

## **Golden Ring of Russia bicycle tour**

**Guided since 1996**

**12 days/11 nights**

**Moscow – Rostov – Borisoglebsky - 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.



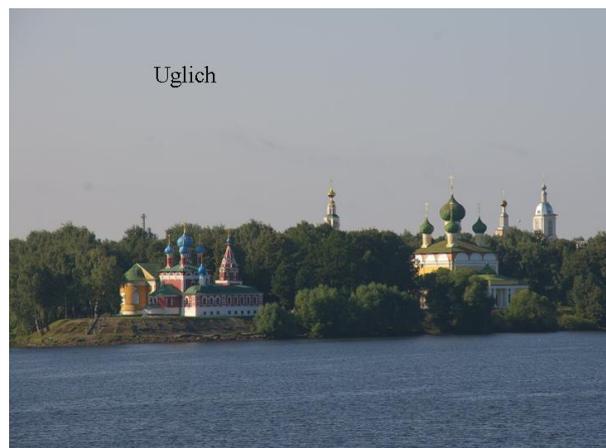
## Day 2: Rostov – Borisoglebsky 20 km

Early bus transfer to Rostov Veliky. After a guided tour in the Kremlin we cycle to Borisoglebsky – a small settlement 20 km away from Rostov. We will stay overnight in the local hotel next to the old monastery. After dinner we usually go around the imposing monastery and fill like we are in real Russian country.



## Day 3: Borisoglebsk – Uglich 70 km

Today is our first real cycling day – 72 km till Uglich – a charming town on the Volga – one of pearl of our tour. Road almost does not have cars and twists through nice forest and fields. We meet the Volga River – a main river of Russia which we will follow next 5 days. After a short city tour and visiting the museum of Vodka we end at the central hotel faced to the river. (In the budget tour we cycle 5 more km outside the town to a country cottage.



#### **Day 4 Uglich – Myshkin 40 km**

Today 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. In the afternoon we have free time to walk around the town.



#### **Day 5: Myshkin – Rybinsk 70 km**

After crossing the Volga by ferry we continue downstream of the river to Rybinsk. We visit the historic museum of the region in this quite big city and then continue 18 km further to a nice countryside hotel.



## Day 6: 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. We walk with a local guide in the central part of the old city and enjoy view of the Volga.



## Day 7: Yaroslavl – Viatskoe 50 km

After leaving Yaroslavl we make for the old merchant village Viatskoe. Here we find out how Russian people lived few centuries ago. We have experience of real Russian banya (steam bathhouse) 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

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.



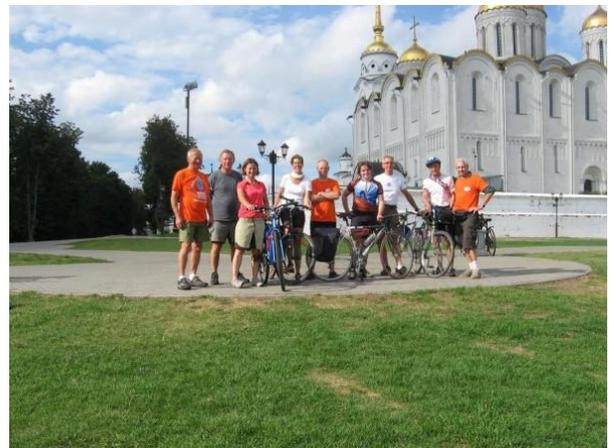
## Day 10: Ples - Suzdal 40 km

We start the day with a short bus transfer (150 km, about 3 hours). After that we continue 40 km of quiet road to world famous town Suzdal. After city tour in Suzdal we go for a guided tour in Spaso-Ephimy monastery. Farewell dinner.



## Day 11: Suzdal – Vladimir 30 km

In the comfort tour we do not ride today. 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. Bus ride back to Moscow (180 km, about 4 hours). In the budget tour we cycle 30 km to Bogolubovo including a few kilometers of soil road.



## Day 12: Moscow departure

**Route and itinerary may be changed.**