arabat Arrow who come here with little children. The park has children's swings and a playground. The main attraction is a large wooden ship, in which you can feel like a true sailor.

There is a large summer open-air stage in the form of a shell and benches for 600 spectators.

Traditionally, village holidays are held in the park.

Location: Shchaslyvtseve, Myra St.,27.



## Recreation

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### **Sailing**

Want to conquer the wave? Simply! The Arabat Arrow is ideal for water sports. Kitesurfingists and windsurfingists from different parts of the country have already chosen comfortable aquatic areas of the Sea of Azov and Syvash.

If you are a beginner, you will be given on hire the overalls, equipment and you will be taught to stay on the waves. Adrenaline, good physical fitness and communication with interesting people, that's what water sports will give you. Join!

Windsurfing Club «Extremarine»  
Location: Shchastlytseve,  
Recreation Center «Chayka-2».

Kite-school «Windrider»  
Location: Genicheska Gorka





### ***Water Attractions***

Along the coast of the Arabat Arrow, water attractions are waiting for you at all the recreation centres: bananas, washers, water motorcycles, catamarans, and many others

To see the amazing panorama of the Arabat Arrow of the bird's height you can, fly by a parachute over the sea .

Water attractions will give you adrenaline, a good mood and pleasant memories.

### ***ATV Riding***

Take a look at the unique views of the Arabat steppe on modern quad bikes. Interesting trails pass by the numerous bays and Syvash spits, they will give you delight and great drive. Experienced instructors will make your ride safe.

Quad biking will be appreciated by those who love nature and extreme sports.



## ***Hunting***

Arabat steppe and bays of Syvash are famous for hunting grounds. There are hares, foxes, pheasants, partridges, wild ducks, etc. You just need to know when the hunting season is open.

Accommodation can be arranged in mini-hotels or in private cottages all year round.

### ***Hunting Seasons on the Arabat Arrow:***

On the duck: the third decade of August - December 31.

On the pheasant: from October 1 to December 31.

On the partridge: from October 10 to December 31.

On the hare: from the beginning of November to the middle of January.

On the fox: from the beginning of November to the 31st of January.

## ***Fishing***

What is the sea without fish? The Azov bullhead, the haarder or the most delicious mullet you can not only buy at the local markets, but also try to catch yourself.

The fishing luck will be yours, and you will be able to surprise your relatives with delicious fish soup made from the fish you have caught yourself.

The fishing season lasts from May to October.





## Exterme Tourism

### ***Windsurfing and Kitesurfing Championships***

The shallow Syvash and the Sea of Azov have been appreciated by fans of sailing sports.

Every year, conquerors of waves from different parts of the country come to the Arabat Arrow to compete in windsurfing and kitesurfing championships.



### ***Power Extreme Championship***

Every year, the strongest men of the world compete on the Arabat Arrow. Athletes from different countries come here to take part in World and Ukrainian Power Extreme Championships, the organizer of which is the Federation of Power Extreme of Ukraine.



### ***Stars on the Arabat Arrow***

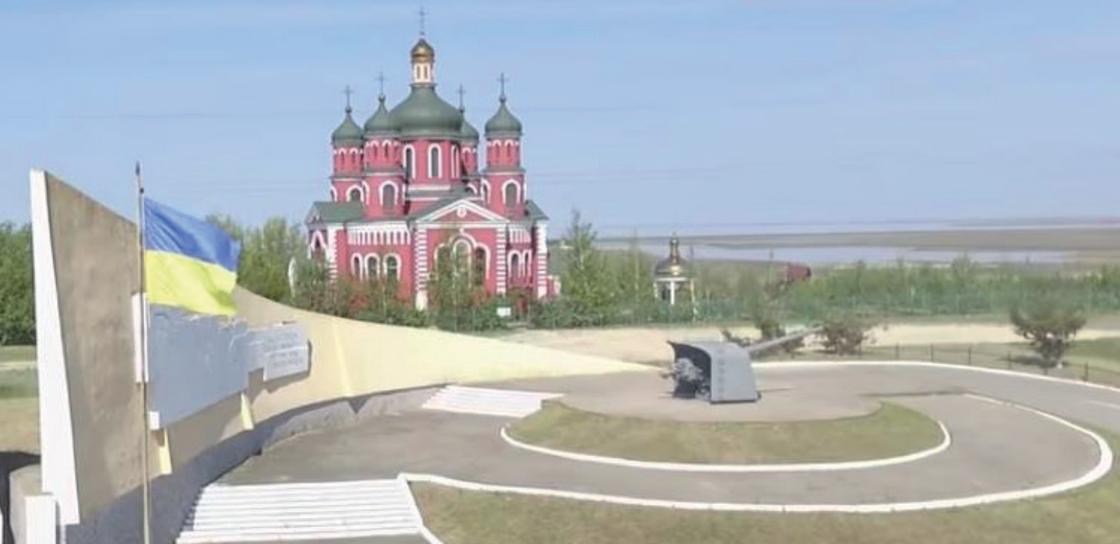
Want to see a star - come on the Arabat Arrow! Performances of popular Ukrainian pop stars can be seen at the PapaDeMore Hotel and Entertainment Complex, located in the village of

