



PERSONAL BALU_TRAVEL GUIDE

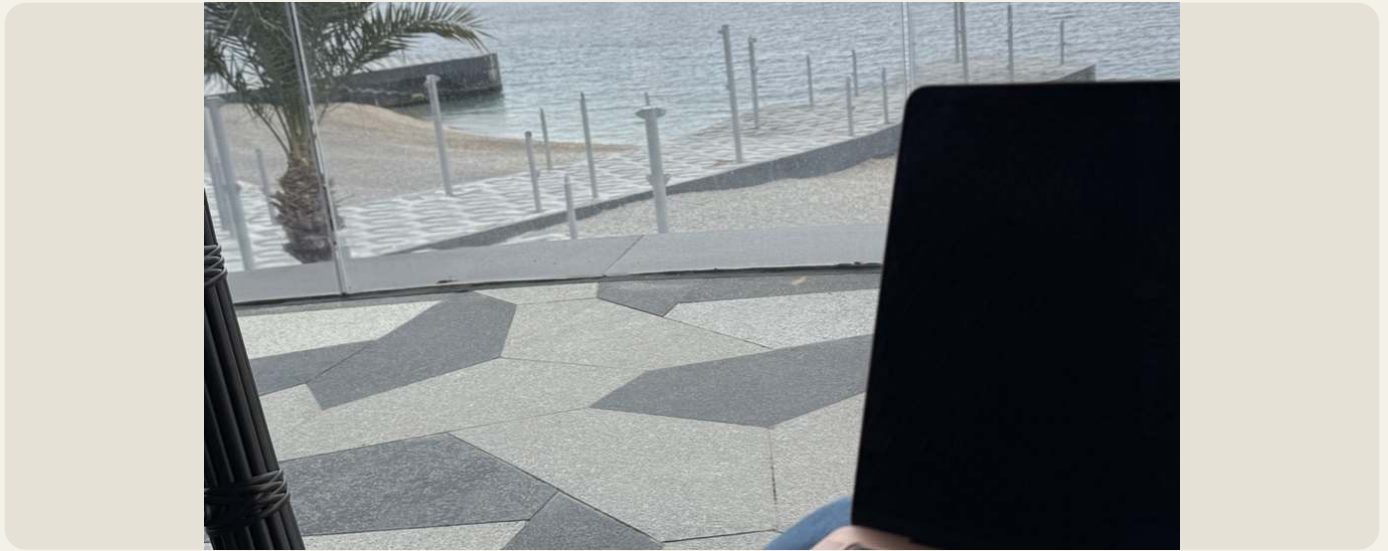
MRIYA: REST, RECOVERY & FAMILY TIME

A personal spring 2025 guide to the Crimean resort

BALU_TRAVEL

A RESORT WHERE WORK AND REST CAN COEXIST

Mriya made it easy to build a personal rhythm around health, work, parks and family time.



- The resort brings the sea, gardens, medical services, children's activities and restaurants together.
- It works well for people combining a holiday with recovery treatments.
- Families have Dreamwood and a children's medical department.
- Remote workers can find reliable Wi-Fi, quiet corners and sea views.

A DAY THAT WORKED FOR US

This was our personal rhythm rather than a required schedule.



- 07:00-09:00: wake up, Nordic walking and breakfast.
- 09:00-13:00: work by the sea.
- 13:00-18:00: lunch and a second work block.
- After 18:00: mud baths, salt cave or another prescribed treatment.
- 19:00-23:00: dinner, a park walk and sleep.

Fresh air and the sound of the sea made the working hours surprisingly productive.

THE JAPANESE GARDEN

Created in 2018 by hereditary Japanese architect Shiro Nakane, the garden covers about six hectares.



- Visit during blossom season for white and pink sakura.
- See the koi lake and the Bokai-Tei tea house.
- The Dragon Waterfall symbolises the beginning of life.
- The stone roji path is designed for quiet attention and contemplation.
- Allow at least two unhurried hours.

FOOD

The main restaurant offered a genuinely varied family-friendly selection.



- There were salads, desserts, several side dishes, a diet table and a children's table.
- Breakfast included omelettes and shakshuka; pasta appeared in the evening.
- Fresh juice was available, plus prosecco at breakfast and wine at dinner during our stay.
- The cinnamon rolls became an unexpected favourite.
- Meal formats and drinks depend on package and season, so check before booking.

The medical centre can be built into a normal holiday after a consultation.



- Our programme included Nordic walking, mud treatments and a salt cave.
- Children's treatments were available with the required medical spa documents prepared in advance.
- The paediatric programme included massage, pearl baths, physiotherapy and halotherapy.
- All medical procedures must be prescribed by a doctor and checked for contraindications.

Confirm documents, inclusions and appointment availability before arrival.

DREAMWOOD FAMILY DAY

The park adds an active day without leaving the resort area.



- The Mine 1771 railway runs through themed tunnels.
- Ivy is an 11 m free-fall tower.
- There is a ropes course, water area, slides and fairy-tale mini golf.
- The Dome contains quests, robotics and interactive spaces.
- Bring comfortable shoes, swimwear and a change of clothes.

CHEESE WORKSHOP AND FINAL CHECKLIST

A small workshop became one of the easiest activities to remember.



- The class followed the journey from milk to finished cheese and ended with tasting.
- Our 2025 reference price was RUB 3,500 per person for about 40 minutes.
- Before booking, check what your package includes: meals, treatments, Dreamwood and transfers.
- Reserve popular procedures and workshops early.
- Pack comfortable shoes, sportswear, swimwear, medical papers and a warm windproof layer.

Prices, schedules and medical conditions can change. Verify everything with the resort.