

Golden Ring of Russia bicycle tour

Guided since 1996

12 days/11 nights

**Moscow – Sergiev Posad - Uglich – Myshkin – Rybinsk – Tutaev –
Yaroslavl – Vyatskoe – Kostroma – Ples – Suzdal – Vladimir – Moscow**

The Golden Ring of Russia (the region northeast of Moscow) is the most famous tourist route in the heart of Russia. It goes through numerous picturesque and ancient Russian towns: Vladimir, Suzdal (UNESCO world heritage), Yaroslavl (UNESCO world heritage), Kostroma, Uglich, Rostov, and others known for their ancient history and inspiring architecture. You will see the beautiful Russian countryside and Volga River, magnificent Orthodox churches and monasteries. The bicycling part starts in Rostov (north of Moscow) and ends in Vladimir 10 days later.

Itinerary Day to Day

Day 1: Moscow arrival

Arrival in Moscow (no cycling). You will be met at the airport and taken to the hotel. The hotel is located in the east part of Moscow next to the biggest Moscow park and 5 minutes walk from an underground station. It takes 15 minutes to get to the Red Square by metro. After short briefing and buffet dinner we will go for a walk in the center of Moscow.



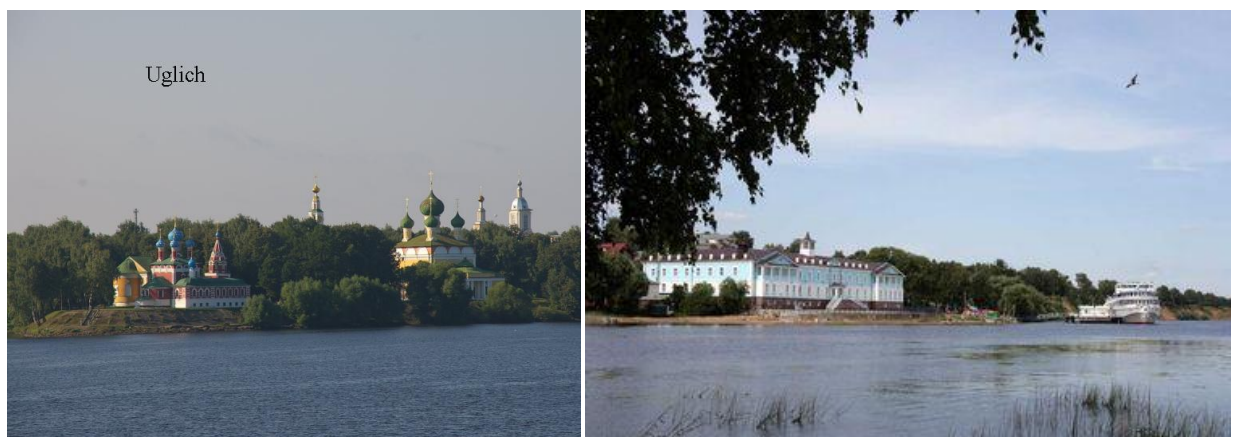
Day 2: Uglich 25 km

We take a bus to Il'inskoe (about 250 km, 4 hours). On our way we will stop in Sergiev Posad for a tour of The Holy Trinity-St. Sergius Lavra (UNESCO world heritage). From Il'inskoe we cycle 25 km to Uglich. We stop near old-believe monastery in Uleima – there is a good place to swim in a small river here. Today is a short day – we need to adjust bikes and there is lots of sightseeing. Uglich – a charming town on the Volga – one of pearls of our tour. We meet the Volga River – a main river of Russia which we will follow next 7 days. After city tour and visiting the museum of vodka we end at the nice hotel faced to the river.



Day 3 Uglich – Myshkin 40 km

We visit very interesting museum of hydropower in the morning. Then we cycle 40 km by a quiet road to Myshkin. Myshkin (“mice town” in Russian) is a small town on the Volga with plenty of museums. Again we stay next to the river. After taking a shower we have a tour of Myshkin with a local guide. After the tour we have free time to walk around the town.