Genicheska Hirka. Polygraph Sharikov, Boombox, Nikita, and others have already performed for their fans. Wait for new seasons, follow the posters!

### ***New Year holidays and Epiphany***

Bathing in thermal springs is a great alternative to country holidays in winter. Especially many tourists come to celebrate New Year's holidays. People get unforgettable impressions when they come to the feast of Epiphany to swim in thermal springs or «Jordanians» - sea ice-holes.





## Memorable places

### **Memorial to Artillery Warriors**

In the village of Genicheska Gorka is a Memorial in honor of artillery soldiers of the 127 Battery of the Black Sea Fleet, the soldiers, at the cost of their life, stood the siege of fascist invaders who broke through to the

Crimea in September 1941.

There is a restored long-term fire point which was used during the Second World War. An Orthodox church was built here in honor of St. George's Victory.



## Practical advice

### **Where to stay?**

On the coast of the Arabat Arrow there are about 80 large recreation centers, almost 20 children's camps.

You can rest in modern comfortable mini-hotels and hotel rooms, in private buildings or in auto-camping.

The cost of living depends on the comfort of rooms and the distance from the sea.

## Did you know that the Arabat Arrow ...

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✧ As the sand spit was formed not earlier than 800 - 900 years ago. And before that, it had looked like dozens of forest islands in the Azov Sea.

✧ It was first depicted by G. Boplan on the map in 1650.

✧ The name of the Arabat Arrow comes from the Arabat fortress that existed before 1771 (the Turkish is a «suburb», or from the Arabic Rabat, a military post).

✧ There are archaeological sites - mounds and remains of settlements, most of which belong to the Bronze Age, which are represented by the remains of the catacombs, Sabatin and Belozher cultures.

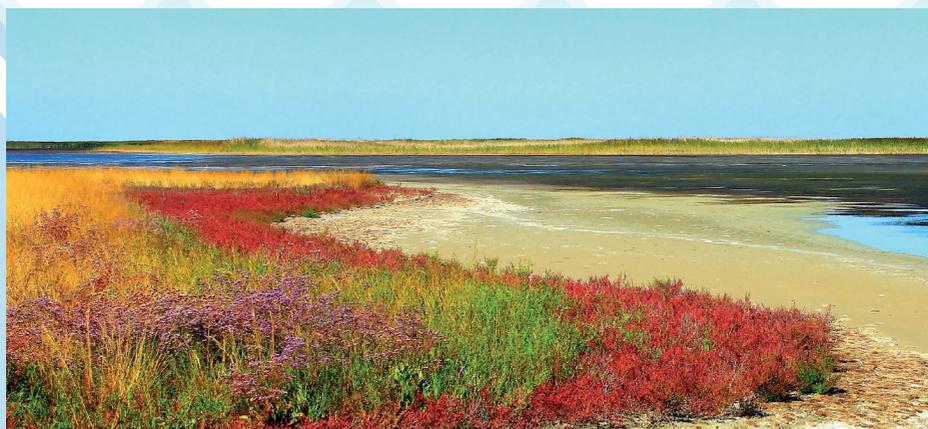
✧ Salt on the Arabat Arrow was obtained during the times of Greek colonization, from the 4th century B.C.

✧ Having researched a sample of salt from the Arabat Arrow in 1911, Dmitry Mendeleev found 96 elements of his Periodic System of Chemical Elements in it.

✧ On the Arabat Arrow there was a slave road, which led the slaves to the slave market in Feodosiya. According to the legend, the most famous slave who walked along this road in the seventeenth century was Nastia Lisovska - «Roksolana-Hurim», she became the wife of the Turkish sultan Suleyman I.

✧ On the Arabat Arrow the limestone anthropomorphic stela (the 2-3 centuries AD) with Sarmatian tamgas was found. It is stored in the Museum of Local Lore in Henichesk.

✧ On the coast of the Sea of Azov there is more oxygen in the air than on the coast of the Black Sea.







*Arabat Arrow  
All you need!*