

Useful information before you leave

1. **Meeting at the airport.** You will be met at the airport whenever you come. The meeting point is just after customs. You will see a crowd of people. If you have a bicycle it is not a problem to recognize you. Otherwise the person meeting you will have a sign with your name. You may send us your photo and mobile phone number if you have one to facilitate the process. Usually it takes from 30 minutes to 1.5 hours to go through passport and customs control. If you are not met immediately do not try to go by your own. Try to call our contact phone and wait in the meeting area.
2. **Money.** Only Russian roubles are accepted for payment in Russia (for the tour balance we accept USD and Euro too). You may exchange cash (USD and Euro) in Russian banks. Airports and train stations are not the best place to do that. Please make sure that notes are of good quality. Russian banks do not accept shabby notes or notes with holes, signs or ruptures. You may use ATM machines but you'd better tell your bank in advance that you are going to Russia and consult about the daily limit. We do not recommend using travelers checks. It is a time-consuming procedure and some types of travelers checks are not accepted by Russian banks. Almost all expenses are included but you need to have some Russian currency in cash during the tour (alcohol, ice cream, souvenirs, photo permission, etc.).
3. **Phone.** We recommend bringing your mobile phone. The frequency in Russia is 900/1800 MHz GSM like in Europe, Asia, Australia. In America it is 950/1900 MHz, but some phones support several frequencies. Make sure that your phone will be working in Europe. If you use your home provider's SIM card the price will be high (May be your provider may suggest cheaper option). Try to use text (SMS) instead. If your phone is unlocked you may buy a Russian provider's SIM card.
4. **Electricity.** It is 220 V 50 Hz Voltage and the sockets of the European type in Russia.
5. **Equipment.** You should bring: helmet (not obligatory but recommended for your safety), small bicycle bag or pannier (can be provided on request), water bottle, rain gear (shoe covers are recommended too), bicycle clothes, swim suit, sunscreen, mosquito repellent, other personal clothes and stuff. A car (sag wagon) will be with the group so you need only a small bag for rain gear etc. on your bicycle during the day. If you rent a bicycle we recommend bringing your own saddle. If you use special pedals (e.g. SPD) bring them too. The rental bicycles are equipped with a rear rack and one water bottle cage.