

**THE GOLDEN RING OF RUSSIA**  
**Adventure bicycle tour**  
**ITINERARY**

Day	Route	Tour program	Cycling, km/mile	Accommodation
1.	Moscow	Arrival	-	Hotel
2.	Transfer to Rostov Borisoglebsky	City tour. Kremlin, Enamel factory, Borisoglebsky monastery	20/15	Hotel
3.	Uglich	City tour in Uglich. Meeting Volga. Kremlin, museum of Russian Vodka.	80/50	Cottage
4.	Myshkin	City-tour in Myshkin (Valenki (wool boot) museum, windmill). Banya (Russian steam bath).	50/30	Cottage
5.	Rybinsk	City-tour in Rybinsk (Mologa museum)	50/30	Cabins
6.	Jaroslavl	City-tour in Yaroslavl (the Spassky monastery, the Volga embankment)	100/60	Hotel
7.	Kostroma	Banya (Russian steam bath), brewery	100/60 (15 км of gravel road)	Cottage
8.	Ples	City tour in Ples (Russian house, I. Levitan museum)	50/30	Cottage
9.	Ivanovo	Jewellery factory	90/55 (25 км of dirt road)	Motel
10.	Suzdal	Picnic on Rubskoe lake, farewell dinner	90/55	Cottage
11.	Vladimir Transfer to Moscow	City-tour in Suzdal, The Church of Intercession on the Nerl in Bogolubovo (optional), the Golden Gate and Cathedrals in Vladimir.	40/25 (55/35)	Hotel
12.	Moscow	Departure	-	

The itinerary may be slightly changed.