Day 4: Myshkin – Rybinsk 75 km

We ride along Volga River by a quiet road. Along the road you may see lots of old wooden houses of 19 - beginning of 20 century (typical architecture of that time). After crossing the Volga by ferry we continue to Rybinsk. In Rybinsk we visit the historic museum of the region and then continue 18 km further to a nice countryside hotel.



Day 5: Rybinsk – Yaroslavl 90 km

The longest day leads us to the capital of the region, 1000 years old city Yaroslavl. On the route we stop in small town Tutaev which preserves its authenticity since 19 century. We visit old 17 century church with frescos of famous Gury Nikitin. In Yaroslavl we stay in a modern hotel in the center of the city..



Day 6: Yaroslavl, no cycling

Cycling and walking tour of Yaroslavl with a local guide. The whole center of the city with around 140 architectural monuments has been included on the list of UNESCO World Heritage Sites. Free time in the afternoon.



Day 7: Yaroslavl – Viatskoe 56 km

After leaving Yaroslavl we make for the old merchant village Viatskoe. In the middle the road is bumpy (10 km). In Viatskoe we will find out how Russian people lived few centuries ago. We will have experience of real Russian banya (steam bathhouse, black style) and end the day in the inner yard of the local restaurant drinking local beer and eating strudel from local apples.



Day 8: Vyatskoe – Kostroma 60 km

The main adventure is going to be today. We cycle through a wood by sand road (7 km) to a place where we will cross the river by boat. Before the sand part we cycle 25 km by very quiet road. After the boat crossing we continue by a small road to Kostroma (20 km). We visit the Outdoor museum of Wooden Architecture & Peasant Life and stay for a night in a hotel in the very center of the city next to the river.



Day 9: Kostroma – Ples 60 km

We use some unpaved shortcut to go out of the city. Today the route leads us to the small town Ples where famous Russian artist Isaak Levitan used to work in 19 century. The town is also famous for its incredible landscape. To get to the town we use boat crossing Volga again. In Ples we visit famous coffe shop named after Sofia Kufshinnikova, friend of Levitan. Here you may try favorit cookie of I. Levitan and Russian cheesecake “Kuleika” (not included). Bus transfer to Ivanovo (70 km, about 1 hour).



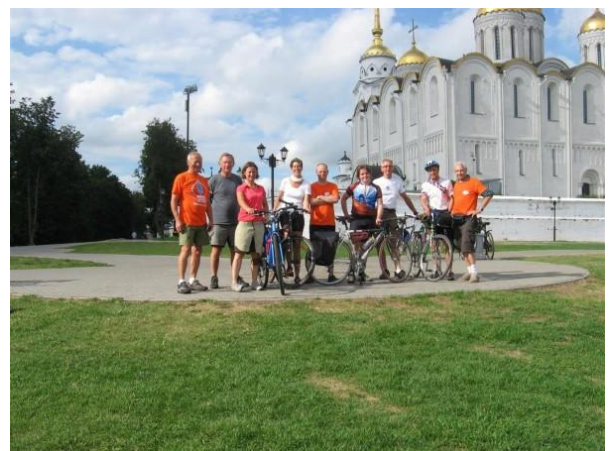
Day 10: Suzdal 40 km

We start the day with a short bus transfer (120 km, about 2 hours). After that we continue 40 km of a quiet road to the world famous town Suzdal (UNESCO world heritage). We will stop near the old church of Boris and Gleb (1152) in Kideksha. After city tour in Suzdal we have a guided tour in Spaso-Ephimy monastery. Farewell dinner in the best restaurant of the town.



Day 11: Suzdal - Bogolubovo – Vladimir – Moscow, no cycling

We have a bus ride to Bogolubovo to see the famous Church of Intercession on the Nerl. Then bus transfer to Vladimir to have a guided tour of the historic center including the Assumption monastery with Andrey Rublev frescos. Lunch in a local restaurant. Bus ride back to Moscow (180 km, about 4 hours). Arrival to Moscow around 6 pm depends on traffic.



Day 12: Moscow departure

Breakfast is included. You stay longer by yourself.

Route and itinerary may be changed.