



THE GOLDEN RING OF RUSSIA

Bicycle tour ITINERARY

500 km (9 cycling days)

Day	Route	Tour program	Cycling, km	Elevation gain
1.	Moscow	Arrival. Walking tour of Moscow	-	
2.	Bus transfer to Ratmanovo (220 km) Cycling to Uglich	Trinity monastery in Sergiev Posad (UNESCO world heritage). City tour in Uglich. Volga. Kremlin, museum of Russian Vodka	20 (10 km of gravel road)	35 m
3.	Myshkin	Museum of hydropower City tour in Myshkin (Valenki (wool-boot) museum)	40	50 m
4.	Rybinsk	Rybinsk (local museum). Spa	75	100 m
5.	Yaroslavl	City tour in Tutaev	90 (10 km of unpaved road)	200 m
6.	Yaroslavl	Free day of cycling. City tour of Yaroslavl. Free time.	0	
7.	Vjatskoe	Tour in Vjatskoe. Russian bathhouse	60 (2 km of gravel road, 10 km of bumpy road)	125 m
8.	Kostroma	City tour in Kostroma. Outdoor museum of Wooden Architecture & Peasant Life	58 (7 km of sand road) (if weather permits)	40 m
9.	Ples Bus transfer to Suzdal (150 km)	City tour in Ples.	64 (2 km of sand road)	150 m
10.	Cycling in Suzdal	City tour in Suzdal Spaso-Ephimy monastery. Kideksha. Farewell dinner	20	
11.	Cycling to Bogolubovo Bus transfer to Moscow (200 km)	The Church of Intercession on the Nerl. Vladimir.	50 (14 km of dirt road) (if weather permits)	130 m
12.	Moscow	Departure	-	

The itinerary is a subject to change